

Primary Care Connect Health Connections Exercise Timetable
Delivered at Mooroopna Education & Activity Centre (MEAC)
23 Alexandra St, Mooroopna
Term 1, 2020 - Commencing 20th January



Temporary Timetable Effective 3rd February 2020

Please contact Primary Care Connect for any enquiries regarding our classes or how to get started in our programs.

Phone: (03) 5823 3200

Website: www.primarycareconnect.com.au

Email: exercisehealth@primarycareconnect.com.au

Monday	Tuesday	Wednesday	Thursday	Friday
	Resistance Training 9am			
All Ability Dance 10am	Movement Improvement 10am		All Ability Movement 10am	
Men's Circuit Training 11am		Individual Program Training 11am	Resistance Training 11.15am	Active Hearts 11am
Resistance Training 1pm		Lungs In Action (LIA) 1pm		

Class Descriptions

Resistance Training - \$7.50

Our baseline resistance training class; consisting of structured resistance exercises utilising body weight, resistance bands, dumbbells and other exercise equipment with a focus on whole body strength, bone density and improving movement and mobility. Suitable for most of any age.

Men's Circuit Training - \$7.50

Specifically, for Men. Structured exercises completed as a group by alternating from one exercise to another. Sessions focus on increasing whole body muscular strength & endurance, general fitness, and improving movement and mobility. Suitable for most of any age.

Individual Program Training - \$7.50

Participants complete individual exercise programs. Suitable for most regardless of age or fitness level as each program is specifically tailored to the individual. Exercises are progressed to challenge the body to increase fitness and strength and improve coordination and movement.

Lungs in Action (LIA) - \$5.00

The Lung Foundation Australia program requiring referral post completion of a Pulmonary Rehab Program. The class is designed to help people living with a chronic lung disease and those with stable heart failure who often experience similar symptoms such as breathlessness. Classes are slow paced tailored to suit the needs of the individual; including low intensity resistance exercise and aerobic exercise such as walking and cycling.

Active Hearts - \$5.00

Specifically developed for individuals with any form of cardiovascular disease. Classes are slow paced, consisting of low intensity exercise tailored to suit the needs of the individual with a focus on general fitness, muscular endurance, coordination and improved movement.

All Ability Dance & Movement - \$7.50

Specifically developed for those of all ages with a disability. This class focuses on movement, coordination, strength, general fitness and having fun.

Participants on Mondays utilise equipment to perform fun activities, games and dancing.

Participants on Thursdays utilise equipment to perform exercise-based movements and perform fun activities.

Movement Improvement - \$7.50

For those who feel unsteady on their feet, this class is a great place to start. Consisting of rhythmical coordinated movements, exercises aim to improve walking gait to assist in reducing the likelihood of falls with improvements in mobility and stability, balance, strength and coordinated movement.