

Primary Care Connect Health Connections Exercise Timetable

Term 1, 2020 - Commencing 20th January

Delivered at Primary Care Connect

399 Wyndham St, Shepparton



Temporary Timetable Effective 3rd February 2020

Please contact us 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
Community Cancer Exercise 8.30am		Gym Not Available	Community Cancer Exercise 8.30am	
Resistance Training 9.30am *starts 3rd Feb	Resistance Training 9.30am		Resistance Training 9.30am	Community Cancer Exercise 9am
	Lungs in Action (LIA) 10.30am			
Movement Improvement 11.30am	Group Booking 11.30am			Healthy Pace 11am
	Circuit Training 12.30pm	Group Booking 12.30pm		
Progressive Resistance Training 1pm *starts 10th Feb		Circuit Training 2pm	Movement Improvement 1.30pm	Circuit Training 1pm
Group Booking 2pm		Group Booking 3pm		
Group Booking 3pm		Orthopedic Movement 4.30pm		Group Booking 3pm
		Healthy Pace 5.30pm		
		Group Booking 6.30pm		

Group Booking

These prearranged group bookings are for specific community groups and organisations only.

Resistance Training - \$2

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.

Circuit Training - \$2

Our baseline Circuit Training class; consisting of 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.

Progressive Resistance Training - \$2

Our progression class from our baseline classes; individuals must be competent in particular movements and be referred in by our trainers. Exercises challenge the body by utilising increased resistances and complex movement patterns requiring a higher level of technique, coordination, mobility, stability, balance and strength.

Lungs in Action (LIA) - FREE

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.

Healthy Pace - FREE

Designed for individuals with a diagnosed chronic disease; delivered at a slow pace consisting of low intensity exercise tailored to suit the needs and capability of the individual with a focus on general fitness, muscular endurance, coordination and improved movement.

Community Cancer Exercise - \$2

A program requiring referral post completion of the Goulburn Valley Health Hospital Exercise Oncology Program. The class is designed to help people living with any form of cancer. In a group setting, individual's will complete their own program specific to their needs and capabilities. Exercises are progressed where appropriate to challenge the body's fitness, strength, coordination and improve movement.

Movement Improvement - \$2

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.

Orthopedic Movement - \$2

A program requiring referral from the treating exercise physiologist post musculoskeletal injury or orthopaedic surgery. In a group setting, individual's will start by completing their own program created by the exercise physiologist and be guided through progressions with improved outcomes of strength, mobility and stability.