

# Primary Care Connect Health Connections Exercise Timetable

## Term 1, 2020 - Commencing 29th January

### Delivered at Tatura Community House

### 12-16 Casey St, Tatura



#### Temporary Timetable Effective 3<sup>rd</sup> 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](http://www.primarycareconnect.com.au)

Email: [exercisehealth@primarycareconnect.com.au](mailto:exercisehealth@primarycareconnect.com.au)

Monday	Tuesday	Wednesday	Thursday	Friday
				Resistance Training 10.30am
Circuit Training 11am				Resistance Training 11.30am

## Class Descriptions

### Circuit Training - \$5.00

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.

### Resistance Training - \$5.00

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.