

**Primary Care Connect Health Connections Exercise Timetable
 Delivered at Mooroopna Education and Activity Centre (MEAC)
 23 Alexandra Street, Mooroopna
 Term 3, 2021 – Commencing 12th July 2021**



Please contact us for any enquiries regarding our classes or to find out 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 10:00am		Active Hearts 10:00am	Individual Program Training 10:00am	
Chair Yoga 11:00am		Circuit Training 11:00am		
	Men's Circuit Training 1:30pm			Ball-Jive 1:00pm
				Chair Pilates 2:00pm

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.

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.

Circuit Training - \$7.50

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.

Chair Pilates - \$7.50

A beginner chair-based class that will consist of low-impact flexibility, muscular strength, and endurance movements. This class will emphasize on proper postural alignment, core strength and muscle balance. A fantastic class if you are looking at an all-body workout that will strengthen and tone your entire body.

Chair Yoga - \$7.50

A gentle way to improve posture, balance, and coordination. Yoga is the practice of physical exercise, breath control, relaxation, positive thinking, and meditation aimed at developing harmony in the body, mind, and environment. A nice gentle class to get the body and mind moving in positive ways.

Ball-Jive -\$7.50

Experience the fun of drumming, exercise balls and movement to music to develop core strength, cardiovascular fitness and rhythm in 45 minutes of complete enjoyment. No experience needed and can be undertaken seated or standing.