

**Primary Care Connect Health Connections Exercise Timetable**  
**Delivered at Murchison Community Centre**  
**10 Watson St, Murchison**  
**Term 3, 2021 – Commencing 12<sup>th</sup> 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](http://www.primarycareconnect.com.au)

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

Monday	Tuesday	Wednesday	Thursday	Friday
				Resistance Training 10:00am
		Resistance Training 1:00pm		

**Class Description**

Resistance Training - \$5

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.