

Primary Care Connect Health Connections Exercise Timetable
Delivered at Primary Care Connect
399 Wyndham St, Shepparton
Term 3, 2021 – Commencing 12th July 2021



Please contact us for any enquiries and to find out how to get started in our programs.

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Monday	Tuesday	Wednesday	Thursday	Friday
Community Cancer Exercise 8:30am	Lungs In Action 9:00am	Community Cancer Exercise 8:30am		Community Cancer Exercise 8:30am
		Chair Pilates 9:30am		
	Circuit Training 10:00am			
	Group Booking 11:00am			
			Lungs In Action 11:30am	
Yogalates 12:30pm	Resistance Training 12:30pm	Interval Training 12:30pm		Resistance Training 12:30pm
			Circuit Training 1:00pm	
Group Booking 2:00pm			Group Booking 2:00pm	
Group Booking 3:00pm		Group Booking 3:00pm		Group Booking 3:00pm

Class Descriptions

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.

Interval Training - \$2

A unique way of exercising which utilises combinations of time-specific exercise and rest intervals to efficiently improve your muscular strength and cardiovascular fitness. This class utilises a wide variety of exercises and equipment and allows each participant to exercise within a group but also cater the class to each client's particular needs.

Chair Pilates - \$2

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.

Yogalates - \$2

Yogalates is a combination of Yoga and Pilates designed to build strength and tone your muscles while improving flexibility, mind and body balance. The class starts off with Yoga and combines core strength Pilates and finishes with mindfulness meditation.

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.

Community Cancer Exercise - FREE

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.