

Primary Care Connect Health Connections Exercise Timetable
Delivered at Tatura Community House
12-16 Casey Street, Tatura
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
Men's Training 10:30am				Resistance Training 10:00am
Movement to Music 11:30am				Resistance Training 11:00am
Circuit Training 1:00pm				
Circuit Training 2:00pm				

Class Descriptions

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.

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.

Men's Training - \$5.00

Specifically, for Men. Structured combination of exercises to improve whole body muscular strength & endurance, general fitness, movement, and mobility. Suitable for most regardless of age or fitness level as the program can be specifically tailed to the individual and progressed over-time.

Movement to Music - \$5.00

A gentle yet energetic class set to upbeat and bright music which utilises a mixture of body weight and small handheld equipment to improve your strength, mobility, cardiovascular fitness, coordination, and balance. This class is suitable to most and can be undertaken seated or standing.