



Shell Cove
FAMILY HEALTH

MOVE WELL, EAT WELL, LIVE WELL

Lifestyle Sessions - Autumn Series 2016

2 Shallows Drive, Shell Cove | Ph: 02 4220 8800 | www.scfh.org.au

Monday 21 March	Tuesday 22 March	Wednesday 23 March	Thursday 24 March	Friday 25 March
9.30am - Mum and Bub	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	GOOD FRIDAY PUBLIC HOLIDAY
10.30am - Group Fit		10.30am - Group Fit	10.30am - Better Balance	
11.30am - Fit for You		11.30am - Fit for You	4.00pm - Abs, Butt, Thighs	
2.00pm - Lungs in Action		2.00pm - Lungs in Action		
4.30pm - Fit for Teens		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 28 March	Tuesday 29 March	Wednesday 30 March	Thursday 31 March	Friday 1 April
EASTER MONDAY PUBLIC HOLIDAY	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
		10.30am - Group Fit	10.30am - Better Balance	10.30am - Group Fit
		11.30am - Fit for You	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
		2.00pm - Lungs in Action		
		5.00pm - Group Fit		
Monday 4 April	Tuesday 5 April	Wednesday 6 April	Thursday 7 April	Friday 8 April
9.30am - Mum and Bub	9.30am - Introducing solids	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		10.30am - Group Fit	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You	2.00pm - Tai Chi	11.30am - Fit for You	2.00pm - Sleep Better	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action	4.00pm - Abs, Butt, Thighs	
4.30pm - Fit for Teens		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 11 April	Tuesday 12 April	Wednesday 13 April	Thursday 14 April	Friday 15 April
9.30am - Mum and Bub	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		10.30am - Group Fit	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You		11.30am - Fit for You	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action		
4.30pm - Fit for Teens		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 18 April	Tuesday 19 April	Wednesday 20 April	Thursday 21 April	Friday 22 April
9.30am - Mum and Bub	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		10.30am - Group Fit	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You		11.30am - Fit for You	11.30am - Putting together healthy meals	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action	4.00pm - Abs, Butt, Thighs	
4.30pm - Fit for Teens		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				

MUM AND BUB

No babysitter? Bring the pram and enjoy an all-encompassing exercise class targeting muscle toning, core and cardio.

GROUP FIT - M, D

An all-inclusive workout targeting cardiovascular fitness, muscle strength and flexibility. Suitable for all levels of fitness.

ABS, BUTT, THIGHS

Core strengthening exercises to assist posture, body alignment, mobility and strength.

LUNGS IN ACTION

Low-intensity exercise class targeted at those with chronic lung disease and heart failure. GP referral is required.

FIT FOR TEENS

A group class designed for teens. Targeting cardio and muscle fitness.

FIT FOR YOU - M, D

Perform your own individualised program, under supervision. Great for those new to exercise or with a condition or injury.

TAI CHI

Based on Sun style Tai Chi. Promotes relaxation, balance, strength, and coordination. Learn new form/s each week.

BETTER BALANCE

Fearful of falling? These exercises are designed to challenge and improve your balance. Helpful hints provided on falls prevention and promoting bone density.

Monday 25 April	Tuesday 26 April	Wednesday 27 April	Thursday 28 April	Friday 29 April
ANZAC DAY PUBLIC HOLIDAY	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
		10.30am - Group Fit	10.30am - Better Balance	10.30am - Group Fit
		11.30am - Fit for You	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
		2.00pm - Lungs in Action		
		5.00pm - Group Fit		
Monday 2 May	Tuesday 3 May	Wednesday 4 May	Thursday 5 May	Friday 6 May
9.30am - Mum and Bub	2.00pm - Tai Chi	7.00am - Walking Group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		10.30am - Group Fit	10.30am - Better Balance	9.30am - Label Reading and Shopping Tips
11.30am - Fit for You		11.30am - Fit for You	4.00pm - Abs, Butt, Thighs	10.30am - Group Fit
2.00pm - Lungs in Action		2.00pm - Lungs in Action		11.30am - Fit for You
4.30pm - Fit for Teens		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 9 May	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May
9.30am - Mum and Bub	2.00pm - Tai Chi	10.30am - Group Fit	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		11.30am - Fit for You	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You		2.00pm - Lungs in Action	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		5.00pm - Group Fit		11.40am - Positive Parenting
4.30pm - Fit for Teens				
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 16 May	Tuesday 17 May	Wednesday 18 May	Thursday 19 May	Friday 20 May
9.30am - Mum and Bub	2.00pm - Tai Chi	10.30am - Group Fit	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit	4.30pm - Fussy Eaters	11.30am - Fit for You	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You		2.00pm - Lungs in Action	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		5.00pm - Group Fit		
4.30pm - Fit for Teens				
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 23 May	Tuesday 24 May	Wednesday 25 May	Thursday 26 May	Friday 27 May
9.30am - Mum and Bub	2.00pm - Tai Chi	10.30am - Group Fit	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit		11.30am - Fit for You	10.30am - Better Balance	10.30am - Group Fit
11.30am - Fit for You		2.00pm - Lungs in Action	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		5.00pm - Group Fit		
4.30pm - Fit for Teens				
5.30pm - Group Fit				
6.30pm - Tai Chi				

PUTTING TOGETHER HEALTHY MEALS

Learn how to put together a healthy meal, including types of foods and recommended portions. Learn new meal ideas or how to adjust your current meals for better health.

LABEL READING AND SHOPPING TIPS

Do you find food labels confusing? Take the confusion out of reading a food label and learn how to make better food choices.

FUSSY EATERS

Is your child refusing to eat dinner? Are meal times becoming chaotic? Learn practical tips to manage fussy eating and food refusal so meal times can be enjoyable again!

SLEEP BETTER

Do you have difficulty falling or staying asleep? This session provides hints and tips to develop a sleep routine and improve your sleep quality to help you feel more refreshed in the morning.

POSITIVE PARENTING

Learn how to become a more effective and fun parent. Aimed at parents and carers of young children (ages 3 - 8).

M = Session is included within gym membership

D = Session can be redeemed with diabetes group service

 Move Well (Exercise Physiologist)

 Eat Well (Dietitian)

 Live Well (Psychologist)

REGISTRATION

Registration before the day is preferred to make sure you secure your spot. To find out more, or to register, speak to reception or call 02 4220 8800.

A medical screen is to be completed prior to exercise sessions for new clients.

TIMETABLE

All classes are scheduled for one hour. Please note that the session timetable may be subject to change.

COST

Single session	\$12.00
Single session (pension/concession)	\$10.00
5 session booklet	\$45.00
10 session booklet	\$80.00



Shell Cove
FAMILY HEALTH

2 Shallows Drive, Shell Cove
Ph: 02 4220 8800
www.scfh.org.au