



2 Shallows drive, Shell Cove

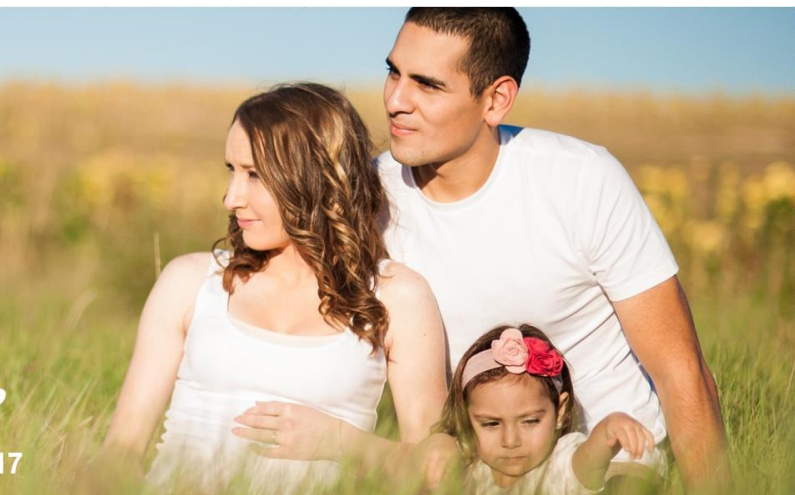
02 4220 8800

Shell Cove
FAMILY HEALTH

www.scfh.org.au

Lifestyle Sessions

Autumn series 2017



Monday 13th March		Wednesday 15th March	
9.30am - Group Fit		9.30am - Group Fit	
10.30am - Fit for You		10.30am - Fit for You	
2.00pm - Active Lungs		2.00pm - Tai Chi	
5.30pm - Group Fit			
Monday 20th March		Wednesday 22nd March	
9.30am - Group Fit		9.30am - Group Fit	
10.30am - Fit for You		10.30am - Fit for You	
2.00pm - Active Lungs		2.00pm - Tai Chi	
5.30pm - Group Fit			
Monday 27th March		Wednesday 29th March	
9.30am - Group Fit		9.30am - Group Fit	
10.30am - Fit for You		10.30am - Fit for You	
2.00pm - Active Lungs		2.00pm - Tai Chi	
5.30pm - Group Fit			
Monday 3rd April		Wednesday 5th April	
9.30am - Group Fit		9.30am - Group Fit	
10.30am - Fit for You		10.30am - Fit for You	
2.00pm - Active Lungs		2.00pm - Tai Chi	
5.30pm - Group Fit			
Monday 10th March		Wednesday 12th April	
9.30am - Group Fit		9.30am - Group Fit	
10.30am - Fit for You		10.30am - Fit for You	
2.00pm - Active Lungs		2.00pm - Tai Chi	
5.30pm - Group Fit			
Monday 17th April		Wednesday 19th April	
Public Holiday No classes		9.30am - Group Fit	
		10.30am - Fit for You	
		2.00pm - Tai Chi	

Course descriptions

Group Fit D	An all-inclusive workout targeting cardiovascular fitness, muscle strength & flexibility. Suitable for all levels of fitness
Fit for you D	Perform your own individualized program, under supervision, alongside others. Great for those new to exercise or with a condition or injury
Tai Chi	Based on Sun style Tai Chi. Promotes relaxation, balance, strength, & co-ordination. Learn new form/s each week
Active Lungs	Low-intensity exercise class targeted at those with chronic lung disease and heart failure. GP referral is required

D - Session can be redeemed with diabetes group services.

Prices

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

Registration

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

All new clients are required to complete a medical screen prior to starting their exercise sessions