



2 Shallows drive, Shell Cove

02 4220 8800

Shell Cove
FAMILY HEALTH

www.scfh.org.au

Lifestyle Sessions

Summer series 2016



Monday 17 Oct	Tuesday 18 Oct	Wednesday 19 Oct	Thursday 20 Oct	Friday 21 Oct
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 24 Oct	Tuesday 25 Oct	Wednesday 26 Oct	Thursday 27 Oct	Friday 28 Oct
9.30am - Mum & Bub	10.30am - Label reading & shopping tips	10.30am - Group Fit		
10.30am - Group Fit		11.30am - Fit for You		
11.30am - Fit for You		2.00pm - Lungs in Action		
2.00pm - Lungs in Action		5.00pm - Group Fit		
4.00pm - Fit for Kids				
Monday 31 Oct	Tuesday 1 Nov	Wednesday 2 Nov	Thursday 3 Nov	Friday 4 Nov
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 7 Nov	Tuesday 8 Nov	Wednesday 9 Nov	Thursday 10 Nov	Friday 11 Nov
9.30am - Mum & 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		11.30am - Positive Parenting
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 14 Nov	Tuesday 15 Nov	Wednesday 16 Nov	Thursday 17 Nov	Friday 18 Nov
9.30am - Mum & Bub	2.00pm - Tai Chi	7.00am - Walking group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit	4:30pm - Healthy eating for pregnancy	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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 21 Nov	Tuesday 22 Nov	Wednesday 23 Nov	Thursday 24 Nov	Friday 25 Nov
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				

Monday 28 Nov	Tuesday 29 Nov	Wednesday 30 Nov	Thursday 1 Dec	Friday 2 Dec
9.30am - Mum & Bub	9.30pm – Fussy Eaters	7.00am - Walking group	9.30am - Group Fit	7.00am - Walking Group
10.30am - Group Fit	2.00pm - Tai Chi	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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 5 Dec	Tuesday 6 Dec	Wednesday 7 Dec	Thursday 8 Dec	Friday 9 Dec
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 12 Dec	Tuesday 13 Dec	Wednesday 14 Dec	Thursday 15 Dec	Friday 16 Dec
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				
Monday 19 Dec	Tuesday 20 Dec	Wednesday 21 Dec	Thursday 22 Dec	Friday 23 Dec
9.30am - Mum & 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		
4.00pm - Fit for Kids		5.00pm - Group Fit		
5.00pm - Tai Chi				
6.00pm - Group Fit				

Course descriptions

Mum & Bub	No babysitter? Bring the pram and enjoy an all-encompassing exercise class targeting muscle toning, core & cardio
Healthy Eating for Pregnancy	Are you pregnant or planning a pregnancy? Learn what you should be eating to keep you and your baby healthy through all stages of pregnancy
Group Fit M, D	An all-inclusive workout targeting cardiovascular fitness, muscle strength & flexibility. Suitable for all levels of fitness
Fit for you M, D	Perform your own individualized program, under supervision, alongside others. Great for those new to exercise or with a condition or injury
Abs, Butt, Thighs	Core strengthening and lower body exercises to assist posture, body alignment, mobility & strength
Tai Chi	Based on Sun style Tai Chi. Promotes relaxation, balance, strength, & co-ordination. Learn new form/s each week
Better Balance	Fearful of falling? These exercises are designed to challenge & improve your balance. Helpful hints provided on falls prevention & promoting bone density
Lungs in Action	Low-intensity exercise class targeted at those with chronic lung disease and heart failure. GP referral is required
Fit for Kids	A group class designed for kids and young teens. Targeting cardio and muscle fitness
Positive Parenting	Learn how to become a more effective and fun parent. Aimed at parents and carers of young children (ages 3-8).
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!
Label reading & 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

M - Session is included within gym membership

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.

Medical screens are to be completed prior to exercise sessions for new clients.