



2 Shallows drive, Shell Cove

02 4220 8800

Shell Cove  
FAMILY HEALTH

www.scfh.org.au

# Lifestyle Sessions

Summer series 2017

Monday 16 <sup>th</sup> January	Tuesday 17 <sup>th</sup> January	Wednesday 18 <sup>th</sup> January	Thursday 19 <sup>th</sup> January	20 <sup>th</sup> January
9.30am - Group Fit		9.30am - Group Fit	9.30am - Group Fit	
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				
Monday 23 <sup>rd</sup> January	Tuesday 24 <sup>th</sup> January	Wednesday 25 <sup>th</sup> January	Thursday 26 <sup>th</sup> January	Friday 27 <sup>th</sup> January
9.30am - Group Fit		9.30am - Group Fit		
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				
Monday 30 <sup>th</sup> January	Tuesday 31 <sup>st</sup> January	Wednesday 1 <sup>st</sup> February	Thursday 2 <sup>nd</sup> February	Friday 3 <sup>rd</sup> February
9.30am - Group Fit		9.30am - Group Fit	9.30am - Group Fit	
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				
Monday 6 <sup>th</sup> February	Tuesday 7 <sup>th</sup> February	Wednesday 8 <sup>th</sup> February	Thursday 9 <sup>th</sup> February	Friday 10 <sup>th</sup> February
9.30am - Group Fit		9.30am - Group Fit	9.30am - Group Fit	
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				
Monday 13 <sup>th</sup> February	Tuesday 14 <sup>th</sup> February	Wednesday 15 <sup>th</sup> February	Thursday 16 <sup>th</sup> February	Friday 17 <sup>th</sup> February
9.30am - Group Fit		9.30am - Group Fit	9.30am - Group Fit	
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				
Monday 20 <sup>th</sup> February	Tuesday 21 <sup>st</sup> February	Wednesday 22 <sup>nd</sup> February	Thursday 23 <sup>rd</sup> February	Friday 24 <sup>th</sup> February
9.30am - Group Fit		9.30am - Group Fit	9.30am - Group Fit	
11.30am - Fit for You		10.30am - Fit for You		
2.00pm - Active Lungs		2.00pm - Tai Chi		
5.30pm - Group Fit				

## Course descriptions

<b>Group Fit D</b>	An all-inclusive workout targeting cardiovascular fitness, muscle strength & flexibility. Suitable for all levels of fitness
<b>Fit for you D</b>	Perform your own individualized program, under supervision, alongside others. Great for those new to exercise or with a condition or injury
<b>Tai Chi</b>	Based on Sun style Tai Chi. Promotes relaxation, balance, strength, & co-ordination. Learn new form/s each week
<b>Active Lungs</b>	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 screens prior to starting their exercise sessions