



MOVE WELL, EAT WELL, LIVE WELL

Lifestyle Sessions - Summer Series 2016

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

| Monday 11 Jan | Tuesday 12 Jan | Wednesday 13 Jan | Thursday 14 Jan | Friday 15 Jan |
|--------------------------|---|------------------------|--|---------------------------------------|
| 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 - Build Balance and Bone Density | 10.30am - Group Fit |
| 11.30am - Fit for You | | 11.30am - Fit for You | | 11.30am - Fit for You |
| 2.00pm - Lungs in Action | | 5.30pm - Group Fit | 11.30am - Values and Strengths | |
| 4.30pm - Fit for Teens | | | 4.00pm - Construct your Core | |
| 5.30pm - Group Fit | | | | |
| 6.30pm - Tai Chi | | | | |
| Monday 18 Jan | Tuesday 19 Jan | Wednesday 20 Jan | Thursday 21 Jan | Friday 22 Jan |
| 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 - Build Balance and Bone Density | 10.30am - Group Fit |
| 11.30am - Fit for You | | 11.30am - Fit for You | | 11.30am - Fit for You |
| 2.00pm - Lungs in Action | | 5.30pm - Group Fit | 4.00pm - Construct your Core | |
| 4.30pm - Fit for Teens | | | 4.30pm - Packing a Healthy Lunch | |
| 5.30pm - Group Fit | | | | |
| 6.30pm - Tai Chi | | | | |
| Monday 25 Jan | Tuesday 26 Jan | Wednesday 27 Jan | Thursday 28 Jan | Friday 29 Jan |
| 9.30am - Mum and Bub | AUSTRALIA DAY PUBLIC HOLIDAY | 7.00am - Walking Group | 9.30am - Group Fit | 7.00am - Walking Group |
| 10.30am - Group Fit | | 10.30am - Group Fit | 10.30am - Build Balance and Bone Density | 10.30am - Group Fit |
| 11.30am - Fit for You | | 11.30am - Fit for You | | 11.30am - Fit for You |
| 2.00pm - Lungs in Action | | 5.30pm - Group Fit | 4.00pm - Construct your Core | 1.45pm - Making and Keeping Goals (1) |
| 4.30pm - Fit for Teens | | | | |
| 5.30pm - Group Fit | | | | |
| 6.30pm - Tai Chi | | | | |
| Monday 1 Feb | Tuesday 2 Feb | Wednesday 3 Feb | Thursday 4 Feb | Friday 5 Feb |
| 9.30am - Mum and Bub | 9.30am - Putting Together Healthy Meals | 7.00am - Walking Group | 9.30am - Group Fit | 7.00am - Walking Group |
| 10.30am - Group Fit | | 10.30am - Group Fit | 10.30am - Build Balance and Bone Density | 10.30am - Group Fit |
| 11.30am - Fit for You | | 11.30am - Fit for You | | 11.30am - Fit for You |
| 2.00pm - Lungs in Action | 2.00pm - Tai Chi | 5.30pm - Group Fit | 4.00pm - Construct your Core | |
| 4.30pm - Fit for Teens | | | | |
| 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.

FIT FOR YOU - M, D

Perform your own individualised 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, and coordination. Learn new form/s each week.

FIT FOR TEENS

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

BUILD BALANCE AND BONE DENSITY

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

CONSTRUCT YOUR CORE

Core strengthening exercises to assist posture, body alignment, mobility and strength. Education to help you know why and how!

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.

PACKING A HEALTHY LUNCH

Learn how to pack a healthy lunch for you and your child.

VALUES AND STRENGTHS

What are you good at? What is important to you? Learn how to use your strengths to spend more time doing things that are meaningful to you.

MAKING AND KEEPING GOALS (1)

Do you have trouble keeping your New Year's resolutions past January? Would you like to work towards a more positive you? Learn hints and tips towards making and keeping goals.

POSITIVE PARENTING

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

| Monday 8 Feb | | Tuesday 9 Feb | | Wednesday 10 Feb | | Thursday 11 Feb | | Friday 12 Feb | |
|--------------------------|--|-----------------------|--|------------------------|--|--|--|--|--|
| 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 - Build Balance and Bone Density | | 10.30am - Group Fit | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | 11.30am - Fit for You | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | 2.00pm - Positive Parenting | | | |
| 4.30pm - Fit for Teens | | | | | | 4.00pm - Construct your Core | | | |
| 5.30pm - Group Fit | | | | | | | | | |
| 6.30pm - Tai Chi | | | | | | | | | |
| Monday 15 Feb | | Tuesday 16 Feb | | Wednesday 17 Feb | | Thursday 18 Feb | | Friday 19 Feb | |
| 9.30am - Mum and Bub | | 2.00pm - Tai Chi | | 7.00am - Walking Group | | 7.00am - AHWW Walk | | | |
| 10.30am - Group Fit | | | | 10.30am - Group Fit | | 8.00am - AHWW Breakfast | | | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | | | | |
| 4.30pm - Fit for Teens | | | | | | | | | |
| 5.30pm - Group Fit | | | | | | | | | |
| 6.30pm - Tai Chi | | | | | | | | | |
| Monday 22 Feb | | Tuesday 23 Feb | | Wednesday 24 Feb | | Thursday 25 Feb | | Friday 26 Feb | |
| 10.30am - Group Fit | | | | 10.30am - Group Fit | | 11.30am - Making and Keeping Goals (2) | | 9.30am - Label Reading and Shopping Tips | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | | | | |
| 4.30pm - Fit for Teens | | | | | | | | | |
| 5.30pm - Group Fit | | | | | | | | | |
| Monday 29 Feb | | Tuesday 1 Mar | | Wednesday 2 Mar | | Thursday 3 Mar | | Friday 4 Mar | |
| 10.30am - Group Fit | | | | 10.30am - Group Fit | | 9.30am - Packing a Healthy Lunch | | | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | | | | |
| 4.30pm - Fit for Teens | | | | | | | | | |
| 5.30pm - Group Fit | | | | | | | | | |
| Monday 7 Mar | | Tuesday 8 Mar | | Wednesday 9 Mar | | Thursday 10 Mar | | Friday 11 Mar | |
| 10.30am - Group Fit | | 4.30pm - Fussy Eaters | | 10.30am - Group Fit | | | | | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | | | | |
| 4.30pm - Fit for Teens | | | | | | | | | |
| 5.30pm - Group Fit | | | | | | | | | |
| Monday 14 Mar | | Tuesday 15 Mar | | Wednesday 16 Mar | | Thursday 17 Mar | | Friday 18 Mar | |
| 10.30am - Group Fit | | | | 10.30am - Group Fit | | 11.30am - Positive Parenting | | | |
| 11.30am - Fit for You | | | | 11.30am - Fit for You | | | | | |
| 2.00pm - Lungs in Action | | | | 5.30pm - Group Fit | | | | | |
| 4.30pm - Fit for Teens | | | | | | | | | |
| 5.30pm - Group Fit | | | | | | | | | |

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!

MAKING AND KEEPING GOALS (2)

This is a follow-up session to 'Making and Keeping Goals (1)' to review progress, work through challenges and celebrate successes.

LUNGS IN ACTION

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

AUSTRALIA'S HEALTHY WEIGHT WEEK (AHWW) WALK AND BREAKFAST

To celebrate Australia's Healthy Weight Week, join us for a morning walk followed by a healthy breakfast. This is a free session.

M = Session is included within gym membership

D = Session can be redeemed with diabetes group service

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 |

 Move Well (Exercise Physiologist)

 Eat Well (Dietitian)

 Live Well (Psychologist)