

Shell Cove
FAMILY HEALTH

Lifestyle sessions

WINTER SERIES 2016

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

Monday 30 May	Tuesday 31 May	Wednesday 1 June	Thursday 2 June	Friday 3 June
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 Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 6 June	Tuesday 7 June	Wednesday 8 June	Thursday 9 June	Friday 10 June
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	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		
4.30pm - Fit for Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 13 June	Tuesday 14 June	Wednesday 15 June	Thursday 16 June	Friday 17 June
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 20 June	Tuesday 21 June	Wednesday 22 June	Thursday 23 June	Friday 24 June
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 - Self-care after Pregnancy	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action		
4.30pm - Fit for Kids		5.00pm - Group Fit	4.00pm - Abs, Butt, Thighs	
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 27 June	Tuesday 28 June	Wednesday 29 June	Thursday 30 June	Friday 1 July
9.30am - Mum and Bub	9.30am - Label reading and shopping tips	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	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action		
4.30pm - Fit for Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 4 July	Tuesday 5 July	Wednesday 6 July	Thursday 7 July	Friday 8 July
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 Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				

Monday 11 July	Tuesday 12 July	Wednesday 13 July	Thursday 14 July	Friday 15 July
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 Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 18 July	Tuesday 19 July	Wednesday 20 July	Thursday 21 July	Friday 22 July
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	4.00pm - Abs, Butt, Thighs	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action		
4.30pm - Fit for Kids		5.00pm - Group Fit		
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 25 July	Tuesday 26 July	Wednesday 27 July	Thursday 28 July	Friday 29 July
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 - Self-care after pregnancy	11.30am - Fit for You
2.00pm - Lungs in Action		2.00pm - Lungs in Action		1.30pm - Sleep Better
4.30pm - Fit for Kids		5.00pm - Group Fit	4.00pm - Abs, Butt, Thighs	
5.30pm - Group Fit				
6.30pm - Tai Chi				
Monday 1 August	Tuesday 2 August	Wednesday 3 August	Thursday 4 August	Friday 5 August
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 - Putting together healthy meals
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		10.30am - Group Fit
4.30pm - Fit for Kids		5.00pm - Group Fit		11.30am - Fit for You
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.
Fit for Kids	A group class for kids and young teens targeting cardio and muscle fitness.
Better Balance	Fearful of falling? These exercises are designed to challenge and improve your balance.
Abs, Butt, Thighs	Core strengthening and lower body 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.
Healthy eating for pregnancy	Pregnant or planning a pregnancy? Learn what you should be eating to keep you and your baby healthy through all stages of pregnancy.
Introducing solids	Is your baby ready for solids? Not sure where to start? Learn the when, how and what to offer and practical tips to help you along the way.
Putting together healthy meals	Learn how to put together a healthy meal, new meal ideas or how to adjust your current meals for better health.
Label reading and shopping tips	Take the confusion out of reading a food label and learn how to make better food choices.
Sleep Better	Do you have difficulty falling or staying asleep? This session provides hints and tips to improve your sleep quality.
Self-care after pregnancy	This workshop provides information about ways to maintain wellbeing in the months following pregnancy.

REGISTRATION

Registration before the day is preferred to make sure you secure your spot. 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
Pension/concession	\$10.00
5 session booklet	\$45.00
10 session booklet	\$80.00

	Expecting and new mums
	Exercise for all fitness levels
	Gentle exercise
	Information sessions/workshops

M = Session is included within gym membership
D = Session can be redeemed with diabetes group service