

# Gentle EXERCISE CLASSES

## Introduction



ON THE GO COMMUNITY CARE



Rural Fit is the new GoCo Partner delivering exercise classes across our locations.

Rural Fit has a team of exercise physiologists and exercise scientists across the north west, experienced in delivering tailored exercise classes based on individual assessment and ongoing testing.

### Meet Beck



BECK KINGDOM  
GoCo  
CHSP Officer

### Meet Jill



JILLIAN MOONEY  
Rural Fit  
Exercise Physiologist



### Classes

GoCo clients will have the opportunity to attend a specific GoCo client only class on Wednesday mornings or extra classes, pending demand. GoCo clients are also invited to attend existing Rural Fit classes at their convenience.



### Cost **\$7.00**

GoCo Only classes and existing Rural Fit classes will continue to be charged the subsidised class fee of \$7.00. This will be paid by monthly invoice account from GoCo. No cash payments on the day.

Classes run for 45 minutes to one hour, including warm up, cool down and stretching. Exercise activity is a combination of strength, balance and body weight circuit and cardio exercises with variety each week to ensure continued engagement and enjoyment.

### Location

The Kootingal Bowling Club will host Gentle Exercise classes at Limbri Rd, Kootingal with all equipment provided by Rural Fit. This means clients will benefit from a comfortable environment with suitable heating and cooling.



02 6740 2240



[gococare.com.au](http://gococare.com.au)



[info@gococare.com.au](mailto:info@gococare.com.au)

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## Bookings Essential

Due to COVID-19 requirements and the square metre rules, clients will be required to **book in their regular attendance** for each GoCo Only Class to reserve your spot. You will be required to give 24 hours notice if you are unable to attend, so that your place can be filled. If cancellation notice is received with less than 24 hours notice, the class client contribution fee will be invoiced as normal.



## Check In

Clients will check into the Kootingal Bowling Club as per COVID requirements and will be required to sign onto GoCo attendance sheets as required.



## Testing and Review

You are required to complete a complimentary initial assessment with Rural Fit prior to attending classes. These may be completed at the intro event or at the Rural Fit office, Jack Smyth Drive, Tamworth. This assessment is an individual test and base measurement of strength, cardio and balance, designed to establish and monitor goals, health and wellness, during the course of the Gentle Exercise Class program. This testing process is conducted every 3 months or as per the client's requirements to ensure that clients are meeting their health and movement goals. Testing results will be communicated to GoCo monitor progress in your individual Care Plan, trigger a reassessment or adjust additional aged care supports and services as required.

**BOOK YOUR INITIAL ASSESSMENT** WITH RURAL FIT ON: 02 6765 9866

From  
**12th October 2021**

**GoCo Only  
Class**

**Wednesdays 10am**

**BOOKINGS ESSENTIAL**

Extra sessions may be  
created, pending demand.



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