

Active One Group Exercise Classes

Class Times (25 Yuille St, FRANKSTON): All Classes Are 45 Minutes

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
8:00am	7:00am	12:00pm	8:00am	7:00am	7:30am
9:00am	8:00am	5:15pm	5:15pm	8:00am	8:30am
10:00am	9:00am	6:15pm***	6:15pm	9:00am	9:30am
12:00pm	10:00am			10:00am	
5:15pm	5:15pm			12:00pm	
6:15pm	6:15pm***				

*** Focus on Flexibility & Mobility

TERM 3 - EXERCISE PROGRAM (17 weeks):

Mon 21st Nov 2022 – Sat 18th Mar 2023

MONDAYS (14 WEEKS)

****No Classes on Public holidays (26th Dec), (2nd Jan), (13th Mar)****

Nov 21, 28 Dec -, 5, 12, 19 Jan -, 9, 16, 23, 30 Feb -, 6, 13, 20, 27 Mar -, 6, -

TUESDAYS (16 WEEKS)

****No Classes Christmas Holiday (27th Dec)**

Nov 22, 29 Dec -, 6, 13, 20 Jan 3, 10, 17, 24, 31 Feb -, 7, 14, 21, 28 Mar -, 7, 14

WEDNESDAYS (16 WEEKS)

Nov 23, 30 Dec -, 7, 14, 21 Jan 4, 11, 18, 25 Feb 1, 8, 15, 22, - Mar 1, 8, 15

THURSDAYS (15 WEEKS)

****No Classes Australia Day (26th Jan)****

Nov 24, - Dec 1, 8, 15, 22 Jan 5, 12, 19, - Feb 2, 9, 16, 23, - Mar 2, 9, 16

FRIDAYS (16 WEEKS)

Nov 25, - Dec 2, 9, 16, 23 Jan 6, 13, 20, 27 Feb 3, 10, 17, 24, - Mar 3, 10, 17

SATURDAYS (16 WEEKS)

Nov 26, - Dec 3, 10, 17, 24 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25, - Mar 4, 11, 18

CHRISTMAS PERIOD CLASSES ↓

\$15 you MUST note the dates/times on your Term Planning sheet as indicated

<u>WED 28th Dec</u>	<u>THUR 29th Dec</u>	<u>FRI 30th Dec</u>
12:00pm 5:15pm	8:00am 5:15pm	8:00am 10:00am

Classes are also held in BRIGHTON

For All Class Bookings: Please contact the office: (03) 8707 0830

Active One Group Exercise Classes

Class Times (1 Moffat St, BRIGHTON): All Classes Are 45 Minutes

<u>MON</u> 7:00am 8:00am 10:00am 11:00am	<u>WED</u> 7:00am 8:00am 10:00am	<u>THUR</u> 7:00am 8:00am 10:00am 11:00am	<u>FRI</u> 7:30am 8:30am 9:30am
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CHRISTMAS PERIOD CLASSES ↓

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THUR 29th Dec

8:00am
10:00am

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Active One Group Exercise Class Payment Options:

Active One Class Membership

If you are keen for results our **12-month MEMBERSHIP @ \$40 per / week** offers great value, bringing sessional costs as low as \$6.70 / session

Packs and Casual Passes

A great option if you are looking for greater flexibility.

10 pack (\$240) and 20 pack (\$440) – expiry of 4 months

Full Aged Pensioner rate: 10 pack (\$190) and 20 pack (\$340) – expiry of 4 months

Book for the FULL Term and Save!

\$22 per / session for 1 x class per / week

\$18 per / session for 2 x class per / week

\$15 per / session for 3 x class per / week

(FULL aged or Disability pension rates \$15 per / session)

People with Type 2 Diabetes: You may be eligible for **eight** Medicare funded group exercise classes per year. Please discuss this referral with your doctor and return the signed form to our office.

- **Initial Assessment (45mins)-** \$120.00 (Medicare Rebate of \$71.80)
- **Group Classes x8 (45mins):** Total \$176.00 (Medicare Rebate \$143.20) - you must attend 8 sessions to receive the full rebate
- **Total:** \$296.00 upfront (Medicare Rebate: \$215.00)

Private Health: Most funds cover Exercise Physiology Services. If you require a private health receipt, it will be issued at the end of the program or quarterly if on an unlimited package.

Important information for our group exercise classes:

- Arrive 5 minutes prior to your start time.
- Bring a hand towel and ensure you leave equipment sweat-free after use.
- Bring a full water bottle.
- Sanitize your hands on entry and as required throughout the session.
- You must notify us of any class cancellations, and you must book in for all sessions
- Make-up sessions are permitted within the same term – missed sessions do not attract a credit into future terms or refund.
- If you are unwell, please do not attend your exercise class and notify us as soon as possible
- **Exercise at YOUR level – do what YOU can – everyone is different!**