

## Active One Group Exercise Classes - All Classes Are 45 Minutes

**Class Times at: 25 Yuille Street, FRANKSTON**

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

**Class Times at: 1 Moffat St, BRIGHTON**

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
7:00am	7:30am	7:00am	7:00am	7:30am
8:00am	8:30am	8:00am	8:00am	8:30am
10:00am		10:00am	10:00am	9:30am
11:00am			11:00am	

**Please note:** Classes do not run on Public Holidays:

All clients must have an assessment with an Exercise Physiologist prior to starting classes.

### Active One Group Exercise Class Payment Options:

We have many payment options to suit all our clients. Classes start from as little as \$9 per class. Your exercise physiologist can discuss our payment options in your initial appointment.

**Medicare** – Medicare funding may be available to clients with type 2 diabetes.

**Private health** – Most funds contribute to Exercise Physiology services and exercise classes.

**NDIS** – Clients may be eligible to use NDIS funding to participate in the exercise classes.

**For Any Class Enquiries:** Please contact our office: (03) 8707 0830