

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	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					

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	

Class Times at: 11/10 Lakewood Blvd, CARRUM DOWNS

<u>MON</u>	<u>WED</u>
6:15pm	2:15pm
	6:15pm

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 \$8 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