

## Active One Group Exercise Class Options

### Book for the FULL Term and Save!

**\$21** per / session for **1 x class** per / week  
**\$17** per / session for **2 x classes** per / week  
**\$14** per / session for **3 x classes** per / week  
(Full Aged or Disability pensioner rates \$14 per /session)

### Active One Class Membership

If you are keen for results our **12-month MEMBERSHIP @ \$35 per / week** offers great value, bringing sessional costs as low as \$5.80 / session

### Packs and Casual Passes

A great option if you are looking for greater flexibility.

**10 pack** (\$230) and **20 pack** (\$420) – expiry of 4 months  
**Full Aged Pensioner rate: 10 pack** (\$185) and **20 pack** (\$330) – expiry of 4 months

Pay as you go casual sessions – **\$27 per session**

*Please discuss your payment options with our friendly team.*

## Bookings remain essential for ALL Group Exercise Sessions

### Cancellations and 'No Shows'...

You must notify us of any class cancellations and you must book in for ALL sessions including 'make-ups' and pack / casual sessions.

If you are feeling unwell, please **do not attend** your class and notify us as soon as possible. In doing this, your spot can be offered to another class member.

Any sessions that are cancelled in advance, *for whatever reason*, can be "**made-up**" in a different class within the TERM 1 program period (14<sup>th</sup> March – 16<sup>th</sup> July), however, **must be booked in advance**. Cancelled sessions will not be credited to the next program - it is your responsibility to "make-up" sessions you miss.

## COVID-19

### Our commitment to keeping everyone safe during COVID-19 remains the same!

We want to assure you that the health and safety of our team and clients remains our top priority, and as such, we will continue with:

1. Lower class numbers to meet government physical distancing measures
2. Regular cleaning / disinfecting of all frequently touched surfaces throughout all Active One venues, including disinfecting of all exercise equipment between classes.
3. All class times remain 45 mins to allow for suitable distancing and all the required cleaning between classes.

### On arrival to your class we kindly ask...

- **Hand hygiene** must be performed on arrival (hand sanitising stations available at every entry)
- To reduce unnecessary contact and cross over between classes, **please come to your class on time (not early)** and **please do not linger** once your class has finished
- As usual, please bring (and use!) your own towel and water bottle

## CLASS TIMES (FRANKSTON): ALL CLASSES ARE 45 MINUTES

### No Classes will run on the following Public Holidays:

**Labour Day** (Mon 14<sup>th</sup> March), **Easter Period** (Fri 15<sup>th</sup> – Mon 18<sup>th</sup> April inclusive),  
**Anzac Day** (Mon 25<sup>th</sup> April), **Queens Birthday** (Mon 13<sup>th</sup> June)

### MONDAYS (14 WEEKS) **\*\*No Classes Labour Day (14th March), Easter Mon (18th April), Anzac Day (25th April) & Queens Birthday (13th June)\*\***

• 8:00am	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11
• 9:00am	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11
• 10:00am	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11
• 12:00pm	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11
• 5:15pm	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11
• 6:15pm	Mar -, 21, 28	Apr 4, 11, -, -	May 2, 9, 16, 23, 30	Jun 6, -, 20, 27	Jul 4, 11

### TUESDAYS (18 WEEKS)

• 7:00am	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12
• 8:00am	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12
• 9:00am	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12
• 10:00am	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12
• 5:15pm	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12
• 6:15pm***	Mar 15, 22, 29	Apr 5, 12, 19, 26	May 3, 10, 17, 24, 31	Jun 7, 14, 21, 28	Jul 5, 12

\*\*\* Focused Flexibility Class; Stretching & Mobility

### WEDNESDAYS (18 WEEKS)

• 12:00pm	Mar 16, 23, 30	Apr 6, 13, 20, 27	May 4, 11, 18, 25	Jun 1, 8, 15, 22, 29	Jul 6, 13
• 5:15pm	Mar 16, 23, 30	Apr 6, 13, 20, 27	May 4, 11, 18, 25	Jun 1, 8, 15, 22, 29	Jul 6, 13
• 6:15pm ***	Mar 16, 23, 30	Apr 6, 13, 20, 27	May 4, 11, 18, 25	Jun 1, 8, 15, 22, 29	Jul 6, 13

\*\*\* Focused Flexibility Class; Stretching & Mobility

### THURSDAYS (18 WEEKS)

• 8:00am	Mar 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30	Jul 7, 14
• 5:15pm	Mar 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30	Jul 7, 14
• 6:15pm	Mar 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30	Jul 7, 14

### FRIDAYS (17 WEEKS) **\*\* No Classes Good Friday (15th April)\*\***

• 7:00am	Mar 18, 25	Apr 1, 8, -, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15
• 8:00am	Mar 18, 25	Apr 1, 8, -, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15
• 9:00am	Mar 18, 25	Apr 1, 8, -, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15
• 10:00am	Mar 18, 25	Apr 1, 8, -, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15
• 12:00pm	Mar 18, 25	Apr 1, 8, -, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15

### SATURDAYS (17 WEEKS) **\*\* No Classes Easter Saturday (16th April)\*\***

• 7:30am	Mar 19, 26	Apr 2, 9, -, 23, 30	May 7, 14, 21, 28	Jun 4, 11, 18, 25	Jul 2, 9, 16
• 8:30am	Mar 19, 26	Apr 2, 9, -, 23, 30	May 7, 14, 21, 28	Jun 4, 11, 18, 25	Jul 2, 9, 16
• 9:30am	Mar 19, 26	Apr 2, 9, -, 23, 30	May 7, 14, 21, 28	Jun 4, 11, 18, 25	Jul 2, 9, 16

**People with Type 2 Diabetes:** You are eligible for **eight** group services per year (\$140.80 rebate). You must attend 8 sessions in order to receive the full rebate. **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.

**For Program bookings: Please contact the office: (03) 8707 0830**

**TERM 1 - EXERCISE PROGRAM (18 weeks):**  
**Mon 14<sup>th</sup> Mar – Fri 15<sup>th</sup> July 2022**  
1 Moffat Street, Brighton, Mel ref:1BN10

**CLASS TIMES (BRIGHTON): ALL CLASSES ARE 45 MINUTES**

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- 8:00am Mar -, 21, 28 Apr 4, 11, -, - May 2, 9, 16, 23, 30 Jun 6, -, 20, 27 Jul 4, 11
- 10:00am Mar -, 21, 28 Apr 4, 11, -, - May 2, 9, 16, 23, 30 Jun 6, -, 20, 27 Jul 4, 11
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- 7:00am Mar 16, 23, 30 Apr 6, 13, 20, 27 May 4, 11, 18, 25 Jun 1, 8, 15, 22, 29 Jul 6, 13
- 8:00am Mar 16, 23, 30 Apr 6, 13, 20, 27 May 4, 11, 18, 25 Jun 1, 8, 15, 22, 29 Jul 6, 13
- 10:00am Mar 16, 23, 30 Apr 6, 13, 20, 27 May 4, 11, 18, 25 Jun 1, 8, 15, 22, 29 Jul 6, 13

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- 7:00am Mar 17, 24, 31 Apr 7, 14, 21, 28 May 5, 12, 19, 26 Jun 2, 9, 16, 23, 30 Jul 7, 14
- 8:00am Mar 17, 24, 31 Apr 7, 14, 21, 28 May 5, 12, 19, 26 Jun 2, 9, 16, 23, 30 Jul 7, 14
- 10:00am Mar 17, 24, 31 Apr 7, 14, 21, 28 May 5, 12, 19, 26 Jun 2, 9, 16, 23, 30 Jul 7, 14
- 11:00am Mar 17, 24, 31 Apr 7, 14, 21, 28 May 5, 12, 19, 26 Jun 2, 9, 16, 23, 30 Jul 7, 14

**FRIDAYS (17 WEEKS)** **\*\* No Classes Good Friday (15<sup>th</sup> April)\*\***

- 7:30am Mar 18, 25 Apr 1, 8, -, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24 Jul 1, 8, 15
- 8:30am Mar 18, 25 Apr 1, 8, -, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24 Jul 1, 8, 15
- 9:30am Mar 18, 25 Apr 1, 8, -, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24 Jul 1, 8, 15

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