

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 2 - EXERCISE PROGRAM (17 weeks):

Mon 17th July 2023 – Sat 11th November 2023

MONDAYS (17 WEEKS)

July 17, 24, 31 Aug 7, 14, 21, 28 Sept 4, 11, 18, 25 Oct 2, 9, 16, 23, 30 Nov 6

TUESDAYS (16 WEEKS)

****No Classes Cup Day Holiday (7th Nov)**

July 18, 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19, 26 Oct 3, 10, 17, 24, 31 Nov -

WEDNESDAYS (17 WEEKS)

July 19, 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20, 27 Oct 4, 11, 18, 25 Nov 1, 8

THURSDAYS (17 WEEKS)

July 20, 27 Aug 3, 10, 17, 24, 31 Sept 7, 14, 21, 28 Oct 5, 12, 19, 26 Nov 2, 9

FRIDAYS (16 WEEKS)

****No Classes AFL Grand Final EVE (29th Sept)****

July 21, 28 Aug 4, 11, 18, 25 Sept 1, 8, 15, 22, - Oct 6, 13, 20, 27 Nov 3, 10

SATURDAYS (17 WEEKS)

July 22, 29 Aug 5, 12, 19, 26 Sept 2, 9, 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11

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>	<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	

TERM 2 - EXERCISE PROGRAM (17 weeks):

Mon 17th July 2023 – Friday 10th November 2023

MONDAYS (17 WEEKS)

July 17, 24, 31 Aug 7, 14, 21, 28 Sept 4, 11, 18, 25 Oct 2, 9, 16, 23, 30 Nov 6

TUESDAYS (16 WEEKS)

****No Classes Cup Day Holiday (7th Nov)**

July 18, 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19, 26 Oct 3, 10, 17, 24, 31 Nov -

WEDNESDAYS (17 WEEKS)

July 19, 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20, 27 Oct 4, 11, 18, 25 Nov 1, 8

THURSDAYS (17 WEEKS)

July 20, 27 Aug 3, 10, 17, 24, 31 Sept 7, 14, 21, 28 Oct 5, 12, 19, 26 Nov 2, 9

FRIDAYS (16 WEEKS)

****No Classes AFL Grand Final EVE (29th Sept)****

July 21, 28 Aug 4, 11, 18, 25 Sept 1, 8, 15, 22, - Oct 6, 13, 20, 27 Nov 3, 10

Classes are also held in FRANKSTON

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

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 (\$255) and 20 pack (\$470) – expiry of 4 months

Full Aged Pensioner rate: 10 pack (\$200) and 20 pack (\$360) – expiry of 4 months

Book for the FULL Term and Save!

\$23.50 per / session for **1 x class** per / week

\$19 per / session for **2 x class** per / week

\$15.50 per / session for **3 x class** per / week

(**FULL** aged or Disability pension rates \$15.50 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):** \$125.00 (Medicare Rebate of \$74.40)
- **Group Classes x8 (45mins):** Total \$188.00 (Medicare Rebate \$148.40) - you must attend 8 sessions to receive the full rebate
- **Total:** \$313.00 upfront (Medicare Rebate: \$222.80)

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!**