

AUTUMN EXERCISE: March 2nd until 30th May 2015 (13 week program)

Cost = \$234 (\$18 p/session 1 x p/wk) or \$377 (\$14.50 p/session, 2 x p/wk) or \$468 (\$12 p/session, 3 x p/wk)

- **Payment is made up front for the Autumn Exercise Program (Or when starting part way through, payment is made up until the end of the current Program)**
- Special rates are available for people attending twice per week (\$14.50 per session), three times per week (\$12 per session) and **FULL** pension card holders, Aged or Disability (\$12 per session)
- **If you know before committing to the full program that you cannot attend a session(s), please notify us and you will not be billed for the session(s)**
- Any missed sessions, for whatever reason, can be "made up" in a different class within the Autumn program period. Missed sessions will not be credited to the Winter Program – it is your responsibility to "make up" any sessions you miss
- **People with Type 2 Diabetes:** You are eligible for **eight** group services per year (\$135.60 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 Autumn program

PLEASE NOTE: Please check class times and dates carefully, as some sessions have been cancelled due to public holidays and staff leave

VENUES AND TIMES: Monday 2nd March until Saturday 30th May 2015

FRANKSTON SOUTH **ACTIVE ONE** 25A Yuille Street, Frankston South Mel ref: 100A D12 (rear house)

MONDAYS

- 8:30am 10 WEEKS (no classes March 9th, 6th or 20th April)
- 9:30am 10 WEEKS (no classes March 9th, 6th or 20th April)
- 5:15pm 11 WEEKS (no classes March 9th or April 6th)
- 6:15pm 11 WEEKS (no classes March 9th or April 6th)

TUESDAYS

- 7:15am 13 WEEKS
- 8:30am 13 WEEKS
- 9:45am 13 WEEKS
- 5:15pm 13 WEEKS

WEDNESDAYS

- 12:00pm 13 WEEKS
- 5:15pm 13 WEEKS
- 6:15pm 13 WEEKS

THURSDAYS

- 8:30am 11 WEEKS (no classes April 2nd or 23rd)
- 5:15pm 13 WEEKS
- 6:15pm 13 WEEKS

FRIDAYS

- 7:15am 12 WEEKS (no class April 3rd)
- 8:30am 12 WEEKS (no class April 3rd)
- 9:45am 12 WEEKS (no class April 3rd)

SATURDAYS **** Class WILL be held on ANZAC Day 25th April**

- 7:45am 12 WEEKS (no class April 4th)
- 8:30am 12 WEEKS (no class April 4th)
- 9:15am 12 WEEKS (no class April 4th)

MT MARTHA

MT MARTHA HOUSE 466 Esplanade, Mt Martha Mel ref: 144 H12

TUESDAYS

- 3:00pm 13 WEEKS

Classes are also held in Berwick, Hampton and Bentleigh

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

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VENUES AND TIMES:

HAMPTON HAMPTON SCOUT HALL 6 Willis Street Mel ref: 76 G6

MONDAYS

- 7:00am 11 WEEKS (no classes March 9th or April 6th)
- 8:00am 11 WEEKS (no classes March 9th or April 6th)
- 11:30am 11 WEEKS (no classes March 9th or April 6th)
- 12:30pm 11 WEEKS (no classes March 9th or April 6th)
- 5:45pm 11 WEEKS (no classes March 9th or April 6th)

WEDNESDAYS

- 7:30am 13 WEEKS

THURSDAYS

- 7:00am 13 WEEKS
- 8:00am 13 WEEKS
- 11:30am 11 WEEKS (no classes April 2nd or 23rd)
- 12:30pm 11 WEEKS (no classes April 2nd or 23rd)
- 5:45pm 13 WEEKS

BENTLEIGH CHURCH HALL (Temple Soc. Aus) 152 Tucker Road Mel ref: 77 H1

MONDAYS

- 9:45am 11 WEEKS (no classes March 9th or April 6th)

WEDNESDAYS

- 10:00am 13 WEEKS

Classes are also held in Berwick, Frankston and Mt Martha

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

AUTUMN EXERCISE: 2nd March – 30th May (10 weeks)

Cost = \$180 (\$18 p/session once p/week)

- **Payment is made up front for the Autumn Exercise Program (Or when starting part way through, payment is made up until the end of the current Program)**
- Special rates are available for people attending twice per week (\$14.50 per session), three times per week (\$12 per session) and **FULL** pension card holders, Aged or Disability (\$12 per session)
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VENUES AND TIMES:

BERWICK BRENTWOOD PARK NEIGHBOURHOOD HOUSE 21A Bemersyde Drive Map ref: 111 C12

FRIDAYS

- **8:30am 10 WEEKS (No classes 3rd, 17th, 24th April)**

Classes are also held in Hampton, Bentleigh, and Frankston

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