

## SPRING EXERCISE PROGRAM: 3<sup>rd</sup> September – 1<sup>st</sup> December 2018

Cost = \$19.50 p/session for 1 x p/wk or \$15.50 p/session for 2 x p/wk or \$13 p/session for 3 x p/wk OR

### ACTIVEONE MEMBERSHIP @ \$35 per/week (Please phone our office for details)

- Payment is made up front for the Spring 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 (\$15.50 per session), three times per week (\$13 per session) and **FULL** pension card holders, Aged or Disability (\$13 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 Spring program period. Missed sessions will not be credited to the next 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 program or quarterly if on an unlimited package.

#### VENUES AND TIMES:

**NB: CLASSES ARE NOT RUNNING ON MELBOURNE CUP PUBLIC HOLIDAY, BUT CLASSES WILL RUN ON GRAND FINAL DAY PUBLIC HOLIDAY (AS PER SCHEDULE)**

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

#### MONDAYS

- |           |          |   |
|-----------|----------|---|
| • 8:30am  | 13 WEEKS | Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26 |
| • 9:45am  | 13 WEEKS | Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26 |
| • 12:00pm | 13 WEEKS | Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26 |
| • 5:15pm  | 13 WEEKS | Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26 |
| • 6:15pm  | 13 WEEKS | Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26 |

#### TUESDAYS

- |          |          |  |                                   |
|----------|----------|--|-----------------------------------|
| • 7:15am | 12 WEEKS | Sept 4, 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27 | <b>No Session on Melb Cup Day</b> |
| • 8:30am | 12 WEEKS | Sept 4, 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27 | <b>No Session on Melb Cup Day</b> |
| • 9:45am | 12 WEEKS | Sept 4, 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27 | <b>No Session on Melb Cup Day</b> |
| • 5:15pm | 12 WEEKS | Sept 4, 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27 | <b>No Session on Melb Cup Day</b> |

#### WEDNESDAYS

- |           |          |  |
|-----------|----------|--|
| • 12:00pm | 13 WEEKS | Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28 |
| • 5:15pm  | 13 WEEKS | Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28 |

#### THURSDAYS

- |          |          |   |
|----------|----------|---|
| • 8:30am | 13 WEEKS | Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29 |
| • 5:15pm | 13 WEEKS | Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29 |
| • 6:15pm | 13 WEEKS | Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29 |

#### FRIDAYS

- |           |          |   |
|-----------|----------|---|
| • 7:15am  | 13 WEEKS | Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30 |
| • 8:30am  | 13 WEEKS | Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30 |
| • 9:45am  | 13 WEEKS | Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30 |
| • 12:00pm | 13 WEEKS | Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30 |

#### SATURDAYS

- |          |          |   |
|----------|----------|---|
| • 7:45am | 13 WEEKS | Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1 |
| • 8:30am | 13 WEEKS | Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1 |
| • 9:15am | 13 WEEKS | Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1 |

Classes are also held in BRIGHTON    **For Program bookings: Please contact the office: (03) 8707 0830**

## **SPRING EXERCISE PROGRAM: 3<sup>rd</sup> September – 1<sup>st</sup> December 2018**

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- **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 program or quarterly if on an unlimited package.

#### **VENUES AND TIMES:**

**NB: CLASSES ARE NOT RUNNING ON PUBLIC HOLIDAYS**

#### **BRIGHTON**

1 Moffat Street, Brighton

Mel ref: 1B N10

#### **MONDAYS**

- **7:00am**      **13 WEEKS**      Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26
- **8:00am**      **13 WEEKS**      Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26
- **10:00am**     **13 WEEKS**      Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26

#### **TUESDAYS**

- **5:45pm**      **12 WEEKS**      Sept 4, 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27    **(No Session Cup Day)**

#### **WEDNESDAYS**

- **7:30am**      **13 WEEKS**      Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28
- **10:00am**     **13 WEEKS**      Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28

#### **THURSDAYS**

- **7:00am**      **13 WEEKS**      Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29
- **8:00am**      **13 WEEKS**      Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29
- **10:00am**     **13 WEEKS**      Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29
- **11:00am**     **13 WEEKS**      Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29

Classes are also held in Frankston

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