

## SUMMER EXERCISE: 3<sup>rd</sup> December 2018 – 2<sup>nd</sup> March 2019

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 Summer 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 Summer 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 OVER CHRISTMAS PERIOD FROM 24<sup>TH</sup> DEC – 1<sup>ST</sup> JANUARY (inclusive)  
CLASSES WILL RUN ON AUSTRALIA DAY SAT 26<sup>TH</sup> JAN, BUT WILL NOT RUN ON AUSTRALIA DAY  
PUBLIC HOLIDAY, MON 28<sup>TH</sup> JAN (AS PER SCHEDULE)**

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

#### MONDAYS

- |           |          |   |                                      |
|-----------|----------|---|--------------------------------------|
| • 8:30am  | 10 WEEKS | Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 | (NO SESSION AUST DAY PUBLIC HOLIDAY) |
| • 9:45am  | 10 WEEKS | Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 | (NO SESSION AUST DAY PUBLIC HOLIDAY) |
| • 12:00pm | 10 WEEKS | Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 | (NO SESSION AUST DAY PUBLIC HOLIDAY) |
| • 5:15pm  | 10 WEEKS | Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 | (NO SESSION AUST DAY PUBLIC HOLIDAY) |
| • 6:15pm  | 10 WEEKS | Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 | (NO SESSION AUST DAY PUBLIC HOLIDAY) |

#### TUESDAYS

- |          |          |   |
|----------|----------|---|
| • 7:15am | 11 WEEKS | Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12, 19, 26 |
| • 8:30am | 11 WEEKS | Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12, 19, 26 |
| • 9:45am | 11 WEEKS | Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12, 19, 26 |
| • 5:15pm | 11 WEEKS | Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12, 19, 26 |

#### WEDNESDAYS

- |           |          |  |
|-----------|----------|--|
| • 12:00pm | 12 WEEKS | Dec 5, 12, 19, Jan 2, 9, 16, 23, 30, Feb 6, 13, 20, 27 |
| • 5:15pm  | 12 WEEKS | Dec 5, 12, 19, Jan 2, 9, 16, 23, 30, Feb 6, 13, 20, 27 |

#### THURSDAYS

- |          |          |   |
|----------|----------|---|
| • 8:30am | 12 WEEKS | Dec 6, 13, 20, Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28 |
| • 5:15pm | 12 WEEKS | Dec 6, 13, 20, Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28 |
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#### FRIDAYS

- |           |          |   |
|-----------|----------|---|
| • 7:15am  | 12 WEEKS | Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, Mar 1 |
| • 8:30am  | 12 WEEKS | Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, Mar 1 |
| • 9:45am  | 12 WEEKS | Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, Mar 1 |
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#### SATURDAYS

- |          |          |   |
|----------|----------|---|
| • 7:45am | 12 WEEKS | Dec 8, 15, 22, Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 2 |
| • 8:30am | 12 WEEKS | Dec 8, 15, 22, Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 2 |
| • 9:15am | 12 WEEKS | Dec 8, 15, 22, Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 2 |

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

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#### **BRIGHTON**

1 Moffat Street, Brighton

Mel ref: 1B N10

#### **MONDAYS**

- **7:00am**      **10 WEEKS**      Dec 3, 10, 17, Jan 7, 14, 21, Feb 4, 11, 18, 25 (NO SESSION AUST DAY PUBLIC HOLIDAY)
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- 

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