

## AUTUMN EXERCISE: 4<sup>th</sup> March 2019 – 1<sup>st</sup> June 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

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

- 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 (\$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 Autumn 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 WILL NOT RUN ON PUBLIC HOLIDAYS (AS OUTLINED BELOW)**

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

#### MONDAYS

- 8:30am            11 WEEKS    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27    (NO SESSION LABOUR DAY/EASTER MONDAY)
- 9:45am            11 WEEKS    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27    (NO SESSION LABOUR DAY/EASTER MONDAY)
- 12:00pm           11 WEEKS    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27    (NO SESSION LABOUR DAY/EASTER MONDAY)
- 5:15pm            11 WEEKS    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27    (NO SESSION LABOUR DAY/EASTER MONDAY)
- 6:15pm            11 WEEKS    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27    (NO SESSION LABOUR DAY/EASTER MONDAY)

#### TUESDAYS

- 7:15am            13 WEEKS    Mar 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, 28
- 8:30am            13 WEEKS    Mar 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, 28
- 9:45am            13 WEEKS    Mar 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, 28
- 5:15pm            13 WEEKS    Mar 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, 28

#### WEDNESDAYS

- 12:00pm           13 WEEKS    Mar 6, 13, 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22, 29
- 5:15pm            13 WEEKS    Mar 6, 13, 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22, 29

#### THURSDAYS

- 8:30am            12 WEEKS    Mar 7, 14, 21, 28, April 4, 11, 18, May 2, 9, 16, 23, 30    (NO SESSION ANZAC DAY)
- 5:15pm            12 WEEKS    Mar 7, 14, 21, 28, April 4, 11, 18, May 2, 9, 16, 23, 30    (NO SESSION ANZAC DAY)
- 6:15pm            12 WEEKS    Mar 7, 14, 21, 28, April 4, 11, 18, May 2, 9, 16, 23, 30    (NO SESSION ANZAC DAY)

#### FRIDAYS

- 7:15am            12 WEEKS    Mar 8, 15, 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31    (NO SESSION GOOD FRIDAY)
- 8:30am            12 WEEKS    Mar 8, 15, 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31    (NO SESSION GOOD FRIDAY)
- 9:45am            12 WEEKS    Mar 8, 15, 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31    (NO SESSION GOOD FRIDAY)
- 12:00pm           12 WEEKS    Mar 8, 15, 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31    (NO SESSION GOOD FRIDAY)

#### SATURDAYS

- 7:45am            12 WEEKS    Mar 9, 16, 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1    (NO SESSION EASTER SATURDAY)
- 8:30am            12 WEEKS    Mar 9, 16, 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1    (NO SESSION EASTER SATURDAY)
- 9:15am            12 WEEKS    Mar 9, 16, 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1    (NO SESSION EASTER SATURDAY)

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

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

**NB: CLASSES WILL NOT RUN ON PUBLIC HOLIDAYS (AS OUTLINED BELOW)**

#### **BRIGHTON**

1 Moffat Street, Brighton

Mel ref: 1B N10

#### **MONDAYS**

- **7:00am**      **11 WEEKS**    Mar 4, 18, 25, April 1, 8, 15, 29, May 6, 13, 20, 27 (NO SESSION LABOUR DAY/EASTER MON)
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#### **THURSDAYS**

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**Classes are also held in Frankston**

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