

WINTER EXERCISE: 3rd June 2019 – 31st August 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 Winter 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 Winter 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 | 12 WEEKS | June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 | (No session Queens Birthday) |
| • 9:45am | 12 WEEKS | June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 | (No session Queens Birthday) |
| • 12:00pm | 12 WEEKS | June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 | (No session Queens Birthday) |
| • 5:15pm | 12 WEEKS | June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 | (No session Queens Birthday) |
| • 6:15pm | 12 WEEKS | June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 | (No session Queens Birthday) |

TUESDAYS

- | | | |
|----------|----------|--|
| • 7:15am | 13 WEEKS | June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27 |
| • 8:30am | 13 WEEKS | June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27 |
| • 9:45am | 13 WEEKS | June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27 |
| • 5:15pm | 13 WEEKS | June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27 |

WEDNESDAYS

- | | | |
|-----------|----------|---|
| • 12:00pm | 13 WEEKS | June 5, 12, 19, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21, 28 |
| • 5:15pm | 13 WEEKS | June 5, 12, 19, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21, 28 |

THURSDAYS

- | | | |
|----------|----------|--|
| • 8:30am | 13 WEEKS | June 6, 13, 20, 27, July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29 |
| • 5:15pm | 13 WEEKS | June 6, 13, 20, 27, July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29 |
| • 6:15pm | 13 WEEKS | June 6, 13, 20, 27, July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29 |

FRIDAYS

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

SATURDAYS

- | | | |
|----------|----------|---|
| • 7:45am | 13 WEEKS | June 8, 15, 22, 29, July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31 |
| • 8:30am | 13 WEEKS | June 8, 15, 22, 29, July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31 |
| • 9:15am | 13 WEEKS | June 8, 15, 22, 29, July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31 |

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 12 WEEKS June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 (No session Queens Birthday)
- 8:00am 12 WEEKS June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 (No session Queens Birthday)
- 10:00am 12 WEEKS June 3, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19, 26 (No session Queens Birthday)

TUESDAYS

- 5:45pm 13 WEEKS June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27

WEDNESDAYS

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- 10:00am 13 WEEKS June 5, 12, 19, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21, 28

THURSDAYS

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- 10:00am 13 WEEKS June 6, 13, 20, 27, July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29
- 11:00am 13 WEEKS June 6, 13, 20, 27, July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29

FRIDAYS

*****NEW FRIDAY CLASS TIMES*****

- 7:00am 13 WEEKS June 7, 14, 21, 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23, 30
- 8:00am 13 WEEKS June 7, 14, 21, 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23, 30
- 10:00am 13 WEEKS June 7, 14, 21, 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23, 30

Classes are also held in Frankston

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