

**CLASS TIMES FRANKSTON: 25A Yuille Street, Frankston South Mel ref: 100A D12**

Pay as you go casual sessions – **\$25 per session** (\$20 full pensioner rate)

Reduce your costs by committing to an upfront payment to the end of term - save \$\$\$

**\$20 p/session for 1 x p/wk OR \$16 p/session for 2 x p/wk OR \$13.50 p/session for 3 x p/wk**  
(Full Aged or Disability pensioner rates \$13.50 p/session)

**\*Important** - 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.

If you are keen for results our **12-month MEMBERSHIP @ \$35 per/week** offers great value, bringing sessional costs as low as \$5.80/session

If you want greater flexibility, purchase a “pack” of sessions – 10 pk (\$225) and 20 pk (\$400) - expiry of 6 months

**Full Aged Pensioner rate-** 10 pk (\$180) and 20 pk (\$320) - expiry of 6 months

**CLASSES WILL NOT RUN ON LABOUR DAY, GOOD FRIDAY, EASTER SATURDAY & EASTER MONDAY PUBLIC HOLIDAYS.**

**CLASSES WILL RUN ON ANZAC DAY**

**CLASS TIMES (FRANKSTON):**

**MONDAYS**

• 8:30am	11 WEEKS	Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25	(NO SESSION LABOUR DAY/EASTER MON)
• 9:45am	11 WEEKS	Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25	(NO SESSION LABOUR DAY/EASTER MON)
• 12:00pm	11 WEEKS	Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25	(NO SESSION LABOUR DAY/EASTER MON)
• 5:15pm	11 WEEKS	Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25	(NO SESSION LABOUR DAY/EASTER MON)
• 6:15pm	11 WEEKS	Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25	(NO SESSION LABOUR DAY/EASTER MON)

**TUESDAYS**

• 7:15am	13 WEEKS	Mar 3, 10, 17, 24, 31 Apr 7, 14, 21, 28, May 5, 12, 19, 26
• 8:30am	13 WEEKS	Mar 3, 10, 17, 24, 31 Apr 7, 14, 21, 28, May 5, 12, 19, 26
• 9:45am	13 WEEKS	Mar 3, 10, 17, 24, 31 Apr 7, 14, 21, 28, May 5, 12, 19, 26
• 5:15pm	13 WEEKS	Mar 3, 10, 17, 24, 31 Apr 7, 14, 21, 28, May 5, 12, 19, 26

**WEDNESDAYS**

• 12:00pm	13 WEEKS	Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29, May 6, 13, 20, 27
• 5:15pm	13 WEEKS	Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29, May 6, 13, 20, 27
• 6:15pm	13 WEEKS	Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29, May 6, 13, 20, 27

**<< Focused Flexibility Class <<**  
Stretching & Mobility

**THURSDAYS**

• 8:30am	13 WEEKS	Mar 5, 12, 19, 26, Apr 2, 9, 16, 23, 30, May 7, 14, 21, 28
• 5:15pm	13 WEEKS	Mar 5, 12, 19, 26, Apr 2, 9, 16, 23, 30, May 7, 14, 21, 28
• 6:15pm	13 WEEKS	Mar 5, 12, 19, 26, Apr 2, 9, 16, 23, 30, May 7, 14, 21, 28

**FRIDAYS**

• 7:15am	12 WEEKS	Mar 6, 13, 20, 27 Apr 3, --, 17, 24, May 1, 8, 15, 22, 29	(NO SESSION GOOD FRIDAY)
• 8:30am	12 WEEKS	Mar 6, 13, 20, 27 Apr 3, --, 17, 24, May 1, 8, 15, 22, 29	(NO SESSION GOOD FRIDAY)
• 9:45am	12 WEEKS	Mar 6, 13, 20, 27 Apr 3, --, 17, 24, May 1, 8, 15, 22, 29	(NO SESSION GOOD FRIDAY)
• 12:00pm	12 WEEKS	Mar 6, 13, 20, 27 Apr 3, --, 17, 24, May 1, 8, 15, 22, 29	(NO SESSION GOOD FRIDAY)

**SATURDAYS**

• 7:45am	12 WEEKS	Mar 7, 14, 21, 28, Apr 4, --, 18, 25, May 2, 9, 16, 23, 30	(NO SESSION EASTER SATURDAY)
• 8:30am	12 WEEKS	Mar 7, 14, 21, 28, Apr 4, --, 18, 25, May 2, 9, 16, 23, 30	(NO SESSION EASTER SATURDAY)
• 9:15am	12 WEEKS	Mar 7, 14, 21, 28, Apr 4, --, 18, 25, May 2, 9, 16, 23, 30	(NO SESSION EASTER SATURDAY)

**People with Type 2 Diabetes:** You are eligible for **eight** group services per year (\$137.60 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.

**CLASS TIMES BRIGHTON: 1 Moffat Street, Brighton, Mel ref:1BN10**

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**CLASS TIMES (BRIGHTON):**

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- **8:00am**      **11 WEEKS**      Mar 2, --, 16, 23, 30, Apr 6, --, 20, 27, May 4, 11, 18, 25      (NO SESSION LABOUR DAY/EASTER MON)
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**TUESDAYS**

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**For all program bookings: Please contact the office: (03) 8707 0830**