

Important information regarding Group Exercise Classes during COVID-19

In light of easing restrictions on the 9th Nov 2020 and guidance from our Professional Association (ESSA) ...

...we are excited to announce we are re-commencing Group Exercise Classes at Active One

We want to assure you that the health and safety of our team and clients remains our top priority, and as such, we have made some changes to our Summer Exercise Program including:

1. Lower class numbers to meet government physical distancing measures – a maximum of 10 clients per group.
2. Regular cleaning / disinfecting of all frequently touched surfaces throughout all Active One venues, including disinfecting of all exercise equipment between classes.
3. All class times are now 45 mins to allow for suitable social distancing and all the required cleaning between classes.
4. Additional class times available (refer Summer Exercise Schedule)

Given class number restrictions (10 clients), priority will be given to clients who book early and commit up front for the entire Summer exercise program.

\$20 per / session for 1 x class per / week
\$16 per / session for 2 x classes per / week
\$13.50 per / session for 3 classes x per /week
(Full Aged or Disability pensioner rates \$13.50 per /session)

Membership, Packs and Casual pass payment options are currently NOT AVAILABLE due to COVID-19 restrictions on class numbers

Please discuss your options with our friendly team.

Cancellations and ‘No Shows’...

You **must** notify us of any class cancellations and you **must** book in for all make-up classes

If you are feeling unwell, please **do not attend** your class and notify us as soon as possible. In doing this, your spot can be offered to another member.

Any sessions that are cancelled in advance, *for whatever reason*, can be “made up” in a different class within the SUMMER program period, however, **must be booked in advance**.

Cancelled sessions will not be credited to the next program - it is your responsibility to “make up” sessions you miss.

“NO SHOWS” TO ANY CLASS WILL BE CHARGED

On arrival to your class we kindly ask...

- **Hand hygiene** must be performed on arrival (hand sanitising stations available at every entry)
- We are monitoring temperatures so please be prepared for quick contactless (infra-red) **temperature screening** of your forehead upon entry
- To reduce unnecessary contact and cross over between classes, **please come to your class on time (not early)** and **please do not linger** once your class has finished
- If possible, please avoid bringing in jackets, purses and other unnecessary personal items to reduce gathering around pigeon holes
 - As usual, please bring (and use!) your own towel and water bottle

SUMMER EXERCISE PROGRAM (13 weeks):
9th Nov 2020 – 14th Feb 2021

25 Yuille Street, Frankston South Mel ref: 100A D12 (rear house)

CLASS TIMES (FRANKSTON): ALL CLASSES ARE 45 MINUTES

**** Christmas Closure Thursday 24th Dec 2020 – Sunday 3rd Jan 2021 Inclusive ****

MONDAYS

- 8:00am 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8
- 9:00am 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8
- 10:00am 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8
- 12:00pm 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8
- 5:15pm 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8
- 6:15pm 13 WEEKS Nov 9, 16, 23, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8

TUESDAYS

***** No Classes Australia Day *****

- 7:00am 12 WEEKS Nov 10, 17, 24, Dec 1, 8, 15, 22, Jan 5, 12, 19, Feb 2, 9
- 8:00am 12 WEEKS Nov 10, 17, 24, Dec 1, 8, 15, 22, Jan 5, 12, 19, Feb 2, 9
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- 5:15pm 12 WEEKS Nov 10, 17, 24, Dec 1, 8, 15, 22, Jan 5, 12, 19, Feb 2, 9

WEDNESDAYS

- 12:00pm 13 WEEKS Nov 11, 18, 25, Dec 2, 9, 16, 23, Jan 6, 13, 20, 27, Feb 3, 10
- 5:15pm 13 WEEKS Nov 11, 18, 25, Dec 2, 9, 16, 23, Jan 6, 13, 20, 27, Feb 3, 10
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***** Focused Flexibility Class; Stretching & Mobility**

THURSDAYS

- 8:00am 12 WEEKS Nov 12, 19, 26, Dec 3, 10, 17, Jan 7, 14, 21, 28, Feb 4, 11
- 5:15pm 12 WEEKS Nov 12, 19, 26, Dec 3, 10, 17, Jan 7, 14, 21, 28, Feb 4, 11
- 6:15pm 12 WEEKS Nov 12, 19, 26, Dec 3, 10, 17, Jan 7, 14, 21, 28, Feb 4, 11

FRIDAYS

- 7:00am 12 WEEKS Nov 13, 20, 27, Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12
- 8:00am 12 WEEKS Nov 13, 20, 27, Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12
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SATURDAYS

- 7:30am 12 WEEKS Nov 14, 21, 28, Dec 5, 12, 19, Jan 9, 16, 23, 30, Feb 6, 13
- 8:30am 12 WEEKS Nov 14, 21, 28, Dec 5, 12, 19, Jan 9, 16, 23, 30, Feb 6, 13
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1 Moffat Street, Brighton, Mel ref:1BN10

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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.

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