

Danny Frawley Centre Session Bookings

1. Group Fitness

Bookings: Bookings can be made 7 days in advance. For casual patrons' payment must be made at time of booking.

Cancellations: If you can no longer attend your booking, go to My Schedule in your Active World app and "Notify Absence".

Other:

- Arrive 10 minutes before the class start time.
- For safety reasons, entry will not be permitted 5 mins after the class has started.
- Casual bookings are permitted to change their booking up until 24hrs prior, please notify centre within this time period or forfeit all fees paid.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Persons under 16 can only participate in classes marked on the timetable as suitable for Teens.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to every class.

2. Begin Appointments

Bookings: Bookings can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, go to My Schedule in your Active World app and "Notify Absence".

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.

- Please bring a towel, yoga mat and water bottle to each appointment.

3. Personal Training Appointments

Bookings: Bookings can be made by calling the centre and can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, please contact the centre at least 24hrs in advance.

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to each appointment.

4. Exercise Physiology

Bookings: Bookings can be made by calling the centre and can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, please contact the centre at least 24hrs in advance.

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to each appointment.