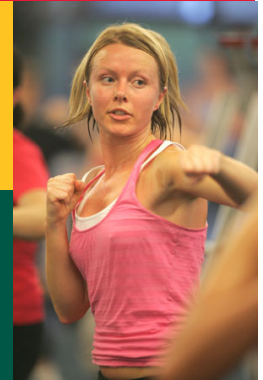


Group Fitness

Important Notice - Class Changes



Due to the high volume of patrons attending the centres at 6am we have changed the start time for group fitness classes from 6.05am to 6.15am.

Our aim is to ensure that you all get to your classes on time.

From the 12th of October 2009 the following early morning classes will start at 6.15am:

<u>Richmond Recreation Centre</u>		<u>Collingwood Leisure Centre</u>	
Monday	Body Attack	Monday	Body Pump
Tuesday	Body Pump	Tuesday	Body Attack
Wednesday	Body Attack	Wednesday	Body Pump
Thursday	Body Pump	Thursday	Body Step
Friday	Body Step	Friday	New Body

*Classes will be 45-50mins long.

Additional Class

Thanks to your feedback the Thursday 6.15am Spin at Collingwood will be back on the timetable from the 15th of October.

We appreciate your co-operation on this matter.

Yarra Leisure

Frequently Asked Questions

Why aren't we simply opening earlier?

Our staff come in at 5.30am and are required to undertake opening procedures. A full 30 minutes is required for staff to complete the safety check of the venue and all opening tasks. Our main priority is to ensure a safe environment for all our patrons and we will not compromise on our opening procedures in order to open the doors a few minutes early.

Why does it take so long to get everyone through the door in the morning?

Due to our increasing facility usage, staff are required to serve between 100-150 people in the space of 5 minutes and this just isn't feasible. We understand the frustrations some of you experience in the mornings. We currently have extra staff rostered on each morning to make sure we are as efficient as possible. It is imperative that we ensure all patrons arrive on classes on time as the warm-up is an essential component of the class. Changing the group fitness classes to 6.15am ensures we have a 15 minutes window to clear the 100-150 patrons that arrive at opening and further ensure that in most case you will all be served and on time to your various activities. We also aim to be consistent with our policies across the 3 centres.

Why is my class being shortened?

Many of you have had concerns about classes finishing later and thus being late to work. By shortening the class, we will ensure that your day is not impacted and you will still have ample time to get ready and be on time for work.