

## Stay Active & Yoga Online Pass

**FREE** Holiday Online Timetable | Sept 20 - Oct 1 2021

Enjoy a range of online yoga and exercise classes from home with a selection of classes from our **Stay Active Online Pass** & **Yoga Online Pass** tutors these holidays for **FREE!**

■ Stay Active Online Pass  
■ Yoga Online Pass

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*
9.15am - 10.15am				<b>Fit for You</b> with Robin	
9.30am - 10.30am	<b>Yoga</b> with Karyn	<b>Gentle Pilates</b> with Robin	<b>Yoga and Pilates</b> with Karyn	<b>Slow Flow Yoga</b> with Laura	
	<b>Balance Back to Exercise</b> with Robin	<b>Exercise to Music</b> with Jenny	<b>Balance Back to Exercise</b> with Robin		<b>Exercise to Music</b> with Jenny
10.30am - 11.30am				<b>Mat Pilates</b> with Robin	
10.45am - 11.45am	<b>Mat Pilates</b> with Robin	<b>Keep Fit Strength &amp; Conditioning</b> with Jenny		<b>Yin Yoga</b> with Laura	<b>Keep Fit Strength &amp; Conditioning</b> with Jenny

\*No classes on Friday Sept 24 (AFL Grand Final Public Holiday)

**Stay Active** Zoom Link: <https://us02web.zoom.us/j/88350812773?pwd=d0tCcXdISHRreWRrS2JwTVJoZDV5SUT09>  
or use **Meeting ID:** 883 5081 2773 **Pass Code:** 3147

**Yoga** Zoom link: <https://us02web.zoom.us/j/83571406192?pwd=OENHa3pKSGxmVXh1aURyd25Wb1FGZz09>  
or use **Meeting ID:** 835 7140 6192 **Pass Code:** 3147

If you've enjoyed the online classes these holidays and you would like to purchase an Online Class Pass for either of our Stay Active or Yoga classes for Term 4, here are the details:

### Stay Active Online Pass

Keep yourself active and moving at home with a range of exercise, movement and dance classes. Your Stay Active online pass allows you to attend any (or all!) of the classes on every weekday. All classes are run by our wonderful tutors and will support you not only keep fit and active but also to stay connected with your local community. **Term 4:** Oct 4 - Dec 17 (11 weeks)

**Was \$110 Reduced to \$55 for Term 4**

### Yoga Online Pass

Join in for one or all of these classes each week - regardless of your skill or experience level, these classes can cater for you. It's great value with classes every weekday morning to choose from. Delivered online these classes are interactive and allow you the opportunity to connect with other participants and the tutor. **Term 4:** Oct 4 - Dec 17 (11 weeks),

**Was \$165 Reduced to \$110 for Term 4**

**To enrol:** Visit [acc.asapconnected.com](http://acc.asapconnected.com) and register online or call the office on 9885 7952.