

Dear valued Healthy Connections members,

It is with great regret that we announce today that Healthy Connections will be ceasing all non-essential exercise services until further notice. This advice has come from Federal and State Governments who have advised that all gyms and indoor sporting facilities must be closed from 12pm, Monday 23/03/2020. The health and safety of our members and staff is of the utmost importance and we urge all members to adhere to the official recommendations put forward.

For anyone who is receiving individualised (one to one) treatment for health conditions in which exercise is essential for management, your service may be able to continue in an adapted format, either in your home or at an alternate space. Staff will be in contact with you in the coming days to discuss these options.

For all of our members who are currently attending group exercise sessions, we will endeavor to continually cater for your health and fitness needs in whatever way we can, this may be through the provision of home exercise programs, online exercise classes and regular check-ins to ensure we are all active and healthy during this time. Once these options have been formulated we will be in contact to advise how these services can be accessed.

Please note that all active memberships will be deferred indefinitely until we are advised from the government that we are allowed to recommence services. We are committed to providing you with specialised exercise and health services now and into the future and we thank you all for your continued support of Healthy Connections.

We will be in contact regularly with you to advise of any updates to this as they come as this is an ever-changing situation.

Thank you and stay safe,

Healthy Connections Plus Management

Update 3 - 23 March 2020

*Thank you for your support as we work together to achieve the best possible outcomes for our clients.  
If you have any questions, feel free to chat with us at any time.*