Step 1: Select practitioner “Motor Active Program (Exercise Physiologist)”

Step 2: Select Appointment type to “Classes”

Step 3: Select “Motor Active”

Step 4: Decide which program offering you would prefer and select “Book”:

- Group A runs from 15 July – 22 August
- Group B runs from 26 August – 14 October (considering public holidays or University breaks)
Step 5: If you selected **Group A**, navigate to week commencing 15 July, and select your class preference. I.e.

- Mondays 3.45 – 4.45
- Tuesdays 3.45 – 4.45
- Wednesdays 3.45 – 4.45
- Thursdays 3.45 – 4.45

If you selected **Group B**, navigate to week commencing 26 August, and select your class preference. I.e.

- Mondays 3.45 – 4.45
- Tuesdays 3.45 – 4.45
- Wednesdays 3.45 – 4.45
- Thursdays 3.45 – 4.45

Step 6: Select the commencement time, i.e., 3.45, and click the “Book” button
Step 7: Enter your details and click "Next" button

Step 8: Confirm that you acknowledge the Terms and Conditions.

Step 9: Confirm your booking

Once you have finalised your booking, a member of the team will reach out to you via email to finalise necessary paperwork. If you have any questions, you can contact us via Email: HMNS Motor Active hmns.motoractive@uq.edu.au or Phone: 07 3365 6240.

We look forward to meeting you and your child soon!