

# Coromandel Community Centre

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Improve strength and flexibility with  
this total body conditioning program.  
All levels welcome.

Classes led by qualified and experienced instructor.

**When:** Term 1 2018  
**29 January to 9 April 2018**

**Time: Mondays**  
**Session One:** 6.30 to 7.15pm  
**Session Two:** 7.30 to 8.15pm

**Cost:** \$63 for 9 weeks  
**Bookings Essential**  
**Pre-payment required**  
**Contact the Centre on 8370 6880**  
**or visit [www.coroalive.org.au](http://www.coroalive.org.au)**

# Pilates