

# Coromandel Community Centre

Connect Contribute Celebrate



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

Classes led by qualified and experienced instructor.

**When: Term 1 2023  
30 January - 10 April**

**Time: Monday 6 to 7pm**

**Cost: \$120 for 10 weeks**

**Bookings Essential  
Pre-payment required  
Contact the Centre on 8370 6880  
or visit [www.coroalive.org.au](http://www.coroalive.org.au)**



# Pilates 1