

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 2024
29 January - 8 April**

Time: Monday 6 to 7pm

Cost: \$108 for 9 weeks

**Bookings Essential
Pre-payment required**

Contact the Centre on 8370 6880
or visit www.coroalive.org.au

Pilates 1

