

Coromandel Community Centre

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Expression of Interest



Strength for Life

Personalised program tailored to individual ability with sessions held in a social group environment.

Fun indoor and outdoor fitness.

Presented by a Qualified Instructor

Increase flexibility and endurance to make daily tasks easier while developing muscle mass and strength, to help maintain vitality, well-being and independence.

Maximum 15 people per session.

When: Term 1 2025
29 January - 9 April

Where: Coromandel Community Centre

Time: Wednesday
9am to 10am

Cost: \$132 for 11 weeks
\$42 one off initial assessment

Pre Payment per term required

BOOKINGS ESSENTIAL

For more information call the Centre on 8370 6880
visit www.coroalive.org.au or like us on Facebook

STRENGTH FOR LIFE

