

# 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**  
**30 January - 10 April**

**Where: Coromandel Community Centre**

**Time: Thursday**  
**5pm to 6pm**

**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](http://www.coroalive.org.au) or like us on Facebook

**STRENGTH FOR LIFE**

