

Coromandel Community Centre

Connect Contribute Celebrate



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 2 2025
1 May - 3 July**

Where: Coromandel Community Centre

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

**Cost: \$120 for 10 weeks
\$42 one off initial assessment**

Pre-payment per term required

BOOKINGS ESSENTIAL

For more information call the Centre on 8370 6880

STRENGTH FOR LIFE

