

# Coromandel Community Centre

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Working on core conditioning to help with stability, balance and posture.

All ages and fitness levels welcome.

Classes led by qualified and experienced instructor.

**When: Term 2 2025  
1 May - 3 July**

**Time: Thursday  
6:15 to 7:15pm**

**Cost: \$130 for 10 weeks**

**Bookings Essential  
Pre-payment per term**

Contact the Centre on 8370 6880  
or visit [www.coroalive.org.au](http://www.coroalive.org.au)

**Fit Ball Fun**