

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 3 2025
23 July - 24 September

Where: Coromandel Community Centre

Time: Wednesday
9am to 10am

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
visit www.coroalive.org.au or like us on Facebook

STRENGTH FOR LIFE

