

COROMANDEL COMMUNITY CENTRE

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50+ FITNESS



Personalised program tailored to individual ability with sessions held in a social group environment. Fun indoor and outdoor fitness. Presented by a Qualified Instructor with a maximum of 15 participants.

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

When: Term 3 2026 22 July - 23 Sept

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 call 8370 6880

www.coroalive.org.au

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These independently delivered programs are supported by the City of Onkaparinga.