



SouthPort  
Community  
Centre Inc.

# BARRE

Developing strength, flexibility & balance  
through your Hips & Core

Do you want to keep fit, improve wellbeing and build social  
connections?

Then Barre is for you!

The class is affordable for all incomes and accessible for participants  
of all ages and abilities.

Our friendly instructor Maree will motivate you to build confidence,  
physical strength, balance, bone density and health benefits.

Starting Date: 24<sup>th</sup> January 2024

Time: 9.15am – 9.45am

Cost: \$10 per session



If you have any injuries please let the instructor know.

**Venue:** SPCC Liardet Hall, Port Melbourne.

**SouthPort Community Centre Inc.**

154 Liardet St, Port Melbourne VIC 3207  
Cnr. Nott & Liardet Sts.

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