



SouthPort  
Community  
Centre Inc.

# EXERCISE FOR ALL AGES

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

Then **Exercise for All Ages** 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.



**Start Date: 22<sup>nd</sup> January 2024**

**Time : 9.15am – 10am**

**Cost: \$7 per session**

\*If you have any injuries please let the instructor know.

**Venues:**

**Monday:** Sol Green Recreation Centre: Corner Coventry & Montague Streets, South Melbourne.

**Friday:** South Melbourne Community Centre: 1 Ferrars Pl, South Melbourne.

**SouthPort Community Centre Inc.**

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

ph. (03) 9645 1476

reception@southportcc.org.au

www.southportcc.org.au

