



SouthPort
Community
Centre Inc.

STRETCH CLASS

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

Then ***Stretch Class*** 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: 23rd January 2024

Time: 9am – 9.45am

Cost: \$10 per session



Venue: Sol Green Recreation
Centre

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

