



HEALTH & WELLBEING

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.



If you have any injuries please let the instructor know.

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

Port Melbourne Neighbourhood Centre (PMNC): corner Nott & Liardet St, Port Melbourne.

DATE & TIME

Monday 9.15am - 10.00am (Sol Green Centre)

Wednesday 9.15am – 10am & Friday 9am – 9.45am (PMNC)

Tuesday 9.15am -10am (Sol Green Centre)

STARTS

Starting from Monday 15 of Jan

COST

\$5 per session

Port Melbourne Neighbourhood Centre
Cnr. Nott & Liardet Streets, Port Melbourne
PO Box 721, Port Melbourne VIC 3207
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