



Seabrook Community Centre

Gentle exercise class for 55+

A gentle exercise class for those 55 and over.

Improve your physical and mental health in a small and friendly group setting.

Seated or standing exercise options with our experienced personal and group trainer, Mel.

When Tuesdays
9.30am to 10.30am
(followed by optional Tai Chi)

Where Seabrook Community Centre
15 Truganina Avenue Seabrook

Cost \$3 per person

Contact 9932 3010 or
Seabrook@hobsonsbay.vic.gov.au



**HOBSONS BAY
LANGUAGE LINE**

9932 1212

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COUNCIL**

