

# HEALTH & WELLBEING

## Men's Only Exercise Class

Strength, Weights and Light Cardio.

Strength and Fitness Training: A combination exercise program incorporating low level cardio, weights and resistance bands.

**Cost: \$8 per class (+ \$20 Annual Subscription)**

**Tuesday 11am – 12noon**



450 - 452 Kooyong Road  
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**Caulfield South  
Community House**