

pole depot

Community Centre

Supporting you in our community



EXERCISE CLASSES AT POLE DEPOT

- ◆ Gentle Exercise Class:

Tuesday: 12:30pm - 1:15pm

Friday: 10:30am - 11:30am

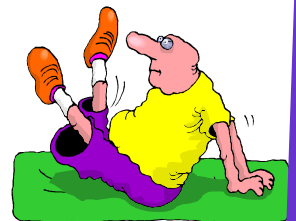
- ◆ Carers & Community Exercise Class:

Friday: 11:45am - 12:30pm

All classes run by trained fitness instructor

Classes run during school term only

Cost: \$4.00 per session



Enquires/registration please phone 9580 0688

23 St Georges Road, Penshurst NSW 2222

Tel no. 9580 0688 Fax no. 9580 4487

Website: www.poledepot.org

