



# Gentle & Friendly Exercise

## SOUTH PENRITH NEIGHBOURHOOD CENTRE

Join our inclusive and welcoming gentle exercise classes suitable for all ages and fitness levels, even if you haven't worked out in a while. Enjoy the freedom to exercise at your own pace within our friendly community. No membership fees. No contracts. Pay as you go for each class. Please remember to bring your own mat and towel with you. We can't wait to see you there!

- DATE:** Mondays & Fridays weekly starting 15th January 2024.  
**TIME:** 8:30am – 9:30am (1hr class)  
**LOCATION:** South Penrith Neighbourhood Centre  
3 Trent Street, South Penrith 2750  
**CONTACT:** Lisa on (02) 4721 8520 for more information  
**COST:** \$5.00 per class attendance



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

*Respect. Resilience. Reconciliation.*

**W:** [www.nepeancommunity.org.au](http://www.nepeancommunity.org.au)

**E:** [info@nepeancommunity.org.au](mailto:info@nepeancommunity.org.au)

**P:** 02 4721 8520 (Head Office)