

# KEEP MONASH MOVING



## Carers Class

Carers play an important role and need time out to look after their own health and wellbeing and have a place to network with other carers to feel supported and rejuvenated.

The new Carers Class at Monash Aquatic & Recreation Centre is designed for carers who hold a carers card and live, work or play in the City of Monash.

The class is a fun class including a mix of cardio, strength, balance and coordination exercises that are easy to follow and suitable for all levels of fitness.

**Starts Wednesday 2 June**

**Time:** 11.30am - 12.30pm

**Location:** Monash Aquatic and Recreation Centre

**Cost:** \$7.80 per session or 10 visit pass \$70.20.

Any full members are able to access this class as part of their membership if they show a carers card.

**Monash Aquatic & Recreation Centre**

626 Waverley Rd, Glen Waverley  
(03) 9265 4888

[www.monshaquaticrecreationcentre.com.au](http://www.monshaquaticrecreationcentre.com.au)



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