

# Dynami Greek Exercise



- Αυξήστε την ικανότητα και τη δύναμη σας
- Θα βελτιώσετε την ισορροπία και την ελαστικότητα σας
- Μειώστε το βάρος
- Θα αισθανθείτε καλύτερα!



## Join our circuit exercise group!

Make new friends and have fun exercising to music. Led by Link HC's Greek speaking facilitators, this class is suitable for all ages and fitness levels.

- Increase fitness and strength
- Improve balance and flexibility
- Reduce weight
- Feel great!

To book your place or for more information, please call 1300 552 509

Wednesdays  
1:30pm - 2:30pm

Link Health and Community  
Clayton Community Centre  
Level 1, 9-15 Cooke Street  
Clayton 3168

Cost: \$8 per session



1300 552 509

[www.linkhc.org.au](http://www.linkhc.org.au)



Link Health and Community acknowledges the support of the Victorian Government. Also funded by the Australian Government Department of Health.



Although funding for programs has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.