



HUGHES

Community Centre

COTA ACT 2026 Schedule

COTA ACT's Strength for Life [SFL] program enables people aged 50+ years to access quality personalised strength and balance training programs across the ACT.

We are proud that our facility is a licensed as a Tier 2 SFL Provider

- Fitness professionals conduct assessments & instruct classes

- New participants receive an individualised program

If you feel that:

- You're not as strong as you used to be
- Your balance is compromised
- You would like to keep as fit and healthy as possible
- You would like to meet new people

Then Strength for Life could be just the program for you. For more information or to book an assessment, ask at the front desk or call

02 6282 3777



Book your assessment now!

Strength for Life sessions from 1/6/2026:

MONDAY: 1.00 & 2.30pm - Duncan

TUESDAY: 11.00am - Duncan

WEDNESDAY: No classes

THURS: 1.00PM & 2.30pm- Diane

THURS: Smartmoves 3.45pm - Diane

FRIDAY: 1.00pm SFL - Donna

LOCATION: Hughes Community Centre Hall

Costs : Assessment \$70

Classes \$12

(COTA ACT members or concession card holders)

