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Stockland

FUN AND FREE: FITNESS IN FULL SWING AT CLOVERTON

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Stockland's Cloverton community in Kalkallo is now offering free outdoor fitness classes on Saturdays as an extension of popular sessions running Monday to Friday during school term.

The extra Live Life Get Active (LLGA) classes were added after Stockland received requests from residents eager to work out on weekends. Now, more than 20 new residents have joined up for the Saturday classes, choosing a healthy way to kick off their weekends.

It makes Cloverton the only Stockland community in Australia that is currently offering LLGA classes on Saturdays.

Trainers with the LLGA program put participants through their paces in 45-minute cross-training, yoga and boxing sessions each Monday to Friday at 9.30am during school terms and now, cross training classes on Saturdays at 9am.

The Cloverton outdoor fitness program, which is open to residents and local visitors, has been running since May 2017.

James Westh, Project Director at Stockland, said the Saturday morning classes were a great way to set up an active weekend and he invited people of all fitness levels to register and take part.

"The Live Life Get Active program is all about being healthy, making friendships and connecting Cloverton's community. It's great to see such a strong uptake already in our new Saturday fitness sessions," Mr Westh said.

"Cloverton is a community that supports healthy and active lifestyles and we encourage more people to take part in this free program."

LLGA member Avleen Chand looks forward to her Saturday exercise sessions, which she attends with her husband Sal Sharma. While they work out, the couple's four-year-old twins are babysat by grandparents.

Ms Chand says the weekend classes suited their family's timetable.

"The boys wake up at 8.30am, I feed them breakfast and then go to class, so the timing is great for us," she said.

“Saturdays are great because I’m a full-time working mum. I would love to attend on the weekdays, but the timing is just too tricky with work.”

Stockland communities across Australia are designed to be highly liveable and provide numerous opportunities for residents to lead healthy lifestyles.

At Cloverton, 46 hectares of green space has been dedicated to sporting fields including five sports precincts.

Cloverton is the largest residential project in Victoria and is located 38 kilometres north of Melbourne’s CBD. It will be home to 30,000 residents upon completion.

It will feature 17 parks, a network of connected walking and cycling paths, shopping centres, an employment precinct and medical facilities including a proposed regional hospital on completion.

For more information about Cloverton, visit the Sales and Information Centre at the corner of Dwyer St and Design Way, Kalkallo, which is open seven days a week from 10am to 5pm. Alternatively, visit the website at www.stockland.com.au/cloverton or call 13 LAND (13 5263). You can also follow the community on Facebook at www.facebook.com/ClovertonVIC

Anyone interested in taking part in the LLGA program at Cloverton can register online at www.liveliforgetactive.com.

Sessions are held at the park beside the Cloverton Sales and Information Centre in Dwyer Street.

ENDS

About Stockland: Stockland (ASX: SGP) was founded in 1952 and has grown to become one of Australia’s largest diversified property groups – owning, developing and managing a large portfolio of retail town centres, workplace and logistics assets, residential communities and retirement living villages. Stockland is recognised as one of the most sustainable real estate companies in the world by the Dow Jones Sustainability Index (DJSI) and as a Global Sector Leader by the Global Real Estate Sustainability Benchmark. Stockland is also an Employer of Choice for Gender Equality, as recognised by the Workplace Gender Equality Agency. www.stockland.com.au