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## FREE FAMILY FITNESS FUN SET TO KICK OFF AT PALLARA

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Fun family fitness will be the focus when Stockland's Pallara community kicks off two new activity groups for kids as well as parents and bubs early next month.

Children aged six and under will be running and jumping their way to healthy lifestyles when the popular nationwide Ready Steady Go Kids program begins fortnightly sessions at Pallara's Central Park, located in Pallara Avenue, from 9.30am to 10.30am on Saturday, 2 February.

The program teaches children the fundamentals of 10 sports and has been designed to develop motor skills in a fun, non-competitive environment.

A fortnightly fitness session for parents and bubs will also be held in Central Park, beginning on Tuesday, 5 February from 9am to 10am. The low-impact class will be focus on working the body's core, and is suitable for all parents.

David Laner, Queensland General Manager for Residential Communities at Stockland, said the two new groups would be great opportunities for local residents and their children to get to know each other and improve their fitness in a relaxed setting.

"Stockland is committed to creating affordable, highly liveable and connected communities, and these free new classes are part of wide range of regular community events designed to bring Pallara residents together," Mr Laner said.

To register for the Ready Steady Go Kids session, visit [pallararsgk.eventbrite.com.au](http://pallararsgk.eventbrite.com.au) or to register for the parents and bubs fitness group, visit [pallaraparentsandbubsfitness.eventbrite.com.au](http://pallaraparentsandbubsfitness.eventbrite.com.au)

Stockland's Home Sweeter Home Sale is offering sweet deals to homebuyers at Pallara from 14 January to 3 March, with \$10,000 off all residential lots at Queensland communities. Building bonuses up to the value of \$25,000 are also available from a selection of Stockland's builder partners.

For more information on Pallara, visit the Pallara Sales and Information Centre on the corner of Gooderham Road and Brookbent Road, Pallara, call 1300 619 561 or go to the website at [www.stockland.com.au/Pallara](http://www.stockland.com.au/Pallara).

## ENDS

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**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 the most sustainable real estate company 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](http://www.stockland.com.au)