

Vicars Cross Community Centre – What's On!

Thackeray Drive, Vicars Cross, Chester CH3 5LP

MONDAY	
9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)	
1.00pm – 2.00pm Senior Fitness (weights provided)	
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)	
6.00pm – 7.00pm Zumba	
7.15pm – 9.45pm Choir Group (SingMe Mersey)	
TUESDAY	
9.00am – 10.00am Fitness Pilates (Beginner / Intermediate)	
10.00am – 11.30am Toddler Group (TERM TIME ONLY)	
1.00pm – 2.00pm Yoga	
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)	
6.00pm – 7.00pm Karate	
7.00pm – 8.00pm Yoga	
7.00pm – 8.00pm Rabble (Exercise on the external sports pitch)	
8.20pm – 9.20pm Dog Training	
WEDNESDAY	
9.30am – 11.30am Childminder Group (TERM TIME ONLY)	
1.00pm – 3.00pm X My Art (Booked)	
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)	
5.45pm – 6.45pm Dog Training	
7.30pm – 8.45pm Yoga	
THURSDAY	
9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)	
11.30am – 12.30pm Dance and Movement (50+ years)	
1.00pm – 2.00pm Chair-Based Strengthening Exercises (50+ years)	
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)	
7.00pm – 8.00pm NEW Rabble (Exercise on the external sports pitch)	
FRIDAY	
9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)	
11.30am – 12.30pm Low Impact Zumba	
1.00pm – 3.00pm NEW Women's Makers Mindful Crafts (50+ years)	
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)	
6.30pm – 8.00pm Karate (Suitable for age 6 years + and all abilities)	
SATURDAY	SUNDAY
9.00am – 12.15pm Baby Ballet (9 Mths. to 5 Yrs)	9.00am – 10.00am Aerobics/Keep Fit – Traditional style (Ali Fitness)
Available for hire from 12.30pm - 11.30pm	10.00am – 1.00pm Diddikicks Football (18 Mths. to 5 Yrs)
	2.00pm – 4.00pm Dog Training Session
	6.00pm – 8.00pm Chester Tri Club

Community Cinema for the

50+



Next film: 29th May

Doors Open: 1pm

Film Starts: 2pm

Fisherman's Friends



Price: £5

Tickets on sale:

2nd May

For more information on any of the sessions, please call Jodie on 01244 342268 or email vxcc@greatboughtonparishcouncil.org.uk