

Vicars Cross Community Centre – December 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 Keep Fit
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 Pilates (Beginner / Intermediate)
10.00am – 11.30am Toddler Group (TERM TIME ONLY)
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 field
8.00pm – 9.00pm Bootcamp (Applied Fitness)
WEDNESDAY
9.30am – 11.30am Childminder Group (TERM TIME ONLY)
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)
5.45pm – 6.45pm Dog Training
7.30pm – 9.00pm Yoga
THURSDAY
9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)
11.30am – 12.30pm Dance and Movement – Adults 50+
1.00pm & 2.00pm Sessions (45mins each) Chatter Chairs & Café Chair based exercise (50+ yrs)
3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)
6.00pm – 9.00pm Chester Tri Club
FRIDAY
9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)
11.30am – 12.30pm Zumba for beginners
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
9.30am – 12.30pm Baby Ballet – 9 Mths. to 5 Yrs (TERM TIME ONLY)
<i>Available for hire from 12.45pm - 11.30pm</i>
SUNDAY
9.00am – 10.00am Aerobics/Keep Fit – Traditional style (Ali Fitness)
10.00am – 1.00pm Football skills – 18 Mths. to 5 Yrs (Diddikicks)
2.00pm – 4.00pm Dog Training Session
<i>Available for hire from 4.15pm - 11.30pm</i>

Coming 2019

**X My Art
sessions**

Bookings essential

Sessions start 27th

Feb

To book call:

07976647885

Mindfulness

23rd January 2019

7-8pm

**All welcome,
booking essential**

**For more info or to
book:**

07813360476

**For more information on any of the sessions, please call
Jodie on 01244 342268 or email**

vxcc@greatboughtonparishcouncil.org.uk