**Vicars Cross Community Centre – December What’s On!**

**Thackeray Drive, Vicars Cross, Chester CH3 5LP**

**Mindfulness Session**

**5th December 2018 7-8pm**

**All welcome, booking essential**

**For more info or to book:**

[**mindfulmatters@btinternet.com**](mailto:mindfulmatters@btinternet.com)

**07813360476**

**Over 50s**

**Lunch Clubs**

**2019 Lunches start end of Jan…**

**Bookings will be taken from Dec 2018**

**Cinema Session**

**28th Dec 2018**

**A Star is Born (2018) Drama / Romance**

**£5 Ticket Price**

**Doors Open 1pm**

**Film Starts 2pm**

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| **MONDAY** | |
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| **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)** | |
| **7.15pm – 9.45pm Choir Group (SingMe Mersey)** | |
| **TUESDAY** | |
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| **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** | |
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| **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** | |
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| **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 – ch 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** | |
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| **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** |  |
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| **9.30am – 12.30pm Baby Ballet – 9 Mths. to 5 Yrs (TERM TIME ONLY)** |  |
| *Available for hire from 12.45pm - 11.30pm* |  |
| **SUNDAY** |
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| **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** |
| *Available for hire from 4.15pm - 11.30pm* |

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

**vxcc@greatboughtonparishcouncil.org.uk**