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

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

**Cinema Sessions**

**7th August 2019**

**NEW – Family Friendly Film Showing!!**

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**Over 50s Cinema Club presents….**

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**23rry 2019 7-8pm**

**All welcome, booking essential**

**For more info or to book:**

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

**07813360476**

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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 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** | |
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| **9.00am – 10.00am Fitness Pilates (Beginner / Intermediate)** | |
| **10.00am – 11.30am Toddler Group (TERM TIME ONLY)** | |
| **1.00pm – 2.00pm Yoga** *(on break for some of July – contact for more info)* | |
| **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** | |
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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 – 8.45pm Yoga** | |
| **THURSDAY** | |
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| **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 Rabble (Exercise on the external sports pitch)** | |
| **FRIDAY** | |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** | |
| **11.30am – 12.30pm Low Impact Zumba** | |
| **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** |

**For more information on any of the sessions, please call Jodie on**

**01244 342268 or email** [**vxcc@greatboughtonparishcouncil.org.uk**](mailto:vxcc@greatboughtonparishcouncil.org.uk)

***Office Open Mondays, Tuesdays and Fridays.***