



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

January - April 2022

Monday

Jan 17th	Catch up/ Aerobics	
24th	Down the Middle	Morning Tea
31st	Aerobics/Tai Chi	Stripes

Feb 7th	Waitangi Day (Observed)	NO CLASS
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14th	5 mins Bike	
21st	4 Corners = 100	
28th	Duo	

Mar 7th	Dyna Bands	
14th	Trio/Strength	Red
21st	Around the Room = Testing	
28th	Cards	Morning Tea

Apr 4th	Duo	
11th	Aerobics	
18th	EASTER MONDAY	NO CLASS
25th	ANZAC DAY	NO CLASS





PROGRAMME

January - April 2022

Thursday

Jan 20th

Aerobics and Strength

27th

Cards

Feb 3rd

Round the ROOM

10th

Dyna Bands

17th

Trio

24th

Aerobics

Blue

Mar 3rd

Aerobics

10th

Duo

17th

Sports Circuit (Main Hall)

24th

5 mins Bike

Apr 7th

4 Corners = 100

14th

Cardio/Circuit

21st

Aerobics

Morning Tea

28th

Ball Games

Friday

All Friday classes will offer Aerobics & Balance

April 15th GOOD FRIDAY NO CLASS