



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

May - August 2022

Monday

May 2nd

Aerobics

9th

Down the Middle

Morning Tea

16th

Aerobics/Tai Chi

Stripes

23rd

Trio

30th

5 mins Bike

June 6th

Aerobics

13th

Duo

20th

Ball Games

27th

Dyna Bands

July 4th

Around the Room = Testing

11th

Cards

Morning Tea

18th

Aerobics

25th

Duo

August 1st

Aerobics

8th

Clocks

15th

Trio/Strength

Yellow

22nd

Aerobics

28th

4 Corners - 100





PROGRAMME

May - August 2022

Thursday

May 5th	Aerobics and Strength
12th	Cards
19th	Dyna Bands
26th	Round the ROOM

June 2nd	Trio	
9th	Aerobics	Blue
16th	Sports Circuit (Main Hall)	
23rd	Aerobics	
30th	Duo	

July 7th	5 mins Bike
14th	Aerobics
21st	4 Corners = 100
28th	Cardio/Circuit

August 4th	Ball Games	
11th	Aerobics	Morning Tea
18th	Clocks	
25th	Dyna Bands	

Friday

All Friday classes will offer Aerobics & Balance

June 24th Matariki **NO CLASS**