



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

January - April 2021

Monday

January

11th	Round the Room & lots of chat
18th	Aerobics/Tai Chi
25th	Duo

February

8th	NO CLASS	Waitangi Day
15th	Aerobics	
22nd	4 Corners = 100	

March

1st	Trio/Strength
8th	Aerobics
15th	Around the room - Testing
22nd	Aerobics/Tai Chi
29th	5 Mins Bike

April

5th	NO CLASS	Easter Monday
12th	Dyna Bands	
19th	5 mins bike	
26th	NO CLASS	ANZAC DAY



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PROGRAMME

January - April 2021

Thursday

January

14th	Dance at the End
21st	Trio
28th	Aerobics / Strength

February

4th	Dyna Bands	
11th	Aerobics	
18th	5 mins Bike	
25th	Sports Circuit	Main hall

March

4th	Cards
11th	Aerobics
18th	Cardio/Circuit
25th	Ball Games

April

1st	Aerobics
8th	4 Corners = 100
15th	Aerobics and Strength
22nd	Duo
29th	Around the Room

Friday

All Friday classes will offer Aerobics & Balance

2021
HAPPY NEW YEAR!

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