



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

September - December 2020

Monday

September

7th	5 mins bike
14th	Aerobics/Tai Chi
21st	4 Corners = 100
28th	Ball Games

October

5th	Aerobics	Blue
12th	Duo	
19th	Aerobics	
26th	Labour day - No Class	

November

2nd	Trio/Strength	
9th	Aerobics	
16th	Dyna Bands	Morning Tea
23rd	Aerobics/Tai Chi	
30th	5 Mins Bike	

December

7th	Aerobics
14th	Around the room - Testing

NOTES:

Last class for 2020 - Friday 18th December

First class for 2021- Monday 11th January



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PROGRAMME

September - December 2020

Thursday

September

3rd	Around the Room
10th	Trio
17th	Aerobics / Strength
24th	Around the Room

October

1st	Dance at the End	
8th	Aerobics	Green
15th	Dyna Bands	
22nd	Sports Circuit	Main hall
29th	Aerobics	

November

5th	Cards
12th	Aerobics
19th	Cardio/Circuit
26th	Ball Games

December

3rd	Aerobics	Tinsel
10th	4 Corners = 100	
17th	Aerobics and Strength	

Friday

All Friday classes will offer Aerobics & Balance

Nov 13th Show Day - NO Class

Dec 18th Morning Tea