



2023 MCC SENIORS



MONDAY

Tai Chi	9.15am-10.15am	\$10.00 per person
Mordi walkers	9.30am-11.30am	Free activity
Easy Exercise	10.30am-11.30am	\$9.00 per person



TUESDAY

Bike riders	9.30am-11.00am	\$20 annually
Table Tennis	9.30am-10.30am	\$3.50 per person
Western Mahjong	10.00am-12.00pm	\$4.00 per person
Masala Bhangra	6.30pm - 7.30pm	\$10.00 per person

WEDNESDAY

Easy Exercise	9.15am-10.15am	\$9.00 per person
Indoor Seniors Bowls	10.45am-12.30pm	\$3.50 per person
Basketball Skills	10.15am-11.00am	\$7.50 per session



THURSDAY

Bike riders	9.30am-11.00am	\$20 annually
Zumba	10.00am-10.45am	\$10.00 per person
Pryme ball	11.00am-12.30pm	\$4.00 per person

FRIDAY

Easy Exercise	9.15am-10.15am	\$9.00 per person
Mahjong	10.00am-12.00pm	\$4.00 per person

\$10 annual family membership is payable at the start of term 1 All classes are subject to minimum participation numbers.

For further information please email: kathy@mordicc.org.au or contact the centre on 9580 3675