



# 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	\$4.00 per person
Western Mahjong	10.00am-12.00pm	\$4.00 per person
Masala Bhangra	6.30pm - 7.30pm	\$12.00 per person

## WEDNESDAY

Easy Exercise	9.15am-10.15am	\$9.00 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
Western 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](mailto:kathy@mordicc.org.au) or contact the centre on 9580 3675