

# Thornhill Seniors Club

## Pre-Registered Programs - **SUMMER 2023**

Register in-person with exact cash (only) **in the TSC Café on dates and times indicated in blue**. TSC Membership badge required. *Existing students will be given registration priority. Limited space.* No drop-ins, partial sessions or refunds for missed classes.

Contact [cpetrowtsc@gmail.com](mailto:cpetrowtsc@gmail.com) if you require further information.

*No classes on holidays Mon July 3 & Aug 7 or other dates as indicated due to instructor availability.*

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### **Zumba Gold with Bette** - Mondays 11:15am-12:15pm - South Hall **\$35**

**7 Weeks:** July 10, 17, 24, 31, Aug 14, 21, 28 (no class Aug 7)

**Registration June 19 at 12:15pm**

### **Zumba Gold with Bette** - Thursdays 11:30am-12:30pm - South Hall **\$45**

**9 Weeks:** July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31

**Registration June 22 at 12:30pm**

### **FULL! Watercolour with Bonnie** - Mondays 1:00pm-3:00pm - Seniors Room 1&2 **\$50**

**5 Weeks:** July 10, 17, 24, 31, Aug 14

**Registration June 19 at 12:40pm**

### **Mixed Media Art with Manizhe** - Mondays 10:00-12:00pm - Seniors Room 1&2 **\$60**

**6 Weeks:** July 10, 17, 24, 31, Aug 14, 21 (no class Aug 7)

**Registration June 19 at 11:30am**

**Yoga** with Verne - Tuesdays 9:30am-10:45am - South Hall \$50

**8 Weeks:** July 4, 11, 18, 25, Aug 8, 15, 22, 29 (no class Aug 1)

**Registration June 20 at 10:45am**

**Yoga** with Verne - Fridays 11:00am-12:15pm - South Hall \$50

**8 Weeks:** July 7, 14, 21, 28, Aug 11, 18, 25, Sept 1 (no class Aug 4)

**Registration June 23 at 12:00pm**

**Chair & Absolute Beginner Yoga** with Verne - Tuesdays 11:15am-12:15pm - South Hall \$40

**8 Weeks:** July 4, 11, 18, 25, Aug 8, 15, 22, 29 (no class Aug 1)

**Registration June 20 at 12:15pm**

**Line Dance** with Isabella (Low-Intermediate) - Tuesdays 1:00pm-2:30pm - South Hall \$65

**9 Weeks:** July 4, 11, 18, 25, Aug 1, 8, 15, 22, 29

**Registration June 20 at 12:40pm**

**Osteofit** with Lorne - Thursdays 9:45am-10:45am - South Hall \$45

**9 Weeks:** July 6, 13, 20, 27, Aug 3, 10, 17, 24, 31

**Registration June 22 at 10:45am**

**Tai Chi – Cancelled until the Fall**