

Thornhill Seniors Club

Pre-Registered Programs – SPRING 2024

Register in-person **with exact cash (only)** at the TSC Front Desk **on dates & times indicated in green**. Limited space. Priority will be given to existing students. No drop-ins, partial sessions or refunds/credits for missed classes. Contact cpetrowtsc@gmail.com if you require further information.

Osteofit with Lorne - Mondays 9:45am-10:45am - Centre Hall **\$55**

11 Weeks: March 18, 25, April 8, 15, 22, 29, May 6, 13, 27, June 3, 10 (no class April 1 or May 20)

Registration March 4 at 10:45am

Osteofit with Lorne - Thursdays 9:45am-10:45am - Centre Hall **\$65**

13 Weeks: March 21, 28, April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13

Registration March 7 at 10:45am

Zumba Gold with Bette - Mondays 11:15am-12:15pm - Centre Hall **\$55**

11 Weeks: March 18, 25, April 8, 15, 29, May 6, 13, 27, June 3, 10, 17 (no class April 1, 22 or May 20)

Registration March 4 at 12:15pm

Zumba Gold with Bette - Thursdays 11:30am-12:30pm - Centre Hall **\$70**

14 Weeks: March 21, 28, April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20

Registration March 7 at 12:30pm

Line Dance Beginner with Isabella - Tuesdays 10:45am-11:45am

Centre Hall **\$60** **12 Weeks:** April 2, 9, 16, 23, 30 May 7, 14, 21, 28, June 4, 11, 18

Registration March 26 at 11:45am

Line Dance Low-Intermediate with Isabella - Tuesdays 12:15pm-1:45pm

Centre Hall **\$90** **12 Weeks:** April 2, 9, 16, 23, 30 May 7, 14, 21, 28, June 4, 11, 18

Registration March 26 at 1:45pm

Yoga with Verne - Tuesdays 9:30am-10:45am - South Hall \$85

14 Weeks: March 19, 26, April 2, 9, 16, 23, 30 May 7, 14, 21, 28, June 4, 11, 18

Registration March 5 at 10:45am

Chair Yoga with Verne - Tuesdays 11:15am-12:15pm - South Hall \$70

14 Weeks: March 19, 26, April 2, 9, 16, 23, 30 May 7, 14, 21, 28, June 4, 11, 18

Registration March 5 at 12:15pm

Chair Yoga with Michele - Thursdays 12:30pm-1:30pm - South Hall \$70

14 Weeks: March 21, 28, April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20

Registration March 7 at 12:15pm

Yoga with Michele - Thursdays 1:45pm-2:45pm - South Hall \$70

14 Weeks: March 21, 28, April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20

Registration March 7 at 1:30pm

Yoga with Verne - Fridays 10:45am-12:00pm - South Hall \$80

13 Weeks: March 22, April 5, 12, 19, 26 May 3, 10, 17, 24, 31 June 7, 14, 21 (no class March 29)

Registration March 8 at 12:00pm

Watercolour with Bonnie - Mondays 1:00pm-3:00pm - South Hall \$110

11 Weeks: March 18, 25, April 8, 15, 29, May 6, 13, 27, June 3, 10, 17 (no class April 1, 22 or May 20)

Registration March 4 at 12:45pm in the Centre Hall

Mixed Media Art with Manizhe - Mondays 10:00am-12:00pm

Room 1&2 **\$120** **12 Weeks:** March 18, 25, April 8, 15, 22, 29, May 6, 13, 27, June 3, 10, 17

(No class April 1 or May 20)

Registration March 4 at 9:45am

NEW! Watercolour with Manizhe - Sundays 10:00am-12:00pm

Room 1&2 **\$120** **12 Weeks:** March 24, 31, April 7, 14, 21, 28, May 5, 12, 26, June 2, 9, 16

Registration March 4 at 10:00am