

# New

## TSC Wellness Sessions

For **Wellness registration**, please **contact Queenie Wong** in the hall 10 minutes prior to any scheduled Wellness activity.

Monday : July 21 - Oct 6

( Aug 4 & Sept. 1 off)

Wednesday: July 30 - October 1

Friday : July 25 - September 26

\$50/10 classes for the above programs.

July & August schedule :

Monday 9:30 - 11:00

Wednesday: 9:00-10:15

Friday 9:15 - 10:30

September will go back to normal schedule:

Monday: 9:45 - 11:00

Wednesday: 9:45 - 11:00

Friday : 9:30 - 11:00

Wellness Plus ( line dance) is taking a break in August. Class will resume in September: 11:05 - 12:10