

Thornhill Seniors Club

Wellness Exercise – Summer 2026

Mondays

April 27 - July 6

(18/5 Victoria Day off,
22/6 - 3/7 two weeks off)

Time: June 1 - June 19

9:45 - 11:00 am

** July 6 - August 28 (summer)

10:25 - 11:25 am

Wednesdays

June 10 - August 26

(22/6 - 3/7 two weeks off)

Time: June 10 - June 17

9:45 - 11:00 am

** July 8 - August 26 (summer)

9:15 - 10:15 am

Fridays

May 29 - August 14

(22/6 - 3/7 two weeks off)

Time: May 29 - June 19

9:30 - 11:00 am

** July 10 - August 28

9:30 - 10:30 am

Fee: \$50 for 10 consecutive classes

For questions, pre-registration and trial classes, please see Queenie Wong in the hall 10 minutes before any listed class.

** please take note of the summer classes scheduled time.