

Thornhill Seniors Club

Wellness Exercise – Summer 2026

Mondays 10:25-11:25am

April 27 - July 6

(18/5 Victoria Day off,

22/6 - 3/7 two weeks off)

Wednesdays 9:15-10:15am

June 10 - August 26

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

Fridays 9:30-10:30am

May 29 - August 14

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

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.