Thornhill Seniors Club

Wellness Exercise - Winter 2027

Mondays
Dates: November 2 - January 18
Time: 9:45 - 11:00 am
Fee: $50/10 consecutive classes

Wednesdays
Dates: November 25 -February 10
Time: 9:45 -11:00 am
Fee: $50/10 consecutive classes

Fridays
Dates: November 13 - January 29
Time: 9:30 -11:00 am

* December 21 - January 1, 2 weeks off for Christmas and New Year * for the above programs.

Location: South Hall

For more information or to register see for Queenie Wong (the instructor & convenor) in the South Hall prior to any scheduled Wellness activity. Registration by cash only.