

Thornhill Seniors Club

Pre-Registered Programs - Winter 2023

Be sure to mark registration dates & times on your calendar.

Register in-person with exact cash (only) in the **Thornhill Senior Club Cafe Registration Desk**. **Spots are limited. No drop-ins, no partial sessions, no refunds for missed classes.** Contact cpetrowtsc@gmail.com if you require further information.

No classes Feb 20 (Family Day) or March 13-17 (March Break Camps)

Zumba Gold with Bette - Mondays 11:15am-12:15pm - SOUTH & CENTRE HALL

Registration: December 12th 12:15pm \$50

10 Weeks: January 9, 16, 23, 30, February 6, 13, 27, March 6, 20 & 27 (No Class Feb 20 or Mar 13)

Zumba Gold with Bette - Thursdays 11:30am-12:30pm - SOUTH & CENTRE HALL

Registration: December 15th 12:30pm \$55

11 Weeks: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 23 & 30 (No Class Mar 16)

Watercolour (All Levels) with Bonnie - Mondays 1:00pm-3:00pm - CENTRE HALL

Registration: December 12th 12:45pm \$100

10 Weeks: January 9, 16, 23, 30, February 6, 13, 27, March 6, 20 & 27 (No Class Feb 20 or Mar 13)

Mixed Media Art (All Levels) with Manizhe - Mondays 10:00-11:30am - SENIORS ROOM 1&2 **Registration: December 12th 11:30am \$75**

10 Weeks: January 9, 16, 23, 30, February 6, 13, 27, March 6, 20 & 27 (No Class Feb 20 or Mar 13)

Yoga with Verne - Tuesdays 9:30am-10:45am - SOUTH HALL

Registration: December 13th 10:45am \$70

11 Weeks: January 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 21 & 28 (No Class Mar 14)

Yoga with Verne - Fridays 10:45am-12:00pm - SOUTH HALL

Registration: December 13th 12:00pm \$70

11 Weeks: January 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 24 & 31 (No Class Mar 14)

***NEW!* Chair Yoga & Absolute Beginner Yoga Combined Class with Verne
Tuesdays 11:15am-12:15pm - SOUTH HALL ***Registration: December 13th 12:00pm \$55*****

11 Weeks: January 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 21 & 28 (No Class Mar 14)

Line Dance with Isabella (Low-Intermediate) - Tuesdays 1:00pm-2:30pm - SOUTH & CENTRE HALL

Registration: December 13th 12:30pm \$75

10 Weeks: January 17, 24, 31, February 7, 14, 21, 28, March 7, 21 & 28 (No Class Mar 14)

Osteofit with Lorne - Thursdays 9:45am-10:45am - SOUTH & CENTRE HALL

Registration: December 15th 10:45am \$55

11 Weeks: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 23 & 30 (No Class Mar 16)

Tai Chi (All Levels) with Stanley - Thursdays 11:00am-12:00pm - Upper Arena Lounge

Registration: December 15th 12:00pm \$55

11 Weeks: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 23 & 30 (No Class Mar 16)