

# Thornhill Seniors Club

## Pre-Registered Programs - **SPRING 2023**

Register in-person with exact cash (only) **in the TSC Café on dates and times indicated in blue**. No drop-ins, partial sessions or refunds for missed classes. Limited space. Contact [cpetrowtsc@gmail.com](mailto:cpetrowtsc@gmail.com) if you require further information.

*No programs April 7 (Good Friday), April 10 (Easter Monday) or May 22 (Victoria Day)*

**Zumba Gold with Bette - Mondays 11:15am-12:15pm - South & Centre Hall \$50**

**10 Weeks:** April 3, 17, 24, May 1, 8, 15, 29, June 5, 12 & 19 (No class May 22)

**Registration March 27 at 12:15pm**

**Zumba Gold with Bette - Thursdays 11:30am-12:30pm - South & Centre Hall \$60**

**12 Weeks:** April 6, 13, 20, 27, May 4, 18, 18, 25, June 1, 8, 15 & 22

**Registration March 30 at 12:30pm**

**Watercolour with Bonnie - Mondays 1:00pm-3:00pm - Centre Hall \$100**

**10 Weeks:** April 3, 17, 24, May 1, 8, 15, 29, June 5, 12 & 19 (No class May 22)

**Registration March 27 at 12:40pm**

**Mixed Media Art (All Levels) with Manizhe - Mondays 10:00-12:00pm - Seniors Room 1&2 \$90**

**9 Weeks:** April 3, 17, 24, May 1, 8, 29, June 5, 12 & 19 (No class May 15 or 22)

**Registration March 27 at 11:30am**

**Yoga with Verne - Tuesdays 9:30am-10:45am - South Hall \$70**

**11 Weeks:** April 11, 18, 25, May 2, 9, 16, 23, 30 June 6, 13 & 20

**Registration March 28 at 10:45pm**

**Yoga with Verne - Fridays 10:45am-12:00pm - South Hall \$70**

**11 Weeks:** April 14, 21, 28, May 5, 12, 19, 26 June 2, 9, 16, 23

**Registration March 31 at 12:00pm**

**Chair & Absolute Beginner Yoga with Verne - Tuesdays 11:15am-12:15pm - South Hall \$55**

**11 Weeks:** April 11, 18, 25, May 2, 9, 16, 23, 30 June 6, 13 & 20

**Registration March 28 at 12:15pm**

**Line Dance with Isabella (Low-Intermediate) - Tuesdays 1:00pm-2:30pm - South & Centre Hall \$75**

**10 Weeks:** April 4, 11, 18, 25 May 2, 9, 16, 23, June 13 & 20 (No class May 30 or June 6)

**Registration March 28 at 12:40pm**

**Osteofit with Lorne - Thursdays 9:45am-10:45am - South & Centre Hall \$60**

**12 Weeks:** April 6, 13, 20, 27, May 4, 18, 18, 25, June 1, 8, 15 & 22

**Registration March 30 at 10:45am**

**Tai Chi (All Levels) with Stanley - Thursdays 11:00am-12:00pm - Upper Arena \$60**

**12 Weeks:** April 6, 13, 20, 27, May 4, 18, 18, 25, June 1, 8, 15 & 22

**Registration March 30 at 12:00pm**