



# Heron Creek Yoga & Fitness December 2018

Live schedule also available on [www.heroncreek.ca](http://www.heroncreek.ca) or the Mindbody App ph. (905) 648-4571

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 AM	Spin Sandra Spirit Cycle Studio		Spin Jody Spirit Cycle Studio		Spin Jody Spirit Cycle Studio		
7:00 - 8:00 AM	Group Strength Tammy Loft	Flow Yoga All Level Pam Studio One		Flow Yoga All Level Bev Studio One	Pilates Core Tammy Studio One		
8:15 - 9:00 AM	8:30-9:15 Body Blast Joanne Loft	Step Cathy Loft	Fun Fit Donna Studio One	Zumba Arms & Abs Pamela Studio One	Teacher's Choice Guest	8:00-9:00 Zumba Victoria Studio One	
	8:30-9:15 Spin Sandra Spirit Cycle Studio		Ballet Barre Bianca Loft		8:30-9:15 Spin Barb Spirit Cycle Studio		
9:15 - 10:15 AM	Yoga Core & Yin Stretch Jackee Studio One	Yoga Level 1 Bev Studio One	9:00-10:30 Hiking Group Angelica	Yoga Level 1 Jackee Studio One	9:00-10:15 Iron Yoga George Studio One	Yoga Level 1-2 Karen Studio One	Group Strength New Teacher Kathy Starts Nov. 17
	9:25-10:25 Body Blast Joanne Loft	Group Strength Cathy Loft	Fitness for Any Level Donna Loft	Group Strength Joanne Loft	9:25-10:25 Essentrics Tone & Stretch Level 2 Peri-Lynn Loft	9:00 Ballet Barre Sarena Loft	9:00-10:00 Flow Yoga Level 2 Jackee Studio One
10:30 - 11:30 AM	10:30-11:00 Zumba Arms & Abs Pamela Studio One	10:30-11:00 Zumba Pamela Loft	Essentrics 1 Peri-Lynn Loft	Restorative Yoga Level 0 Jackee Studio One	Beginner's Yoga Barb Loft	All Levels Yoga Sarena Studio One	Intro to Flow Yoga Jackee Studio One
	Ballet Barre Bianca Loft	Yoga Level 1-2 Bev Studio One	Yoga All Levels Dawn Studio One	Ballet Barre Bianca Loft	Yoga Level 2 Dawn Studio One		
11:00 - 12:00 AM	11:15-11:45 Essentrics Level 1 Peri-Lynn Studio One				11:30 (15 Min) Meditation All Levels Dawn Studio One		
12:15 - 1:15 PM	Intro to Yoga Elia Studio One		Intro to Yoga Elia Studio One				
5:00 - 6:00 PM	All Levels Yoga Pam G Studio One	5:15-6:00 Kids Yoga Steph Studio One Next Session: Jan. 2019	Essentrics Stretch & Tone Level 2-3 Peri-Lynn Studio One	All Levels Yoga Pam G Studio One			
5:30 - 6:30 PM					Yin Yoga Studio One		
6:00 - 7:00 PM	Intro to Spin (30 min) Tiina Spirit Cycle Studio	Weight Loss Bootcamp Tom Loft	Group Strength Tiina Loft	6:00-6:45 Kick Cathy Loft			
		Spin Christine B Spirit Cycle Studio	6:10-7:00 All Level Yoga Sarena Studio One				
6:30 - 7:30 PM	Group Strength Tiina Loft			All Levels Yoga Joel Studio One			
	Flow Yoga All Levels Bev Studio One			6:45-7:30 Yogilates Cathy Loft			(Gym Closed During Following Classes)
7:00 - 8:00 PM			Intro to Spin 30 min Tiina Spirit Cycle Studio				Restorative Yoga All Level Studio One
				7:00-7:45 Spin Angelica Spirit Cycle Studio			Teen Yoga Heather Loft Next Session: Jan. 2019
7:30 - 8:30 PM	Pound Fit Victoria Studio One	Yoga Core & Yin Stretch Level 2 Jackee Studio One	Flow Yoga Level 1-2 Sarena Studio One				
7:45 - 8:45 PM	Ballet Barre Level 2 Sarena Loft			Intro to Yoga Heather Studio One			
				Yoga & Barre Sarena Loft			

**December NEWS**

- Holiday Hours: Dec. 24 - 8-1pm  
Dec. 25th - CLOSED  
Dec. 31st - 8-1pm  
Jan. 1st - 8-1pm
- Join our Hiking group!  
Wednesday at 9am - Wear appropriate outdoor attire and bring water.
- Family Yoga & Prenatal Yoga Specialty Classes starting Jan. 2019

<b>LEGEND:</b>	<b>YOGA</b>	<b>FITNESS CLASS</b>	<b>SPIN</b>	<b>SPECIALTY CLASS</b>
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Book Club: Meets last Thursday of Month at 1:30pm in the lounge. Everyone Welcome! Noember book: A Taste for Vengeance by Martin Walker

You can use the New Spin Room, Studio One, or Personal Training Area when the spaces are not previously scheduled. Please ask staff for more information!

## CLASS DESCRIPTIONS- Yoga and Gym

**Body Blast**- Easy to follow intervals of strength training, cardio and core exercises to define muscle, lose fat and enhance your total health.

**Ballet Barre**- In each energizing and targeted workout, you'll use the **barre** and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

**Essentrics**- Easy to follow - ideal for anyone new to Essentrics. A relaxed, but dynamic full body stretch that works all the joints to release tight muscles. Great for pain & stress relief.

**Flow Yoga**- Sun salutations are used to connect yoga poses. Great for experienced yogis.

**Gentle Yoga**- A wonderful class for people with limited mobility, seniors or anyone who wants a slow mindful practice. We will use props and take our time to achieve greater flexibility, range of motion, and strength. We will also spend a lot of time on breath work. Moms-to-be welcome.

**Group Strength**- If you love Group Power or Body Pump, you'll love Group Strength. Get lean and build strength using adjustable weights and body weight. The group atmosphere and great music will drive you to do just one more rep!

**Hiking Group**- A friendly guided walk in the conservation area. Easy-moderate level. Proper footwear required. Class will NOT be held in poor weather. Bring a friend \$5.

**Intro to Yoga**- Perfect for beginning exercisers who want to learn the ins and outs of basic yoga poses. Detailed cueing with tips for understanding how the poses work and what you should be feeling. Work towards learning sun salutations.

**Iron Yoga**- Full body yoga workout with optional weights to increase intensity.

**Kick**- De-stress, burn calories and get toned with easy to follow kickboxing routines. No experience or equipment necessary!

## Specialty Classes

**NEW! Family Boot Camp** Get fit and spend quality time with your kids ages 7 & up. Great for building confidence, strength, agility, focus and coordination. Fun, easy to learn, and adjustable based on your ages and abilities. Bring the whole family!

**Family Yoga** A fun way to stretch, strengthen, and spend quality time with your kids ages 7 & up. Yoga develops strength, flexibility, coordination, and self-confidence. Breathing and mindfulness techniques will develop important life skills such as focus, relaxation and self-control. Yoga also promotes respect and compassion towards oneself and others.

**Pilates Core**-Innovative floor work develops strength, flexibility and better posture for all your every day activities and sports.

**Restorative Yoga**- No experience required. Extremely gentle, fully supported poses release both muscular and mental tension, allowing you to heal, de-stress and renew. Suitable for seniors, those with disabilities and moms-to-be. Wear comfortable, loose-fitting clothing. Eye pillow recommended.

**Spin (Spirit Cycle)**- Burn 500-800 calories per hour, boost your endurance & cardio and have a super-toned lower body! Super fun in our new Spirit Cycle studio with disco lights and real-road video. Fully adjustable bikes allow you to work at your own pace and beginners are always welcome. \*We encourage pre-registration for this class.\*

**Yoga Core Yin Stretch** Work on a variety of poses for better balance, posture, bone density and flexibility. Finish the class with deep stretches, tension release and meditation.

**Yoga** Be healthy and happy again. Explore standing poses, sun salutations, balance and flexibility. Learn to breathe and re-connect with yourself. Stretch, tone your muscles and increase bone density. All ages and level can find a class-ask a staff member for help.

**Zumba Abs & Arms** So much fun you won't feel like you're exercising! The original dance vibe you love with a focus on-yes, you guessed it, abs and arms! It's easy to follow, and a ton of fun! Come and try it! **Zumba Gold**-Designed for seniors

**Zumba Strong** Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training with dance. Every squat, every lunge, every burpee is driven by the music, helping you make it to the last rep, and maybe even five more.

**Kids Yoga** Fun, kid-friendly poses create body awareness, balance, flexibility and strength while building a positive body image. Meditation increases attention span, the ability to sit still, as well as being calm and quiet. All classes include a theme and end with a deep relaxation. Ages 7-11!

**Prenatal Yoga** Join us and learn breathing and yoga poses to help with labour and delivery and to relieve discomforts of pregnancy. Practice poses for stress relief and better sleep, and meditate for calmness in pregnancy and motherhood. Plus, you will relax and meet other moms-to-be.

**Teen Yoga** Have fun & get energized! Benefits of yoga: physical fitness, self-awareness, self-confidence, overall mental wellness, flexibility, better posture, compassion for self and others, make friends, and more! Yoga provides a solid foundation for the developing mind and body of your teen at a critical point in their lives.