



Heron Creek Fitness September Schedule (905) 648-4571

Located inside the Rotary Center, beside Morgan Firestone Arena 385 Jerseyville Rd W.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Spin 6:15am-7 <i>Sandra</i>		Spin 6:15am-7 <i>Sue</i>		Spin 6:15am-7 <i>Sue</i>	
	Group Strength 7:05am-7:55 <i>Tammy</i>		Fitness on Demand		Pilates Core 7:05am-8:00 <i>Tammy</i>	
NEW TIME Group Strength Express 9:15am-10:00 <i>Dawn</i>	Body Blast 9:15am-10:15 <i>Joanne</i>	Group Strength 9:15am-10:15 <i>Cathy</i>	Fitness for Any Level 9:15am-10:15 <i>Donna</i>	Group Strength 9:15am-10:15 <i>Joanne</i>	Pound 9:15am-10:00 <i>Cassandra</i>	Zumba 9:15am-10:15 <i>Andrea</i>
	Spin 9:15am-10:00 <i>Sandra</i>		Spin 9:15am-10:00 <i>Joanne</i>		Spin 9:15am-10:00 <i>Barb</i>	
	Zumba Arms & Abs 10:30-11:00 <i>Pamela</i>		Zumba Gold 10:30-11:00 <i>Pamela</i>		Beginners Yoga 10:30-11:30 <i>Barb</i>	
			Zumba 6:00pm-7:00 <i>Andrea</i>	Boot Camp 6:00pm-7:00 <i>Cam</i>		
	Group Strength 6:30pm-7:30 <i>Tiina/Dawn</i>	Kick 6:30pm-7:30 <i>Cathy</i>	Spin 6:15pm-7:00 <i>Tiina</i>	Step & Transform 6:30pm-7:30pm <i>Cathy</i>		<i>New shorter classes let you Fit in your Fitness</i>
			Group Strength 7:05 pm-8:05 <i>Tiina</i>			If you like Body Pump, you'll LOVE Group Strength
	FastFit 7:30pm-8:10 <i>Dawn/Staff</i>	Transform 7:30pm-8:30 <i>Cathy</i>	FastFit 7:30pm-8:10 <i>Kelly</i>	FastFit 7:30pm-8:10 <i>Dawn/Staff</i>		If you like Centergy or BodyFlow you'll LOVE Transform

Class Descriptions

Body Blast- Have a blast. Easy to follow mix of strength training, cardio and core work to define muscle, lose body fat and enhance your overall health.

Boot Camp- A challenging mix of cardio, weights and whatever the trainer tells you to do! Hard work, great results!

FastFit-Get super fit super fast. Easy to follow, short intervals of intense exercise alternate with less intense recovery intervals (HIIT) You'll burn tons of calories, during and up to 48 hours after your workout. Plus we switch it up so you are never bored.

Group Strength- If you love Group Power or Body Pump, you'll *love* Group Strength. Get lean and build strength with resistance training in a group setting using barbells, dumbbells and bodyweight choreographed to motivating music.

Kick- This MMA cardio and total body strength workout is very athletic with high energy moves. A great way to train!

Pilates Core- Build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine, rather than on bulking and shortening your muscles. You'll have better posture and mobility after only a few classes.

POUND® Using Ripstix® (lightly weighted drumsticks engineered specifically for exercising) POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, it is easily modified.

Step- An energetic cardio class using The Step. Great calorie burner also increases lower body tone, agility, strength and coordination.

Transform- If you like Centergy or BodyFlow you'll *love* Transform. Fresh new yoga & Pilates style moves and sport training will Transform you --mind, body and breath!

- **Step & Transform** – 30 minutes of fun, fat-burning cardio on the Step and 30 minutes of a cool new exercises from Yoga and Pilates to sculpt and stretch your abs, core, legs and butt.

Yoga- Learn basic poses, balance and flexibility. Learn to breathe away stress and reverse aging. Stretch, tone your muscles and increase bone density.

Zumba- So much fun you won't feel like you're exercising. Come if you love to dance! Come even if you can't! It's just fun!

- **Zumba Arms & Abs-** The original dance vibe you love with a focus on-yes, you guessed it, abs and arms! Easy to follow. Come try it!
- **Zumba® Gold** -Zumba Gold provides low impact moves for active older adults. Never stop dancing!

NEW! Fitness on Demand- Choose from over 250 fitness classes and workout on your own schedule with our equipment.