



# Heron Creek Yoga & Fitness June & July 2018 (905) 648-4571



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 AM	Spin - Sandra		Spin Video Spirit Cycle Studio - SELF Paced		Spin Dawn Spirit Cycle Studio		
7:00 - 8:00 AM	Group Strength Tammy Loft	Flow Yoga All Level Dawn Studio One		Flow Yoga All Level Bev Studio One	Pilates Core Tammy Studio One		
<b>8:00 - 9:15 AM</b>	<b>NEW TIME 8:30-9:15 Spin Sandra</b>				<b>NEW TIME 8:30-9:15 Spin Barb Loft</b>	<b>NEW TIME 8:00-9:00 Zumba Toning Jennifer Studio One</b>	
9:15 - 10:15 AM	Yoga Core & Yin Stretch Jackee Studio One	Yoga Level 1 Bev Studio One	Yogilates Dawn Studio One	Yoga Level 1 Jackee Studio One	Iron Yoga (9:00 - 10:15) George Studio One	Yoga Level 1-2 Karen Studio One	Flow Yoga Level 3 (9:00-10:00) Jackee Studio One
	Body Blast 9:25-10:25 Joanne Loft	Group Strength Cathy Loft	Fitness for Any Level Donna Loft	Group Strength Joanne Loft	Essentrics 9:25-10:20 Peri Lynn Loft	9:00 Ballet Barre Sarena Loft	
10:30 - 11:30 AM	Zumba (10:30-11) Pamela Studio 1	Zumba (10:30-11) Pamela Loft	Essentrics (10:30-11:30) Peri-Lynn Loft	Restorative Yoga Jackee All Level Studio One	Beginner's Yoga Barb Loft	All Level Yoga Sarena/Karen Studio One	Intro to Flow Yoga Jackee Studio One
	Ballet Barre Bianca Loft	Yoga Level 1-2 Bev Studio One	10:30 Yoga Level 2 Dawn Studio One	<b>Ballet Barre Bianca Loft</b>	Yoga Level 2 Dawn (10:30-11:30) Studio One	Kids Yoga-next session July	
11:00 - 12:00 AM	Essentrics (11:00-11:30) Peri-Lynn Studio 1				11:30 (15 Min) Meditation All Level Dawn Studio One		
12:15 - 1:15 PM	Intro to Yoga Elia Studio One		Yoga for Everybody Pam G Studio One				
1:30 - 2:30 PM				<b>NEW TIME 1:30-2:00 Zumba Pamela S Studio One</b>			
5:00 - 6:00 PM	Yoga for Everybody Pam G Studio One	Kids Yoga (5:15 - 6) Studio One		Yoga for Everybody Pam G Studio One			
5:30 - 6:30 PM					Relax & Unwind Kelly (5:30-6:30) Studio One		
6:00 - 7:00 PM	Intro to Spin (30 min) Tiina Spirit Cycle Studio	Gentle Yoga (6:10-7:10) Jackee Studio One	Group Strength Tiina Loft	30 min Step & 30 min Yogilates Cathy Loft			
		Kick 45min (6:00) & Yogilates 45min (6:45) Cathy Loft	All Level Yoga (6:10-7:00) Sarena Studio One				
6:30 - 7:30 PM	Group Strength Tiina Loft			Flow Yoga Level 2-3 Joel Studio One			
	Flow Yoga All Level Bev Studio One						
7:00 - 8:00 PM			Intro to Spin 30 min Tiina Spirit Cycle Studio				
7:30 - 8:30 PM	Zumba Strong Jennifer Studio One	Yoga Core & Yin Stretch Level 2 Jackee Studio One	Flow Yoga Level 1-2 Sarena Studio One				Restorative Yoga 7:00-8:00 Kelly All Level Studio One (Gym Closed During Class)
		Family Yoga Loft					
7:45 - 8:45 PM	Ballet Barre Level 2 Sarena Loft			Yoga Intro Heather Studio One Yoga & Barre Sarena Loft			

**All Members:**  
Book a FREE 30 Min Personal Training Consultation.  
Ask at desk for details!

<b>LEGEND:</b>	YOGA	FITNESS CLASS	SPIN	New Time
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**Book Club: Meet last Thursday of Month at 1:30pm in the lounge. Everyone Welcome!**

Space Available for Use! 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!