



# Heron Creek Yoga & Fitness

## September 2018

www.HeronCreek.ca (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                                 |   |  |
| 8:00 - 9:15 AM   | Spin Sandra (8:30-9:15)                               |   | <b>NEW</b> Hiking Group Angelica (9:00-10:30)            |  | Spin Barb (8:30-9:15) Loft                                    | Zumba Toning Jennifer (8:00-9:00) Studio One                            |  |
| 9:15 - 10:15 AM  | Yoga Core & Yin Stretch Jackee Studio One             | Yoga Level 1 Bev Studio One                                 | Iron Yoga George 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 2 (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 Tone & Stretch Level 2 (9:25-10:20) Peri-Lynn Loft | 9:00 Ballet Barre Sarena Loft   |  |
| 10:30 - 11:30 AM | Zumba (10:30-11) Pamela Studio One                    | Zumba (10:30-11) Pamela Loft                                | Essentrics Level 1 (10:30-11:30) Peri-Lynn Loft          | Restorative Yoga Jackee All Level Studio One                         | Beginner's Yoga Barb Loft                                     | All Level Yoga Sarena 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                       | Ballet Barre Bianca Loft   | Yoga Level 2 Dawn (10:30-11:30) Studio One                    |   |  |
| 11:00 - 12:00 AM | Essentrics Level 1 (11:00-11:30) Peri-Lynn Studio One |   |  | <b>NEW TIME</b> 11:30-12:00 Zumba Pamela S Studio One                | 11:30 (15 Min) Meditation All Level Dawn Studio One           | Prenatal Heather/Kelly (11:45-12:45) Studio One - <b>Starts Sept 22</b> |  |
| 12:15 - 1:15 PM  | Intro to Yoga Elia Studio One                         |   | Yoga for Everybody Pam G Studio One                      |  |   |   |  |
| 1:30 - 2:30 PM   |   |   |  |  |   |   |  |
| 5:00 - 6:00 PM   | Yoga for Everybody Pam G Studio One                   | Kids Yoga (5:15 - 6) Steph Studio One <b>Starts Sept 25</b> | Essentrics Stretch & Tone Level 2-3 Peri-Lynn Studio One | Yoga for Everybody Pam G Studio One                                  |   |   |  |
| 5:30 - 6:30 PM   |   |   |  |  | Yin Yoga 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   |   | Family Bootcamp (7:00-7:45) Tom <b>Starts Sept 25</b>       | Intro to Spin 30 min Tiina Spirit Cycle Studio           | Bootcamp (7:00-7:45) Donna <b>Starts Sept 27</b>                     |   |   | Restorative Yoga 7:00-8:00 Kelly All Level Studio One  |
|                  |   |   | Family Yoga (7:15-8:15pm) Loft <b>Starts Sept 26</b>     | Spin Angelica (7:00-7:45) Spirit Cycle Studio <b>Starts Oct. 1st</b> |   |   | Teen Yoga 7:00-8:00 Heather Loft <b>Starts Sept 23</b> |
| 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                    |  |   |   |  |
| 7:45 - 8:45 PM   | Ballet Barre Level 2 Sarena Loft                      |   |  | Yoga Intro Heather Studio One  |   |   |  |
|                  |   |   |  | Yoga & Barre Sarena Loft   |   |   |  |

### September Updates!

- Sept 15, 10-3pm Grand Re-Opening!** Come to win a Fit Bit, Personal Training, Yoga/Gym Membership & more!
- Fall 4 Month Back-to-School Student Special!
- New Fall Specialty Classes!
- Book a FREE 30 Min Personal Training Consultation.

**(Gym Closed During Following Classes)**

**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!

|                |      |               |      |                 |
|----------------|------|---------------|------|-----------------|
| <b>LEGEND:</b> | YOGA | FITNESS CLASS | SPIN | SPECIALTY CLASS |
|----------------|------|---------------|------|-----------------|