



# April Fitness Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.  
 Weekends: 8:00 A.M. - 6:00 P.M.  
 Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.						Pilates Fusion Tammy <i>Virtual Only</i>		
8:15 a.m.	Body Blast Donna <i>IN PERSON AND VIRTUAL Loft</i>		Burn Fat & Tone Up HIIT Tom <i>IN PERSON AND VIRTUAL Studio</i>		Pilates Fusion Kathy <i>IN PERSON AND VIRTUAL Loft</i>	Body Blast Kathy <i>IN PERSON AND VIRTUAL Loft</i>	Zumba Victoria <i>IN PERSON AND VIRTUAL Studio</i>	
9:15 a.m.	Barre & Pilates Pat <i>IN PERSON AND VIRTUAL Loft</i>	Ballet Barre Victoria <i>IN PERSON AND VIRTUAL Loft</i>	Essentrics Pat <i>IN PERSON AND VIRTUAL Studio</i>	Spin Joanne <i>IN PERSON ONLY Loft</i>	DanceFit Pat <i>IN PERSON AND VIRTUAL Loft</i>	Essentrics Pat <i>IN PERSON AND VIRTUAL Loft</i>		Group Strength Kathy <i>IN PERSON AND VIRTUAL Loft</i>
10:15 a.m.	Essentrics Pat <i>IN PERSON AND VIRTUAL Loft</i>							
10:30 a.m.		Zumba Victoria <i>IN PERSON AND VIRTUAL Studio</i>						
6:30 p.m.	Step Heather C <i>IN PERSON ONLY Studio</i>							
6:00 p.m.	Spin 30 Minutes Joanne <i>IN PERSON ONLY Loft</i>	Pilates Dawn <i>IN PERSON AND VIRTUAL Loft</i>	Spin 30 Minutes Tiina <i>IN PERSON ONLY Loft</i>	Burn Fat & Tone up HIIT 45 min. Dawn <i>IN PERSON ONLY Loft</i>			<b>DON'T LET PAIN HOLD YOU BACK!</b> <b>NOW OFFERING PHYSIOTHERAPY</b> Let us help you with your aches and pains so you can live your best life!	
6:30 p.m.	Body Blast Joanne <i>IN PERSON ONLY Loft</i>		Group Strength Tiina <i>IN PERSON ONLY Loft</i>					
7:00 p.m.		7:45PM Team Training						



# April Yoga Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.  
Weekends: 8:00 A.M. - 6:00 P.M.  
Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Rise and Shine Yoga Pamela <b>VIRTUAL ONLY</b>		Rise & Shine Yoga Jackee <b>VIRTUAL ONLY</b>			
9:00 AM							Yin & Yang Yoga All Levels Jackee <b>IN PERSON AND VIRTUAL</b>
9:15 AM	Yoga Flow All Levels Jackee <b>VIRTUAL ONLY</b>	Yoga Flow All Levels Sharon <b>IN PERSON AND VIRTUAL</b>			Yin Yoga Pamela <b>IN PERSON AND VIRTUAL</b>	Yoga Flow Heather B <b>IN PERSON AND VIRTUAL</b>	
9:30 AM	Yoga Flow All Levels Stephanie <b>IN PERSON ONLY</b>			Yoga Flow All Levels Stephanie <b>IN PERSON AND VIRTUAL</b>			
10:30 AM			Yoga Flow All Levels Dawn <b>IN PERSON AND VIRTUAL</b>		Yoga Flow All Levels Dawn <b>IN PERSON AND VIRTUAL</b>		Yoga Flow All Levels Jackee <b>IN PERSON AND VIRTUAL</b>
11:30 AM			30 minute Guided Meditation Dawn <b>IN PERSON AND VIRTUAL</b>				
12:00 PM			Dance Contemporary April 9-28th 5:45 - 6:45PM 8 week session for \$120 <b>40% off for Heron Creek members</b>		<b>All Yoga Classes Are Held in Studio One</b>		
6:00 PM		Yoga Basics All Levels Jackee <b>IN PERSON AND VIRTUAL</b>					
7:00 PM	7:45 Stretch & Strengthen All Levels Effie <b>IN PERSON AND VIRTUAL</b>	Vinyasa Flow Level-Challenging Jackee <b>IN PERSON AND VIRTUAL</b>	Candlelit Flow & Unwind Level-Gentle Holly <b>IN PERSON AND VIRTUAL</b>	Yoga Flow All Levels Amanda <b>IN PERSON AND VIRTUAL</b>	<b>SPECIALTY CLASS- SOUNDBATH w/ RESTORATIVE YOGA</b> Saturday May 10 * 7:00pm-8:30 PM \$49+tx Led by Steph and Stephanie Heartsong. Beginners & guests welcome!		
8:00 PM							