



Heron Creek Yoga & Fitness Schedule - April 2022

Class sizes limited. We recommend pre-registering for classes online at www.heroncreek.ca (click Member Login), or with the MindBody App for your tablet or phone, or call (905) 648-4571.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
1:00 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							

Your referral is the greatest compliment! Refer a friend and you both get 2 weeks FREE!

ZOOM meeting Yoga/Yogilates: 353 159 6322
ZOOM meeting Fitness Classes: 547 635 6305
Passcode for both: motivate

Please remember to sign up for class on Mindbody!

Heron Creek Yoga & Fitness, 385 Jerseyville Rd. W., Ancaster

COME FOR THE RESULTS, STAY FOR THE COMMUNITY!

Call 905-648-4571 or email staff@heroncreek.ca