



October 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 AM					Pilates Fusion Tammy ONLINE ONLY		
8:15 AM	Body Blast Donna IN PERSON AND ONLINE Loft		Burn Fat & Tone Up HIIT Tom IN PERSON AND ONLINE Studio	Pilates Fusion Kathy IN PERSON AND ONLINE Loft	Body Blast Kathy IN PERSON AND ONLINE Loft	Zumba Victoria IN PERSON AND ONLINE Studio	
9:15 AM	Essentrics Pat IN PERSON AND ONLINE Loft	NEW CLASS TIME! Barre Strong & Centered Julia IN PERSON AND ONLINE Loft	Essentrics Pat IN PERSON AND ONLINE Studio	Spin Kathy IN PERSON ONLY Loft	Core & Mobility Scott IN PERSON ONLY Loft	Essentrics Pat IN PERSON AND ONLINE Loft	Group Strength Kathy IN PERSON AND ONLINE Loft
10:15 AM	Chair Fitness Donna IN PERSON ONLY Studio						
10:30 AM				NEW! Zumba-Babies welcome! Casey IN PERSON AND ONLINE Studio		Barre Strong & Centered Julia IN PERSON ONLY Loft	
11:30 AM					October News New- Bring your baby to Zumba Thursdays 10:30am. Wear your baby or leave them in their car seat/blanket. 0-crawling. Sorry, not suitable for siblings. \$10 or free for members. Run/ Walk Club every Thursday night 6-7pm until October 31st. What's more perfect than a group run/ walk with your Heron Creek community! All are welcome. Meet at the reception desk. canfitpro training will be held two weekends- Oct. 31/Nov. 1 and Nov. 7/8 here at Heron Creek. See our events page for details. Sunday October 25th Yoga Nidra. 6-7pm. \$5 for members, \$25 for guests		
5:30 PM		Core & Mobility Scott IN PERSON ONLY Loft					
6:00 PM	Spin 30 Minutes Kathy IN PERSON ONLY Loft		Spin 30 Minutes Tiina IN PERSON ONLY Loft	Total Body HIIT Circuit Stefan IN PERSON ONLY Loft			
6:30 PM	Body Blast Kathy IN PERSON ONLY Loft	Pilates Fusion Dawn IN PERSON ONLY Loft	Group Strength Tiina IN PERSON ONLY Loft				

Hurting? We Can Help! Book your PHYSIOTHERAPY CONSULT TODAY

Let us help you with your injuries so you can live your best life! Call (905) 648-4571 or ask our staff how to get started.



October 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 & Shine Yoga Pamela ONLINE ONLY		Rise & Shine Yoga Jackee ONLINE ONLY			
9:15 AM	Yoga Flow All Levels Jackee ONLINE ONLY	Yoga Flow All Levels Effie IN PERSON AND ONLINE		Yoga Flow All Levels Dawn IN PERSON AND ONLINE	Yin Yoga Pamela IN PERSON AND ONLINE	Yoga Flow Levels 1-2 Heather B IN PERSON AND ONLINE	9AM Stretch & Strengthen All Levels Jackee IN PERSON AND ONLINE
9:30 AM	Yoga Flow All Levels Caitlin IN PERSON ONLY						
10:30 AM		10:45-11:15 Baby & Me Sweat Class Registration Fee \$ Inquire at Desk Studio	Yoga Flow All Levels Caleb IN PERSON AND ONLINE		Yoga Flow All Levels Caitlin IN PERSON AND ONLINE	Bounce Kids Class Fitness & Craft for kids ages 4-10 Extra Fee-\$ 6 weeks Starts Oct. 24	Yoga Flow All Levels Jackee IN PERSON AND ONLINE
11:30 AM			Meditation For Everyone Caleb IN PERSON AND ONLINE				
3:45-5:45 PM			Studio Not Available		5:45-6:45 Studio Not Available		
6:00 PM		Yoga: Stretch & Strengthen All Levels Caleb IN PERSON AND ONLINE	5:45-6:45 Dance Contemporary with Julia Garlisi Registration Fee \$		October News New- Bring your baby to Zumba Thursdays 10:30am. Wear your baby or leave them in their car seat/blanket. 0-crawling. Sorry, not suitable for siblings. \$10 or free for members. Run/ Walk Club every Thursday night 6-7pm until October 31st. What's more perfect than a group run/ walk with your Heron Creek community! All are welcome. Meet at the reception desk. canfitpro training will be held two weekends- Oct. 31/Nov. 1 and Nov. 7/8 here at Heron Creek. See our events page for details. Sunday October 25th Yoga Nidra. 6-7pm. \$5 for members, \$25 for guests		
6:30 PM	Hatha Yoga Caleb IN PERSON ONLY						
7:00 PM		Vinyasa Flow Level 2: Challenging Caleb IN PERSON AND ONLINE	Yin Yoga Level: Gentle Pamela IN PERSON AND ONLINE	Yoga Flow All Levels Staff IN PERSON AND ONLINE			
8:00 PM							

DON'T LET PAIN HOLD YOU BACK! Ask us about PHYSIOTHERAPY
Let us help you live your best life! Ask our Front Desk staff how to get started.