HERON CREEK YOGA & FITNESS

November 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 Trial Instructors IN PERSON AND ONLINE Studio	
9:15 AM	Essentrics Pat IN PERSON AND ONLINE Loft	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
10:30 AM				NEW! Zumba-Babies welcome! Casey IN PERSON AND ONLINE Studio		Barre Strong & Centered Julia IN PERSON ONLY Loft	
10:45 AM	Chair Fitness Donna IN PERSON ONLY Studio						
11:30 AM							
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				

November News

Come try out our new Zumba instructors Saturday November 14 and November 21, then let us know what you think staff@heroncreek.ca

Our Personal Trainer and Barre teacher Julia Garlisi is offering Adult Contemporary Dance until Wednesday, November 25. Drop in anytime, all are welcome. See Julia to register.

Barre & Bounce. Move, play and create together. Parents enjoy a Barre class while kids take part in a fun and active session with fitness, movement and crafts. Every Saturday until November 28, 10:30am - 11:30am. $25 for guests, $10 for members.

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.

Follow us on Instagram and Facebook for Black Friday deals.

Sunday, October 25th Yoga Nidra. 6-7pm. $5 for members, $25 for guests.

Ancaster's #1 Community Gym!

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November Yoga Schedule

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	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** **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			**Yoga Flow** All Levels **Dawn** **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 Oct. 24 to Nov. 28	**Yoga Flow** All Levels **Jackee** **IN PERSON AND ONLINE**
11:30 AM			**Meditation For Everyone** **Dawn** **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 **Dawn/Staff** **IN PERSON AND ONLINE**	**5:45-6:45 Dance Contemporary with Julia Garlisi** **Registration Fee $**				
6:30 PM							
7:00 PM		**Vinyasa Flow** Level 2: Challenging **Heather** **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							

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Join for the fitness, stay for the community!