



Heron Creek Yoga & Fitness SCHEDULE - JANUARY 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		Rise & Shine Yoga Bev VIRTUAL ONLY		Rise & Shine Yoga Pamela G VIRTUAL ONLY	Pilates Fusion Tammy VIRTUAL ONLY					
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM										
8:15 AM	Body Blast Donna VIRTUAL	Group Strength Kathy VIRTUAL	Pilates Fusion Dawn VIRTUAL	Burn Fat & Tone Up HIIT Tom VIRTUAL	Body Blast Kathy VIRTUAL	Zumba Toning Victoria VIRTUAL				
8:30 AM										
8:45 AM										
9:00 AM							Yoga Flow Jackee VIRTUAL (Level 2+)			
9:15 AM	Yoga Core & Yin Stretch Jackee VIRTUAL	Body Blast Donna VIRTUAL	Yoga Flow Bev VIRTUAL (Level 1)	Essentrics Rob VIRTUAL	Spin Joanne IN-PERSON-ONLY	Yoga Flow Jackee VIRTUAL ONLY (Level 1)	Yin Yoga Pamela G VIRTUAL	Essentrics Rob VIRTUAL	Yoga Flow Heather IN PERSON AND VIRTUAL (Level 1-2)	Group Strength Kathy VIRTUAL
9:30 AM										
9:45 AM										
10:00 AM										
10:15 AM										
10:30 AM		Zumba Victoria VIRTUAL	Yoga Flow Dawn VIRTUAL (All Levels)		Yoga Flow **New** Ashley VIRTUAL (All Levels)		Yoga Flow Jackee VIRTUAL (Level 1-2)			
10:45 AM										
11:00 AM										
11:15 AM										
11:30 AM			Guided Meditation 30 min. Dawn VIRTUAL							
11:45 AM										
1:30 PM		Outdoor Walking DONNA								
5:30 PM		Yoga Basics Jackee VIRTUAL								
5:45 PM										
6:00 PM		Spin Joanne IN-PERSON		Spin Tiina IN-PERSON						
6:15 PM										
6:30 PM										
6:45 PM		Body Blast Joanne VIRTUAL	Zumba Victoria VIRTUAL	Group Strength TIINA VIRTUAL						
7:00 PM	Yogilates Dawn VIRTUAL		Yoga Core & Yin Jackee VIRTUAL (Level 2+)	Yoga with (Optional) Weights George VIRTUAL (All levels)						
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