



Heron Creek Yoga & Fitness August 2018 (905) 648-4571



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 AM	Spin - Sandra		Spin Video Spirit Cycle Studio - SELF Paced		Spin Dawn Spirit Cycle Studio		
7:00 - 8:00 AM	Group Strength Tammy Loft	Flow Yoga All Level Dawn Studio One		Flow Yoga All Level Bev Studio One	Pilates Core Tammy Studio One		
8:00 - 9:15 AM	NEW TIME 8:30-9:15 Spin Sandra				NEW TIME 8:30-9:15 Spin Barb Loft	NEW TIME 8:00-9:00 Zumba Toning Jennifer Studio One	
9:15 - 10:15 AM	Yoga Core & Yin Stretch Jackee Studio One	Yoga Level 1 Bev Studio One	Yogilates Dawn Studio One	Yoga Level 1 Jackee Studio One	Iron Yoga (9:00 - 10:15) George Studio One	Yoga Level 1-2 Karen Studio One	Flow Yoga Level 3 (9:00-10:00) Jackee Studio One
	Body Blast 9:25-10:25 Joanne Loft	Group Strength Cathy Loft	Fitness for Any Level Donna Loft	Group Strength Joanne Loft	Essentrics Tone & Stretch Level 2-3 (9:25-10:20) Peri-Lynn Loft	9:00 Ballet Barre Sarena Loft	
10:30 - 11:30 AM	Zumba (10:30-11) Pamela Studio 1	Zumba (10:30-11) Pamela Loft	Essentrics Level 1 (10:30-11:30) Peri-Lynn Loft	Restorative Yoga Jackee All Level Studio One	Beginner's Yoga Barb Loft	All Level Yoga Sarena/Karen Studio One	Intro to Flow Yoga Jackee Studio One
	Ballet Barre Bianca Loft	Yoga Level 1-2 Bev Studio One	10:30 Yoga Level 2 Dawn Studio One	Ballet Barre Bianca Loft	Yoga Level 2 Dawn (10:30-11:30) Studio One	Kids Yoga-next session July	
11:00 - 12:00 AM	Essentrics Level 1 (11:00-11:30) Peri-Lynn Studio One				11:30 (15 Min) Meditation All Level Dawn Studio One		
12:15 - 1:15 PM	Intro to Yoga Elia Studio One		Yoga for Everybody Pam G Studio One				
1:30 - 2:30 PM				NEW TIME 1:30-2:00 Zumba Pamela S Studio One			
5:00 - 6:00 PM	Yoga for Everybody Pam G Studio One	Kids Yoga (5:15 - 6) Studio One		Yoga for Everybody Pam G Studio One			
5:30 - 6:30 PM					Relax & Unwind Kelly (5:30-6:30) Studio One		
6:00 - 7:00 PM	Intro to Spin (30 min) Tiina Spirit Cycle Studio	Gentle Yoga (6:10-7:10) Jackee Studio One	Group Strength Tiina Loft	30 min Step & 30 min Yogilates Cathy Loft			
		Kick 45min (6:00) & Yogilates 45min (6:45) Cathy Loft	All Level Yoga (6:10-7:00) Sarena Studio One				
6:30 - 7:30 PM	Group Strength Tiina Loft			Flow Yoga Level 2-3 Joel Studio One			
	Flow Yoga All Level Bev Studio One						
7:00 - 8:00 PM			Intro to Spin 30 min Tiina Spirit Cycle Studio				
7:30 - 8:30 PM	Zumba Strong Jennifer Studio One	Yoga Core & Yin Stretch Level 2 Jackee Studio One	Flow Yoga Level 1-2 Sarena Studio One				Restorative Yoga 7:00-8:00 Kelly All Level Studio One (Gym Closed During Class)
		Family Yoga Loft					
7:45 - 8:45 PM	Ballet Barre Level 2 Sarena Loft			Yoga Intro Heather Studio One			
				Yoga & Barre Sarena Loft			

All Members:
 Book a FREE 30 Min Personal Training Consultation.
 Ask at desk for details!

LEGEND:	YOGA	FITNESS CLASS	SPIN	New Time
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Book Club: Meet last Thursday of Month at 1:30pm in the lounge. Everyone Welcome!

Space Available for Use! You can use the New Spin Room, Studio One, or Personal Training Area when the spaces are not previously scheduled. Please ask staff for more information!