



# Heron Creek Fitness November/December Schedule (905) 648-4571

Located inside the Rotary Center, beside Morgan Firestone Arena 385 Jerseyville Rd W. Ancaster

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Spin</b> 6:15am-7 <i>Sandra</i>		<b>Spin</b> 6:15am-7 <i>Sue</i>	<b>Spin</b> 6:15am-7 <i>Beata</i> <b>STARTING DEC.</b>	<b>Spin</b> 6:15am-7 <i>Sue</i>	
<b>Boxing</b> <b>9:00am-10:00</b> <i>Mair</i> 12 sessions- \$125-sign up at desk	<b>Group Strength</b> 7:05am-7:55 <i>Tammy</i>		<b>Ab Tone &amp; Shred</b> 7:05am-7:55 <i>Fitness on Demand</i>		<b>Pilates Core</b> 7:05am-8:00 <i>Tammy</i>	If you like <b>Centergy</b> or <b>BodyFlow</b> you'll <b>LOVE Transform</b>
<b>Spin</b> 9:15am-10 <i>Beata</i>	<b>Body Blast</b> 9:15am-10:15 <i>Joanne</i>	<b>Group Strength</b> 9:15am-10:15 <i>Cathy</i>	<b>Fitness for Any Level</b> 9:15am-10:15 <i>Donna</i>	<b>Group Strength</b> 9:15am-10:15 <i>Joanne</i>	<b>Pound</b> 9:15am-10:00 <i>Cassie</i>	<b>Zumba</b> 9:15am-10:15 <i>Andrea</i>
	<b>Spin</b> 9:15am-10:00 <i>Sandra</i>					
<b>New Class</b> <b>Pound</b> 10:15am-11:00 <i>Melissa</i>	<b>Zumba Arms &amp; Abs</b> 10:30-11:00 <i>Pamela</i>	<b>Warming Up to Yoga</b> 10:30-11:00 <i>Fitness on Demand</i>	<b>Zumba Gold</b> 10:30-11:00 <i>Pamela</i>	<b>Warming Up to Yoga</b> 10:30-11:00 <i>Fitness on Demand</i>	<b>Beginners Yoga</b> 10:30-11:30 <i>Barb</i>	Amazing New Programs: Small Group Personal Training GETS RESULTS FAST! Boot Camp, Boxing & Personal Coaching, 21 Day Challenge— \$ Extra charge Inquire at desk
	<b>Intro to Spin</b> 6:00pm-6:30	<b>Small Group Boot Camp</b> 6:00pm-7:00 <i>Cam</i> 8 sessions- \$80-sign up at desk	<b>Zumba</b> 6:00pm-7:00 <i>Andrea</i>	<b>Step &amp; Transform</b> 6:00pm-7:00pm <i>Cathy</i>		
	<b>Group Strength</b> 6:30pm-7:30 <i>Tiina/Dawn</i>	<b>Kick</b> 6:30pm-7:30 <i>Cathy</i>	<b>Spin</b> 6:15pm-7:00 <i>Tiina</i>	<b>Small Group Boot Camp</b> 6:00pm-7:00 <i>Cam</i> 8 sessions- \$80-sign up at desk	<b>New Time Pound</b> 6:00pm-6:45 <i>Cassie</i>	
	<b>Transform Xpress</b> 7:30-8:00 <i>Fitness on Demand</i>	<b>Transform</b> 7:30pm-8:30 <i>Cathy</i>	<b>Group Strength</b> 7:05 pm-8:05 <i>Tiina</i>	<b>Boxing- 8:00pm-9pm</b> <i>Mair</i> 12 sessions- \$125-sign up at desk		If you like <b>Body Pump</b> , you'll <b>LOVE Group Strength</b>

## Class Descriptions

**Body Blast-** Have a blast. Easy to follow mix of strength training, cardio and core work to define muscle, lose body fat and enhance your overall health.

**Boot Camp-** A challenging mix of cardio, weights and whatever the trainer tells you to do! Hard work, great results!

**FastFit-Get super fit super fast.** Easy to follow, short intervals of intense exercise alternate with less intense recovery intervals (HIIT) You'll burn tons of calories, during and up to 48 hours after your workout. Plus we switch it up so you are never bored.

**Group Strength-** If you love Group Power or Body Pump, you'll *love* Group Strength. Get lean and build strength with resistance training in a group setting using barbells, dumbbells and bodyweight choreographed to motivating music.

**Kick-** This MMA cardio and total body strength workout is very athletic with high energy moves. A great way to train!

**Pilates Core-** Build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine, rather than on bulking and shortening your muscles. You'll have better posture and mobility after only a few classes.

**POUND®** Using Ripstix® (lightly weighted drumsticks engineered specifically for exercising) POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, it is easily modified.

**Step-** An energetic cardio class using The Step. Great calorie burner also increases lower body tone, agility, strength and coordination.

**Transform-** If you like Centergy or BodyFlow you'll *love* Transform. Fresh new yoga & Pilates style moves and sport training will Transform you --mind, body and breath!

- **Step & Transform** – 30 minutes of fun, fat-burning cardio on the Step and 30 minutes of a cool new exercises from Yoga and Pilates to sculpt and stretch your abs, core, legs and butt.

**Yoga-** Learn basic poses, balance and flexibility. Learn to breathe away stress and reverse aging. Stretch, tone your muscles and increase bone density.

**Yogilates-** Yoga with Pilates. Stretch and tone! All levels class.

**Zumba-** So much fun you won't feel like you're exercising. Come if you love to dance! Come even if you can't! It's just fun!

- **Zumba Arms & Abs-** The original dance vibe you love with a focus on-yes, you guessed it, abs and arms! Easy to follow. Come try it!
- **Zumba® Gold** -Zumba Gold provides low impact moves for active older adults. Never stop dancing!

**NEW! Fitness on Demand-** Choose from over 250 fitness classes and workout on your own schedule with our equipment. Includes Spin classes!

21 DAY CHALLENGE Two Sessions Starting January 3 and January 10<sup>th</sup>, these involve the WHOLE PERSON- mental, physical, emotional, NUTRITION PLAN, COACHING, and of course, EXERCISE. Buy early and save. Regularly \$229, buy now for only \$99. It's a great gift and a great way to kick off the New Year.