



# Heron Creek Yoga & Fitness October 2018

Live schedule also available on [www.heroncreek.ca](http://www.heroncreek.ca) or the Mindbody App ph. (905) 648-4571

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 AM	Spin - Sandra		Spin Video Spirit Cycle Studio - <i>SELF Paced</i>		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		
8:30 - 9:15 AM	Spin Sandra Loft		<b>NEW 9:00-10:30</b> Hiking Group Angelica		Spin Barb Loft	<b>8:00-9:00</b> Zumba Toning Jennifer Studio One	
9:15 - 10:15 AM	Yoga Core & Yin Stretch Jackee Studio One	Yoga Level 1 Bev Studio One	Iron Yoga George 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 2 (9:00-10:00) Jackee Studio One
	<b>9:25 - 10:25</b> Body Blast Joanne Loft	Group Strength Cathy Loft	Fitness for Any Level Donna Loft	Group Strength Joanne Loft	<b>9:25-10:25</b> Essentrics Tone & Stretch Level 2 Peri-Lynn Loft	9:00 Ballet Barre Sarena Loft	
10:30 - 11:30 AM	<b>10:30-11:00</b> Zumba Pamela Studio One	<b>10:30-11:00</b> Zumba Pamela Loft	Essentrics 1 Peri-Lynn Loft	Restorative Yoga Jackee All Level Studio One	Beginner's Yoga Barb Loft	All Levels Yoga Sarena Studio One	Intro to Flow Yoga Jackee Studio One
	Ballet Barre Bianca Loft	Yoga Level 1-2 Bev Studio One	Yoga All Levels Dawn Studio One	Ballet Barre Bianca Loft	Yoga Level 2 Dawn Studio One		
11:00 - 12:00 AM	<b>11:15-11:45</b> Essentrics Level 1 Peri-Lynn Studio One			<b>NEW TIME 11:45-12:15</b> Zumba Pamela S Studio One	11:30 (15 Min) Meditation All Levels Dawn Studio One	11:45-12:45 Prenatal Heather/Kelly Studio One <b>Next Session: Nov.10</b>	
12:15 - 1:15 PM	Intro to Yoga Elia Studio One		Yoga for Everybody Pam G Studio One				
1:30 - 2:30 PM							
5:00 - 6:00 PM	All Levels Yoga Pam G Studio One	Kids Yoga (5:15 - 6) Steph Studio One <b>Next Session: Nov.6</b>	Essentrics Stretch & Tone Level 2-3 Peri-Lynn Studio One	All Levels Yoga Pam G Studio One			
5:30 - 6:30 PM					Yin Yoga 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	40 min Kick & 20 min Yogilates Cathy Loft			
		Weight Loss Bootcamp Tom Loft	All Level Yoga (6:10-7:00) Sarena Studio One				
6:30 - 7:30 PM	Group Strength Tiina Loft			All Levels Yoga Joel Studio One			
	Flow Yoga All Levels Bev Studio One						
7:00 - 8:00 PM		Family Bootcamp (7:00-7:45) Tom <b>Next Session: Nov.6</b>	Intro to Spin 30 min Tiina Spirit Cycle Studio	Bootcamp (7:00-7:45) Donna <b>Next Session: Nov.8</b>			Restorative Yoga 7:00-8:00 Kelly All Level Studio One
			7:15-8:15 Family Yoga Rosemarie Loft <b>Next Session: Nov. 14</b>	<b>7:00-7:45</b> Spin Angelica Spirit Cycle Studio			Teen Yoga 7:00-8:00 Heather Loft <b>Next Session: Nov.11</b>
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				
7:45 - 8:45 PM	Ballet Barre Level 2 Sarena Loft			Intro to Yoga Heather Studio One			
				Yoga & Barre Sarena Loft			

**October EVENTS**

- There's still room in our Fall Specialty Classes-SIGN UP TODAY
- Yoga Philosophy 101 with Pamela Grace. Friday October 19 7-9pm \$40 VIP discounts
- Yogathon Nov. 3rd 10:30am - 2:30pm - Call desk for details
- Join our Fall Hiking group! Wednesday at 9am.

**(Gym Closed During Following Classes)**

Restorative Yoga 7:00-8:00 Kelly All Level Studio One

Teen Yoga 7:00-8:00 Heather Loft  
**Next Session: Nov.11**

<b>LEGEND:</b>	<b>YOGA</b>	<b>FITNESS CLASS</b>	<b>SPIN</b>	<b>SPECIALTY CLASS</b>
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Book Club: Meets last Thursday of Month at 1:30pm in the lounge. Everyone Welcome! October book: **Cider with Rosie** by Laurie Lee

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!