



Heron Creek Fitness May 2018 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
	Spin 6:15am-7am <i>Sandra</i>		Spin 6:15am-7am <i>Sue</i>		Spin 6:15am-7am <i>Sue</i>	
	Group Strength 7:05am-7:55 <i>Tammy</i>	Good Morning Yoga 7:05am-8:05 <i>Dawn</i> *no yoga experience required		Good Morning Yoga 7:05am-8:05 <i>Bev</i> *no yoga experience required	Pilates Core 7:05am-8:00 <i>Tammy</i>	If you like Centergy or BodyFlow you'll LOVE Yogilates
Spin & Group Strength 9:15am-10:15 <i>Dawn</i>	Body Blast 9:15am-10:15 <i>Joanne</i>	Group Strength 9:15am-10:15 <i>Cathy</i>	Fitness for Any Level 9:15am-10:15 <i>Donna</i>	Group Strength 9:15am-10:15 <i>Joanne</i>	Essentrics - Stretch & Tone 9:15am-10:15 <i>Peri-Lynn</i>	Zumba Toning 9:15am-10:15 <i>Andrea</i>
	Spin 9:15am-10:00 <i>Sandra</i>		Spin 9:15am-10:00 <i>Joanne</i>		Spin 9:15am-10:00 <i>Barb</i>	
	Zumba Arms & Abs 10:30am-11:00 <i>Pamela</i>	Zumba Gold 10:30am-11:00 <i>Pamela</i>	Essentrics - Aging Backwards 10:30am-11:30 <i>Peri-Lynn</i>	Zumba Gold 10:30am-11:00 <i>Pamela</i>	Beginner's Yoga 10:30am-11:30 <i>Barb</i> *no yoga experience required	
	Essentrics - Gentle Stretch 11am-11:30 <i>Peri-Lynn</i>		Spring Swing Golf Ready Class 1-1:45 pm 5 Sessions - 35\$ <i>Donna</i>			
	Intro to Spin 6:00pm-6:25 <i>Tiina</i>	Kick 6:00pm-6:45 <i>Cathy</i>	Zumba 6:00pm-7:00 <i>Andrea</i>	Step & Transform 6:00pm-7:00pm <i>Cathy</i>		
	Group Strength 6:30pm-7:30 <i>Tiina</i>	Yogilates 6:45-7:30 <i>Cathy</i>	New Time Spin 6:30pm-7:00 <i>Tiina</i>	Pre-Natal Yoga 7:00pm-8:00pm 5 weeks- \$85 Sign up at desk		If you like Body Pump, you'll LOVE Group Strength
	Zumba Strong 7:30pm-8:30 <i>Jennifer</i>		Group Strength 7:05 pm-8:05 <i>Tiina</i>	*no yoga experience required- starts Apr. 12		

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.

Essentrics® - Gentle Stretch- This class is slow-paced and easy to follow- ideal for anyone who is new to the Essentrics workout. You will experience a relaxed, but dynamic full body stretch that will work through all the joints to release tight muscles. Great for injury recovery/prevention, pain relief, stress relief and promote healing

Essentrics® – Aging Backwards- A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles. Its perfect for men and women of all fitness levels to rebalance the body leaving you feeling energized, youthful and healthy.

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

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!
- **Zumba Strong** - Stop counting the reps. Start training to the beat. STRONG by Zumba® combines **body weight, muscle conditioning, cardio and plyometric training** moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more.

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