



# Heron Creek Yoga & Fitness **ONLINE** SCHEDULE

Covid protocols in effect. Pre-register for classes and workouts online at [www.heroncreek.ca](http://www.heroncreek.ca) (click *Member Login*), get the MindBody App for your tablet or phone, or call (905) 648-4571. Classes will be held outdoors when possible. Please dress in layers. Masks must be worn indoors the whole time, including while exercising. Let's take care of each other!

Hours: Weekdays 6:00 am - 9:00 pm Weekends 8:00 am - 6:00 pm

Effective December 1, 2020

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00 AM														
7:15 AM								Rise & Shine Yoga Pamela G VIRTUAL ONLY						
7:30 AM														
7:45 AM														
8:00 AM														
8:15 AM		Body Blast Tom VIRTUAL ONLY		Group Strength Kathy VIRTUAL ONLY		Pilates Fitness Fusion Dawn VIRTUAL ONLY		Burn Fat & Tone Up Tom VIRTUAL/In-Person, Loft		Total Body Toning Kathy VIRTUAL ONLY		Zumba Toning Victoria VIRTUAL/In-Person, Loft		
8:30 AM														
8:45 AM														
9:00 AM														
9:15 AM	Yoga Core & Yin Stretch Jackee VIRTUAL ONLY	Body Blast Donna VIRTUAL ONLY		Yoga Level 1 Bev VIRTUAL ONLY		Essentrics Peri-Lynn VIRTUAL/In-Person, Loft		Yoga Level 1 Jackee VIRTUAL ONLY	Spin Dawn VIRTUAL ONLY	Yin Yoga Pamela G VIRTUAL ONLY	Essentrics Peri-Lynn VIRTUAL ONLY	Flow Yoga Heather VIRTUAL/In-Person, Studio 1 (Level 1-2)	Flow Yoga Jackee VIRTUAL/ In-Person Studio 1 (Level 2+)	Group Strength Kathy VIRTUAL ONLY
9:30 AM														
9:45 AM														
10:00 AM														
10:15 AM														
10:30 AM		Stretch & Tone Donna VIRTUAL ONLY		Zumba Victoria VIRTUAL ONLY		All Levels Yoga Dawn Studio 1		Yoga Basics Jackee VIRTUAL ONLY		All Levels Yoga Dawn VIRTUAL ONLY		Barre Sarena VIRTUAL ONLY		Flow Yoga Jackee VIRTUAL/In-Person, Studio 1 (Level 1-2)
10:45 AM														
11:00 AM														
11:15 AM														
11:30 AM						Guided Meditation Dawn VIRTUAL ONLY				Guided Meditation Dawn VIRTUAL ONLY				
11:45 AM														
12:00 PM														
5:30 PM														<b>LEGEND</b>
5:45 PM			Yoga Basics Jackee VIRTUAL ONLY											<b>Gold</b> Indicates Gold Membership required to attend
6:00 PM														<b>Blue</b> Indicates Community Class. Yoga Membership or Pay-What-You- Can. \$10 suggested minimum.
6:15 PM														
6:30 PM				Zumba Victoria VIRTUAL ONLY		All Levels Yoga Sarena VIRTUAL ONLY		Group Strength Tiina VIRTUAL ONLY						
6:45 PM														
7:00 PM														
7:15 PM	Yogilates Dawn Studio 1			Yoga Core & Yin Stretch Jackee Studio 1(Level 2+)				Flow, Relax & Unwind Alexa VIRTUAL ONLY						All classes are available live in person and are live streamed online.
7:30 PM														
7:45 PM														

**ZOOM** Yoga: 353 159 6322 Fitness Classes: 547 635 6305 Password for both: HeronTime 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](mailto:staff@heroncreek.ca)



# Heron Creek Yoga & Fitness **IN-PERSON** SCHEDULE

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**Hours: Weekdays 6:00 am - 9:00 pm Weekends 8:00 am - 6:00 pm**

**Effective December 1, 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
8:15 AM				<b>Burn Fat &amp; Tone Up</b> Tom Loft		<b>Zumba Toning</b> Victoria Loft	
8:30 AM							
8:45 AM		Pre-register for in-person workouts to guarantee your spot!  Workout slots start and end on the hour.  Gym capacity is reduced during the in-person classes.					
9:00 AM							<b>Flow Yoga</b> Jackee Studio 1 (Level 2+)
9:15 AM							
9:30 AM							<b>Flow Yoga</b> Heather Studio 1 (Level 1-2)
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							<b>Flow Yoga</b> Jackee Studio (Level 1-2)
10:45 AM							
11:00 AM							
11:15 AM							
7:00 PM	<b>Yogilates</b> Dawn Studio 1	<b>Yoga Core &amp; Yin Stretch</b> Jackee Studio 1 (Level 2+)					
7:15 PM							
7:30 PM							
7:45 PM							
<b>ZOOM Yoga: 353 159 6322 Fitness Classes: 547 635 6305 Password for both: HeronTime Please remember to sign up for class on Mindbody!</b>							
<a href="http://www.heroncreek.ca">Heron Creek Yoga &amp; Fitness, 385 Jerseyville Rd. W., Ancaster</a>		<a href="#">COME FOR THE RESULTS, STAY FOR THE COMMUNITY!</a>			<a href="tel:905-648-4571">Call 905-648-4571</a> or email <a href="mailto:staff@heroncreek.ca">staff@heroncreek.ca</a>		