



Heron Creek Yoga & Fitness **VIRTUAL CLASS SCHEDULE** December 2020

Covid protocols in effect. Pre-register for classes and workouts online at www.heroncreek.ca (click MindBody 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: Mon.- Fri. 6:00a.m. - 9:00 p.m. Weekends 8:00 a.m. - 6:00 p.m.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
7:00 AM				Rise & Shine Yoga Pamela G VIRTUAL ONLY							
7:15 AM											
7:30 AM											
7:45 AM											
8:00 AM						Zumba Toning Victoria Loft					
8:15 AM		Body Blast Tom VIRTUAL ONLY	Group Strength Kathy VIRTUAL ONLY	Pilates Fitness Fusion Dawn VIRTUAL ONLY	Burn Fat & Tone Up Tom Loft	Total Body Toning Kathy VIRTUAL ONLY					
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 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 Studio 1 (Level 1-2)	Flow Yoga Jackee 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 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											LEGEND
5:45 PM		Yoga Basics Jackee VIRTUAL ONLY									Gold Indicates Gold Membership required to attend
6:00 PM											Blue Indicates Community Class. Yoga Membership or Pay-What-You- Can. \$10 suggested minimum.
6:15 PM			Zumba Victoria VIRTUAL ONLY	All Levels Yoga Sarena VIRTUAL ONLY	Group Strength Tiina VIRTUAL ONLY						
6:30 PM											
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					
7:30 PM											
7:45 PM											All classes are available live in person and are live streamed online.

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



Heron Creek Yoga & Fitness **IN-PERSON** CLASS SCHEDULE **December 2020**

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7:15 PM							
7:30 PM							
7:45 PM							

Burn Fat & Tone Up
Tom
Loft

Zumba Toning
Victoria
Loft

Flow Yoga
Heather
Studio 1 (Level 1-2)

Flow Yoga
Jackee
Studio 1 (Level 2+)

Flow Yoga
Jackee
Studio 1 (Level 1-2)

Yogilates
Dawn
Studio 1

Yoga Core & Yin Stretch
Jackee
Studio 1 (Level 2+)

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