



Heron Creek Yoga & Fitness SCHEDULE- SEPTEMBER 2021

Covid protocols in effect. Class sizes limited. Pre-register for all classes online at www.heroncreek.ca (click Member Login), get the MindBody App for your tablet or phone, or call (905) 648-4571.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
7:00 AM		Rise & Shine Yoga Dawn VIRTUAL ONLY		Rise & Shine Yoga Pamela G VIRTUAL ONLY	Tammy's 7 am class is on summer break					
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM										
8:15 AM	Body Blast Tom IN PERSON AND VIRTUAL	Group Strength Kathy IN PERSON AND VIRTUAL	Pilates Fitness Fusion Dawn IN PERSON AND VIRTUAL	Burn Fat & Tone Up HIIT Tom IN PERSON AND VIRTUAL	Body Blast Kathy IN PERSON AND VIRTUAL	Zumba Toning Victoria OUTDOORS AND VIRTUAL				
8:30 AM										
8:45 AM										
9:00 AM										
9:15 AM	Yoga Core & Yin Stretch Jackee OUTDOORS AND VIRTUAL	Body Blast Donna VIRTUAL ONLY	Yoga Flow Staff IN PERSON AND VIRTUAL (Level 1)	Essentrics Peri-Lynn OUTDOORS AND VIRTUAL	Yoga Flow Jackee VIRTUAL ONLY (Level 1)	Yin Yoga Pamela G IN PERSON AND VIRTUAL	Essentrics Peri-Lynn OUTDOORS AND VIRTUAL	Yoga Flow Heather IN PERSON AND VIRTUAL (Level 1-2)	Yoga Flow Jackee OUTDOORS ONLY (Level 2+)	Group Strength Kathy IN PERSON AND VIRTUAL
9:30 AM										
9:45 AM										
10:00 AM										
10:15 AM										
10:30 AM		Zumba Victoria OUTDOORS AND VIRTUAL	Yoga Flow Dawn IN PERSON AND VIRTUAL (All Levels)	Yoga Basics Jackee VIRTUAL ONLY	Yoga Flow Dawn IN PERSON AND VIRTUAL (All Levels)	Yoga Flow Dawn IN PERSON AND VIRTUAL (All Levels)	Yoga Flow Dawn IN PERSON AND VIRTUAL (All Levels)	Yoga Flow Jackee OUTDOORS AND VIRTUAL (Level 1-2)	Yoga Flow Jackee OUTDOORS AND VIRTUAL (Level 1-2)	Yoga Flow Jackee OUTDOORS AND VIRTUAL (Level 1-2)
10:45 AM										
11:00 AM										
11:15 AM			Guided Meditation 30 min. Dawn LIVE AND VIRTUAL		Guided Meditation 15 min. Dawn IN PERSON AND VIRTUAL					
11:30 AM										
11:45 AM										
1:30 PM		Outdoor Walking DONNA								
5:30 PM		Yoga Basics Jackee OUTDOORS AND VIRTUAL								
5:45 PM										
6:00 PM			Zumba Victoria OUTDOORS AND VIRTUAL	Group Strength Tiina VIRTUAL ONLY						
6:15 PM										
6:30 PM										
6:45 PM										
7:00 PM	Yogilates Dawn IN PERSON AND VIRTUAL	Yoga Flow Jackee OUTDOORS AND VIRTUAL (Level 2+)			Yoga with (Optional) Weights Dawn IN PERSON AND VIRTUAL (Level 2+)					
7:15 PM										
7:30 PM										
7:45 PM										

OUTDOOR CLASSES will be HELD INDOORS IN BAD WEATHER. posted 1 hr. before class time on FB and Instagram @heroncreekyogaandfitness. Follow us for updates. Video library available 24/7 on www.heroncreek.ca/programs-services

ZOOM meeting Yoga: 353 159 6322

ZOOM meeting Fitness Classes: 547 635 6305

Passcode for both: motivate

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