



Heron Creek Yoga & Fitness **ONLINE** SCHEDULE

Covid protocols in effect. Pre-register for classes and workouts online at 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: Mon-Fri 6am-9pm, Sat/Sun 8am-6pm.

Classes: ONLINE /OUTDOOR ONLY

Effective March 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
7:00 AM		Rise & Shine Yoga Bev VIRTUAL ONLY		Rise & Shine Yoga Pamela G VIRTUAL ONLY	Pilates Fusion Tammy VIRTUAL ONLY					
7:15 AM										
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		Group Strength Kathy VIRTUAL ONLY	Zumba Toning Victoria VIRTUAL ONLY				
8:30 AM										
8:45 AM										
9:00 AM										
9:15 AM	Yoga Core & Yin Stretch Jackee VIRTUAL ONLY (Level 1-2)	Body Blast Donna VIRTUAL ONLY	Yoga Flow Bev VIRTUAL ONLY (Level 1)	Essentrics Peri-Lynn VIRTUAL ONLY	Yoga Flow Jackee VIRTUAL ONLY (Level 1)	Yin Yoga Pamela G VIRTUAL ONLY	Essentrics Peri-Lynn VIRTUAL ONLY	Yoga Flow Heather VIRTUAL ONLY (Level 1-2)	Yoga Flow Jackee VIRTUAL ONLY (Level 2+)	Group Strength Kathy VIRTUAL ONLY
9:30 AM										
9:45 AM										
10:00 AM										
10:15 AM										
10:30 AM		Zumba Victoria VIRTUAL ONLY	Yoga Flow Dawn VIRTUAL ONLY (All Levels)	Yoga Basics Jackee VIRTUAL ONLY	Yoga Flow Dawn VIRTUAL ONLY (All Levels)	Barre Sarena VIRTUAL ONLY	Yoga Flow Jackee VIRTUAL ONLY (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										
1:30 PM		OUTDOOR WALKING GROUP								
5:30 PM										
5:45 PM		Yoga Basics Jackee VIRTUAL ONLY								
6:00 PM										
6:15 PM										
6:30 PM		Zumba Victoria VIRTUAL ONLY	Yoga Flow Sarena VIRTUAL ONLY (All Levels)	Group Strength Tiina VIRTUAL ONLY						
6:45 PM										
7:00 PM	Yogilates Dawn VIRTUAL ONLY	Yoga Flow Jackee VIRTUAL ONLY (Level 2+)			Flow, Relax & Unwind Yoga Alexa VIRTUAL ONLY (All Levels)	Essentrics Peri-Lynn VIRTUAL ONLY				
7:15 PM										
7:30 PM										
7:45 PM										

ZOOM Yoga: 353 159 6322 Fitness Classes: 547 635 6305 Password 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