

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00 AM Flow Yoga Level 3 Jackee		7:00 - 8:00 AM NEW LOCATION Heron Creek Fitness (GYM) Good Morning Yoga All Levels / Dawn		7:00 - 8:00 AM NEW LOCATION Heron Creek Fitness (GYM) Good Morning Yoga All Levels / Bev		
9:15 - 10:15 AM Yoga Core & Yin Stretch Level 2 Jackee	9:15 - 10:15 AM Intro to Yoga Level 1 Bev	9:15 - 10:15 AM Yogilates Level 1-2 Dawn	9:15 - 10:15 AM Intro to Yoga Level 1 Jackee	9:15 - 10:15 AM Ballet Barre Level 2-3 Bianca	9:00 - 10:15 AM Iron Yoga All levels George	9:00 - 10:00 AM Yoga Level 1-2 Karen
9:15 - 10:15 AM Iron Yoga All Levels George	9:15 - 10:15 AM NEW LOCATION Heron Creek Fitness (GYM) 9:15 - 10:15 AM Body Sculpt Level 2 Joanne					9:00 - 10:00 AM Ballet Barre Level 2-3 Sarena
10:30 - 11:30 AM Intro to Flow Yoga Level 1-2 Jackee	10:30 - 11:30 AM Power Barre Level 2-3 Bianca	10:30 - 11:30 AM Yoga Level 1-2 Bev	10:30 - 11:30 AM Yoga All Levels Dawn	10:30 - 11:30 AM Restorative Level 0 Jackee	10:30 - 11:30 AM All Levels Yoga Dawn	10:30 - 11:30 AM All Levels Yoga Sarena/Karen
	12:15 - 1:15 PM Intro to Yoga Level 1 Elia		12:15 - 1:15 PM Yoga for EVERY Body Level 1 Pamela		11:30 - 11:45 AM 15 minute meditation Dawn	Kids Yoga April 7-May 12 10:25 - 11:30 AM Steph
	5:00 - 6:00 PM Yoga for EVERY Body Level 1 Pamela	Kids Yoga Mar 27 - May 1 5:15 - 6:00 PM Linda		5:00 - 6:00 PM *Yoga for EVERY Body Level 1 Pamela	5:30 - 6:30 PM Relax and Unwind Yoga Level 1 Kelly	Classes in blue are in our downstairs studio
7:00 - 8:00 PM Restorative Yoga Level 0 Kelly	6:30 - 7:30 PM Flow Yoga All Levels Bev	6:10 - 7:10 PM Gentle Yoga (great for prenatal, arthritis, etc.) Level 0-1 Jackee	6:10 - 7:10 PM All Levels Yoga Sarena	6:30 - 7:30 PM *HOT Flow Yoga Level 2-3 Joel	Restorative Yoga with Essential Oils Friday May 11 7-8:15pm	Purple Boxes indicate Specialty Classes which are not included in punch cards or unlimited memberships
Come in for a class today at: 38 Wilson Street W. Ancaster, ON (905) 648-3200 staff@heroncreek.ca See our LIVE schedule at www.HeronCreek.ca	7:45 - 8:45 PM Ballet Barre Level 2-3 Sarena	7:30 - 8:30 PM Yoga Core & Yin Stretch Level 2 Jackee	7:30 - 8:30 PM HOT Flow Yoga Level 1-2 Sarena	7:45 - 8:45 PM *WARM Intro to Yoga Level 1 Heather	21 Day Transformation May 22 Sign Up NOW	Book Club Thursday April 26 1:30 pm The Woman in the Window by A.J. Finn All Welcome! Call the Studio for more information!
	New - Latin Dance Workshop April 9 - May 14 7:45-8:45pm Drop-Ins Welcome!	Family Yoga Ends April 17 th New May 1-June 26 7:25 - 8:30 PM Linda/Elia	Teen Yoga Ends April 18 th New May 2 - June 2 7:25-8:30 PM Heather	7:45 - 8:45 PM Yoga & Barre Sarena	Latin Dance April 9 th -May 14 th 7:45 - 8:45pm Drop In Available!	

Specialty Classes

(Not included in memberships, VIP Members save 10%, VIP Gold members save 15%)

Regular Classes

Yoga Classes		Fitness Classes	
Yoga (Various Levels)– 1hr Be healthy and happy again. Explore standing poses, sun salutations, balance and flexibility. Learn to breathe and reconnect with yourself. Stretch, tone your muscles and increase bone density. Options provided for beginners and more experienced students.	Iron Yoga (All levels) – 60 or 75 min A full-body yoga workout combining traditional yoga poses and OPTIONAL hand weights to bring your practice to higher level. The focus on breath and alignment makes it suitable for Level 1 students as well as more advanced yogis.	Ballet Barre (Level 2-3) – 1hr Find out why Madonna & Kelly Ripa love this blend of ballet, fitness and Pilates-inspired movements. Shed the pounds and tone the most difficult places—abs, butt and legs! Don't forget the arms! Bring a mat and water. Clean indoor running shoes optional.	
Restorative Yoga (Level 0) – 1hr Extremely gentle, fully supported poses release both muscular and mental tension. Deep rest and deep breathing counteract the effects of stress on the immune system and promote a relaxation response. No experience required. Wear comfortable, loose-fitting clothing. Suitable for all ages and abilities.	Hot Yoga (Various styles/levels) – 1hr Come try your favourite style of yoga in a room heated to ~90°F/32°C. (Warm is 85°F/29°C) Let the heat increase your focus and flexibility and make you fall in love with our twist on the traditional Hot Yoga series. Bring a water bottle and a towel. Ages 18+ only.	Power Ballet Barre (Level 2-3) - 1hr A combination of weights and ballet-inspired Pilates movements. Bring a mat and water. Clean indoor running shoes optional.	
Flow Yoga (Athletic) – 1hr Flow Yoga uses Sun Salutations to link poses. This athletic class develops long, lean muscles, bone density and great core & upper body strength. Choose Intro to Flow Yoga if you are new, or Level 2-3 for experienced yogis.	Yogilates (Level 1-2)- 1hr The best of Yoga and Pilates will sculpt and stretch your body and refresh your mind. This addictive class for all levels includes great music & a short meditation. Beginners welcome. Bring a mat.	Body Sculpt -1hr Get the strong, lean body you've always wanted with weights, bands, balls, etc. in this innovative class. Amazing full body workout for experienced weightlifters, Bring a mat, clean running shoes and water.	
Yin Yoga (Level 1-2) - 1hr Yin yoga is a slow-paced style of yoga with poses held for longer periods of time—five minutes or more—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality			ALL SHAPES AND SIZES WELCOME IN ALL OUR CLASSES

*Teen Yoga - 60 min. (Ages 13-17) Have fun & get energized! Benefits of yoga: physical fitness, self-awareness, self-confidence, overall mental wellness, flexibility, better posture, make friends, and more! Yoga can foundation for the developing mind and body of your teen at a critical point in their lives.	*Kids' Yoga – 45-60 min. (Ages 6-12) - Fun, kid-friendly poses create body awareness, balance, flexibility and strength while building a positive body image. Meditation increases attention span, the ability to sit still, as well as being calm and quiet. All classes include a craft and will end with a deep relaxation. Wear comfy clothes and bring a water bottle.
*Family Yoga – 60 min. A fun way to stretch, strengthen, and relax with your kids ages 7 & up. Highly recommended for children with anxiety, for athletes, and for anyone who wants to spend quality time with their kids. No yoga experience necessary.	

CLASS LEVELS

Level 0 – Suitable for anyone

Level 1 – New to yoga/fitness (Gentle)

Level 2 – Beginner (Moderate)

Level 3 – Intermediate (Moderate)

Guidelines for choosing a class:

Our staff is happy to help you choose classes that are right for you.

Level 0: Anyone – Suitable and recommended for all levels of fitness, including seniors, those with disabilities, arthritis, fibromyalgia, etc. No experience required.

Level 1: New to Yoga – The best place to start, Level 1 classes will teach you the basics of breath and postures. These classes increase your flexibility and overall health and fitness.

Level 2: Some experience– For those who are comfortable with yoga poses/fitness. Lots of options are offered for making the class harder or easier.

Level 3: Intermediate – For those who practice regularly and have a good level of fitness.

* If you have never taken a class before, we suggest starting with at least 10 Intro classes.

* Please let your instructor know if you have any health issues or if you are pregnant.

* Your instructor is happy to suggest a suitable class for you.