



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	9:00 - 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	NEW LOCATION Heron Creek Fitness (GYM) 9:15 - 10:15 AM Body Sculpt Level 2 Joanne		9:15 - 10:15 AM Ballet Barre Level 2-3 Bianca		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 Purple Boxes indicate Specialty Classes which are not included in punch cards or unlimited memberships 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!
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	
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	
	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 re-connect 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. <u>Suitable for all ages and abilities.</u>	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 2** – Beginner (Moderate)
Level 1 – New to yoga/fitness (Gentle) **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.