## **Heritage Community Fitness Holiday Group Fitness Schedule 2025-2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27
9:00am Yang-Yin Yoga-	6:00am Choreo Cyle - Lil	7:00am Sleigh Ride -		8:45am Sleigh Ride -	8:00am Choreo Cycle -
Shannon	9:15am 12 Exercises of	Heather	Merry Christmas!	Heather	Lil
9:15am Cardio + Strength	Christmas - Anne	9:00am Pilates –		9:15am Dance Fitness-	8:30am Pilates –
– Emily-Rose	10:30am Yoga Flow –	Stefanie		Ann	Stefanie
10:30am Zumba Gold -	Stefanie	10:30am Gentle Flow -	***	10:30am Stretch &	8:45am Saturday
Isabel	12:10pm Noon Refresh -	Bobbi		Unwind (Warm)- Ann	STARTS – Chris G.
10:30am Gentle Flow -	Diane				10:00am Yoga Flow
Bobbi					- Sheona
ļ					10:00am Saturday
5:00pm Power Hour –	The state of the s				<b>STARTS</b> – Chris G.
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-			Gvm Closed		
6:30pm Yoga Nidra- Lisa			.,		
	Cycle– Chris B.				
Open 5:30am-10:00pm	Open 5:30am-10:00pm	Open 5:30am-3:00pm		Open 8:00am-3:00pm	Open 7:00am-7:00pm
29	30	31	Jan 1	2	3
9:00am Yang-Yin -	9:00am Pilates - Stefanie	8:00am CyclePaths -		8:00am CyclePaths -	8:00am Choreo Cycle -
Shannon	9:15am Core & More -	Heather		Heather	Lil
9:15am Choreo Cycle - Lil	Anne	9:00am Pilates - Stefanie	Happy New Year!	9:30am Stretch &	8:30am Pilates –
10:30am Cardio +	10:30am Hatha Yoga –	10:30am Strength &		Unwind- Ann	Stefanie
Strength – Emily-Rose	Stefanie	Stability - Rick		10:30am Movement	8:45am Saturday
10:30am Gentle Flow -	10:30am Zumba Gold -	10:30am Gentle Flow -		Restoration – Rick	STARTS – Chris G.
Bobbi	Isabel	Bobbi		11:45am Gentle Fit-	10:00am Yoga Flow-
ļ		12:00 Cardio Hip Hop -	A STATE OF THE PARTY OF THE PAR	Rick	Stefanie
5:00pm Power Hour –	5:00pm Step it Up! -	Ann			10:00am Saturday
Chris G.	Emily-Rose				STARTS – Chris G.
-			Gym Closed		
6:30pm Stretch & Unwind	-		•		
(Hot)— Lisa	7:00pm Meditation-				
ļ	Redeana				
Open 5:30am-10:00pm					
	9:00am Yang-Yin Yoga- Shannon 9:15am Cardio + Strength - Emily-Rose 10:30am Zumba Gold - Isabel 10:30am Gentle Flow - Bobbi  5:00pm Power Hour - Chris G. 5:15pm Ride On - Brianna 6:30pm Yoga Nidra- Lisa  Open 5:30am-10:00pm  29 9:00am Yang-Yin - Shannon 9:15am Choreo Cycle - Lil 10:30am Gentle Flow - Bobbi  5:00pm Power Hour - Chris G. 5:15pm Choreo Cycle - Lil 6:30pm Stretch & Unwind	9:00am Yang-Yin Yoga- Shannon 9:15am Cardio + Strength - Emily-Rose 10:30am Zumba Gold - Isabel 10:30am Gentle Flow - Bobbi 5:00pm Power Hour - Chris G. 5:15pm Ride On - Brianna 6:30pm Yoga Nidra- Lisa 6:30pm Yoga Nidra- Lisa  Open 5:30am-10:00pm  29 9:00am Yang-Yin - Shannon 9:15am Choreo Cycle - Lil 10:30am Cardio + Strength - Emily-Rose 10:30am Gentle Flow - Bobbi  5:00pm Power Up Tabata Cycle- Chris B.  Open 5:30am-10:00pm  29 9:00am Pang-Yin - Shannon 9:15am Choreo Cycle - Lil 10:30am Cardio + Strength - Emily-Rose 10:30am Gentle Flow - Bobbi 5:00pm Power Hour - Chris G. 5:15pm Choreo Cycle - Lil 6:30pm Stretch & Unwind (Hot)- Lisa  7:00pm Meditation-	9:00am Yang-Yin Yoga-Shannon 9:15am Cardio + Strength - Emily-Rose 10:30am Zumba Gold - Isabel 10:30am Gentle Flow - Bobbi 5:00pm Power Hour - Chris G. 9:15am Chris G. 9:00am Yang-Yin - Shannon 9:00am Yang-Yin - Shannon 9:15am Chris G. 9:15am Chris G. 9:15am Chris G. 9:00am Yang-Yin - Shannon 9:15am Chris G. 9:15am Chris G. 10:30am Gentle Flow - Bobbi  29 9:00am Yang-Yin - Shannon 9:15am Chris G. 9:15am Chris G. 10:30am Gentle Flow - Bobbi  29 9:00am Yang-Yin - Shannon 9:15am Chris G. 10:30am Gentle Flow - Bobbi 10:30am Strength & Stability - Rick 10:30am Gentle Flow - Bobbi 10:30am Strength & Stability - Rick 10:30am Gentle Flow - Bobbi 10:30am Strength & Stability - Rick 10:30am Gentle Flow - Bobbi	9:00am Yang-Yin Yoga-Shannon 9:15am Cardio + Strength - Emily-Rose 10:30am Yang-Vin - Shannon 9:00am Yang-Yin Yoga-Stefanie 10:30am Gentle Flow - Bobbi  5:00pm Power Hour - Chris G. 5:15pm Ride On - Brianna 6:30pm Yoga Nidra- Lisa  Open 5:30am-10:00pm  29 9:00am Yang-Yin - Shannon 9:15am Core & More - Anne 10:30am Gentle Flow - Bobbi  Stefanie 10:30am Cycle-Atii	22 9:00am Yang-Yin Yoga-Shannon 9:15am Cardio + Strength - Emily-Rose 10:30am Yoga Ride - Ilsabel 12:10pm Noon Refresh - Diane 5:00pm Power Hour - Chris G. 5:15pm Ride On - Brianna 6:30pm Yoga Nidra - Lisa 5:15pm Ride On - Brianna 6:30pm Yoga Nidra - Lisa 5:15pm Ride On - Brianna 6:30pm Yoga Nidra - Lisa 5:15pm Ride On - Brianna 6:30pm Yoga Nidra - Lisa 5:15pm Ride On - Brianna 6:30pm Yoga Nidra - Lisa 5:15pm Ride On - Brianna 6:30pm Power Up Tabata Cycle - Chris B. 7:00am Pilates - Stefanie 9:15am Core & More - Anne 9:15am Core & More - Anne 10:30am Hatha Yoga - Stefanie 10:30am Gentle Flow - Bobbi 10:30am Gentle Flow - Bobbi 10:30am Cardio + Stefanie 10:30am Hatha Yoga - Stefanie 10:30am Gentle Flow - Bobbi 10:30am Gentle Flow - Bobbi 10:30am Cardio + Stefanie 10:30am Cardio + Stefanie 10:30am Cardio + Stefanie 10:30am Cardio + Stefanie 10:30am Cardio + Isabel 10:30am Cardio + Stefanie 10:30am Cardio + Isabel 10:30am Cardio + Isabel 10:30am Cardio + Isabel 10:30am Cardio Hip Hop - Ann 5:00pm Power Up Tabata Cycle - Chris B. 7:00pm Power Up Tabata Cycle - Chris B. 7:00pm Meditation- 6:00pm Power Up Tabata Cycle - Chris B. 7:00pm Meditation- 6:00pm Power Up Tabata Cycle - Chris B. 7:00pm Meditation- 7:00am Stefanie 10:00am Gentle Flow - Bobbi

10:00am Slow Flow Jessie

5:30pm Stretch &
Unwind (Hot)- Lisa

Open 7:00am-7:00pm

Red: Spin Studio Green: Yoga Studio Blue: CoreFit Studio

