

Heritage Community Fitness Holiday Group Fitness Schedule 2025-2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:00am Yoga Flow - Susan</p> <p>5:00pm Yin- Restorative- Redeana</p> <p>Open 7:00am-7:00pm</p>	<p>22</p> <p>9:00am Yang-Yin Yoga- Shannon</p> <p>9:15am Cardio + Strength – Emily-Rose</p> <p>10:30am Zumba Gold - Isabel</p> <p>10:30am Gentle Flow – Bobbi</p> <p>12:00pm Chair Yoga- Bobbi</p> <p>5:00pm Power Hour – Chris G.</p> <p>5:15pm Ride On - Brianna</p> <p>6:30pm Yoga Nidra– Redeana</p> <p>Open 5:30am-10:00pm</p>	<p>23</p> <p>6:00am Choreo Cyle - Lil</p> <p>9:15am 12 Exercises of Christmas - Anne</p> <p>10:30am Yoga Flow – Stefanie</p> <p>12:10pm Noon Refresh - Diane</p> <p>5:00pm Step it Up! – Emily-Rose</p> <p>5:30pm Stretch & Unwind - Sheona</p> <p>6:00pm Power Up Tabata Cycle– Chris B.</p> <p>Open 5:30am-10:00pm</p>	<p>24</p> <p>7:00am Sleigh Ride - Heather</p> <p>9:00am Pilates – Stefanie</p> <p>10:30am Gentle Flow - Bobbi</p> <p>Open 5:30am-3:00pm</p>	<p>25</p> <p>Merry Christmas!</p>  <p>Gym Closed</p>	<p>26</p> <p>8:45am Sleigh Ride - Heather</p> <p>9:15am Dance Fitness- Ann</p> <p>10:30am Stretch & Unwind (Warm)- Ann</p> <p>Open 8:00am-3:00pm</p>	<p>27</p> <p>8:00am Choreo Cycle - Lil</p> <p>8:30am Pilates – Stefanie</p> <p>8:45am Saturday STARTS – Chris G.</p> <p>10:00am Yoga Flow - Sheona</p> <p>10:00am Saturday STARTS – Chris G.</p> <p>Open 7:00am-7:00pm</p>
<p>28</p> <p>8:30am Choreo Cycle- Lil</p> <p>10:00am Stretch & Unwind (Warm) - Susan</p> <p>5:00pm Yin- Restorative- Redeana</p> <p>Open 7:00am-7:00pm</p>	<p>29</p> <p>9:00am Yang-Yin - Shannon</p> <p>9:15am Choreo Cycle - Lil</p> <p>10:30am Cardio + Strength – Emily-Rose</p> <p>10:30am Gentle Flow - Bobbi</p> <p>12:00pm Chair Yoga- Bobbi</p> <p>5:00pm Power Hour – Chris G.</p> <p>5:15pm Choreo Cycle - Lil</p> <p>6:30pm Stretch & Unwind (Hot)– Lisa</p> <p>Open 5:30am-10:00pm</p>	<p>30</p> <p>9:00am Pilates - Stefanie</p> <p>9:15am Core & More - Anne</p> <p>10:30am Hatha Yoga – Stefanie</p> <p>10:30am Zumba Gold - Isabel</p> <p>5:00pm Step it Up! – Emily-Rose</p> <p>6:00pm Power Up Tabata Cycle– Chris B.</p> <p>7:00pm Meditation- Redeana</p> <p>Open 5:30am-10:00pm</p>	<p>31</p> <p>8:00am CyclePaths – Heather</p> <p>9:00am Pilates - Stefanie</p> <p>10:30am Strength & Stability – Rick</p> <p>10:30am Gentle Flow - Bobbi</p> <p>12:00 Cardio Hip Hop - Ann</p> <p>Open 5:30am-3:00pm</p>	<p>Jan 1</p> <p>Happy New Year!</p>  <p>Gym Closed</p>	<p>2</p> <p>8:00am CyclePaths - Heather</p> <p>9:30am Stretch & Unwind- Ann</p> <p>10:30am Movement Restoration – Rick</p> <p>11:45am Gentle Fit– Rick</p> <p>Open 7:00am-7:00pm</p>	<p>3</p> <p>8:30am Pilates – Stefanie</p> <p>8:45am Saturday STARTS – Chris G.</p> <p>10:00am Yoga Flow- Stefanie</p> <p>10:00am Saturday STARTS – Chris G.</p> <p>Open 7:00am-7:00pm</p>
<p>4</p> <p>10:00am Slow Flow - Jessie</p> <p>5:30pm Stretch & Unwind (Hot)- Lisa</p> <p>Open 7:00am-7:00pm</p>						

Red: Spin Studio

Green: Yoga Studio

Blue: CoreFit Studio



Heritage
Community Fitness

Integrative Health Specialists