

Yoga Classes for Every Body

Mondays

10:45am	Yoga Flow	Cara	CoreFit Room
5:30pm (75min)	Yin Yoga	Erin	Classroom

Tuesdays

5:45am	Yoga Flow	Robyn	Classroom
9:30am	Gentle Yoga	Perry	Classroom

Wednesdays

9:30am	Yoga Flow	Cara	Clinic Studio
6:00pm	Beginner Yoga (1x/month) Jan 10, Feb 7, Mar 14	Various	Classroom
6:00pm	Yin Yoga	Erin	Studio
7:15pm (90min)	Restorative Yoga	Erin	Classroom

Thursdays

5:45am	Yoga Flow	Robyn	Classroom
9:30am	Bootcamp Yoga	Cara	Clinic Studio
6:00pm	Gentle Yoga	Perry	CoreFit Room

Fridays

10:45am	Yoga Stretch	Perry	CoreFit Room
---------	---------------------	-------	--------------

Saturdays

9:00am (90min)	Yang-Yin	Cara	Clinic Studio
----------------	-----------------	------	---------------

Sundays

10:00am	Karma Yoga 2 nd Sunday of month	Various	Clinic Studio
---------	--	---------	---------------

Membership Prices for Unlimited Yoga!

Annual \$550+hst
 Monthly \$55+hst *(with small activation fee)*
 10 Session Pass \$140+hst
 Drop Ins \$15+hst

Heritage Fitness members save 25%



TO THE MAT YOGA