



Headwaters Racquet Club

tennis · squash · fitness

Volume 6, Issue 8.

August 2015



> Member of the Month:

Amber Bedore

1. When did you join HRC?

I joined HRC in the summer of 2014. I became a REV member in the Fall-Winter of 2014.

2. Which programs and activities do you participate most in?

When first joining the club I did some personal training sessions, and was a fitness member only. I joined REV from the recommendation of a friend and have been a member since.

3. What is your favorite thing about the club?

My favourite thing about the club is the support and encouragement you get from the trainers and other members. REV class feels like a family.

4. How has the club impacted your health and life?

Since the Better Body Challenge, my lifestyle has changed. Eating better and working out has become an everyday part of my life, where it was not before.

Muffin-top meltdown

> **6 weeks have gone by and the results are AMAZING**, and HRC couldn't be more proud of everyone. In total we **lost 321.8 pounds**, **304.7 pounds of fat** and **gained 57 pounds of muscle**. Based solely upon hip and waist measurements we **lost a total of 131.25 inches**. We would like to **congratulate everyone for these awesome achievements**, and we would like to **congratulate the following winners:**

MOST WEIGHT LOST

Male: Doug Harkness

Female: Barrie-Ann Fink

OVERALL WINNERS

1st Place: Lesley Stoneham - 8.3 points

2nd Place: Kerri Dowdall - 7.7 points

3rd Place: Sally Kleinpaste - 7.6 points

Awesome job everyone, we are proud of each and every one!! Thank you for your help and patience through another very successful challenge at HRC!!

Cheers,

The REV Team

> AUGUST 17TH:

Equipment 101

Join us in the main gym at 6:30pm to learn how to use the fitness equipment!

> CIVIC HOLIDAY!

We will be closed **August 3rd**. Have a **safe and happy holiday!**

> SUMMER CAMPS



Summer Camps are in full swing! Limited space available for **August camps**.

> COMING SOON...

HRC's Fall/Winter Program Book!

COMING SOON TO THE PROGRAM BOOK:

Revamped Kids Club!

Kids Night Out! (and date night too)



> NEW THIS YEAR!

Early Bird Registration!

When the **Fall & Winter Program Book** is released, there will be **early bird pricing for several children's programs**. Please ensure that you **register your child** for all **Fall programs** by **August 28th** to receive this **special price**.

