



Headwaters Racquet Club

tennis · squash · fitness

Volume 6, Issue 7.

July 2015



> Members of the Month:

Beentjes Family

1. When did you join HRC?

Dennis: On the day of opening (and my birthday) June 4th 2009

Maria: In February 2013 participating in a REV challenge

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

Dennis: Squash, Tennis, REV

Maria: REV

3. What is your favorite thing about the club?

HRC has always made us feel at home, we felt welcome each and every time we walked in. The squash and tennis groups are both amazing. I was lucky to participate in some of the 'competition' events as Club championships and be a part of the travelling teams. At both sports I experienced a balance between competition and social activity afterwards.

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

Having been far away from home (We are from Holland) for so many years HRC has always felt like our 'extended family' so to speak. Exercising, family and social activity are the most important things in life. At HRC we found all three in one building.

We will be leaving at the end of July with a tear and a smile, we hate to leave you behind and will miss you all more than just a lot, when we think back of all the great moments we have had there will always be a smile on our face.

> GYM BAG SWAP!

You've switched gyms, now it's time to switch your gym bag!

All day on **Tuesday July 14th** bring a local competitor gym bag and we will switch it for an HRC gym bag. *one gym bag per member.



> SUMMER CAMPS

Kick off July 6th!

HRC is very excited to commence our **5th year** of summer camps! Limited space available.



> SPECIALS FOR JULY:

10 Pack of Zumba Kids for \$50*. Expires September 30th.

8 weeks of REV from June 29th-August 24th for \$350*. *plus applicable tax.

> CANADA DAY!



HRC will be closed **July 1st** for Canada Day!

> FUEL FOR LIFE

Wow, I can hardly believe it's been a month already! It has been an exciting ride so far! Thank you all so much for the support and positive feedback, I feel so welcome. I have received a lot of wonderful words of encouragement and great ideas, I love hearing all of them and as time moves on I am sure you will slowly see me implement some of these suggestions.



Please feel free to stop in and ask questions and I will happily give out juice samples for anyone who is curious to test them out before they commit to a purchase. You can ask most of the staff for feedback as well because I think all of them have sampled a wide variety of items on the menu.

Also if you are wanting a post workout recovery smoothie ready for the end of your class to please come see me before hand and I can make that happen.

Many thanks and I look forward to seeing you at my bar.

Gabrielle

