



Headwaters Racquet Club

tennis · squash · fitness

Volume 6. Issue 6.

June 2015



> Member of the Month:

Joan Hageman

Joan and her family have been HRC members since July of 2012. Joan regularly participates in Group Kick, Group Active, Group Centergy and uses the fitness area when she's not in a group fitness class. Her favorite thing about the club are the staff members, from front desk to instructors. Joan loves how welcoming, personable and encouraging everyone is at HRC. Joan says the club has impacted her health in a very positive way and participating in the group fitness classes has become an important part of her weekly routine that she always looks forward to. HRC is thrilled to have you as a member and keep up the hard work Joan!

Summer



Camps

Are Just Around The Corner!

> **DON'T WAIT, REGISTER YOUR CHILD for Summer Camp today!**

Limited space available!

Each week is filled with active games, multi-sports, **LUNCHES, SNACKS & more!**

Make new friends while having a **jam-packed summer of FUN!**

Register with Front Desk to reserve your child's spot!

> FUEL FOR LIFE is now OPEN!



Make sure to check out the new juice bar downstairs for healthy snacks, meals and protein shakes perfect for pre & post workouts!

> COME CELEBRATE HRC'S 6th Anniversary

BurgerQuest 2015
BEST Burger Quest
FUN for the family
BurgerFest Participants
 Local chefs gather to create **The Ultimate 3oz Hot 'n Savoury Supreme Slider!**
 BurgerFest Participants: Barley Vase Railway Co., Black Wolf, Forage, Holtbrooks, Mill Creek Pub, Ruby Pier, Rustik.
 Price Awarded: People's Choice/ Judge's Choice.
 Special Event Sponsor: The Edge Wine & Grill.
Sun. June 14th, 2015 1-5pm Rain or Shine
 The Lounge and Patio will be Open
A family event
 In support of our local charities.
 www.TheEdgeWineBarandGrill.com

on June 14th at 1pm-5pm and pursue the quest to find **Orangeville's BEST BURGER!**



> WANT A CHANCE TO WIN

8 ROUNDS

of Golf at Dufferin Glen Golf Club? Here's How! Purchase an **8 pack of private training sessions on the kinesis wall** to be entered into the draw. Winner will be announced **June 30th 2015!**

Are you ready for the golf season? Looking for more power in your swing? Increased rotational strength? Our 30 minute **Kinesis wall workout** designed specifically for golf is the **perfect solution!** It is quick and effective.

A GREAT PACKAGE DEAL:

Eight 30 minute PRIVATE training sessions on the kinesis wall (recommended 2 per week for 4 weeks)

All for \$175* (members) Non Member: \$225*
 Contact Tallon at tallon@headwatersracquetclub.com!



