



Headwaters Racquet Club

tennis · squash · fitness

Volume 6, Issue 11.

November 2015



> Member of the Month:

Monica Delisle

Monica has been a **member since 2009!** **Monica's fitness routine** has **evolved over time.** Her **true fitness love** lays within, **Spin, REV & 20/20.** Monica has **recently been added** to our **REV 300 Club.** This means that she has **participated in over 300 REV classes!** We are so glad to have Monica as a member and are so proud of her fitness achievements! **Way to go!**



> Why is Cardio Tennis so awesome?

Equipment is provided! Just wear your **gym gear and shoes.** No racquet experience required. You get **short cycles of high intensity workout** and **periods of rest,** like interval training. Players in Cardio Tennis socialize and have fun. **It's included in all fitness memberships!**

> Need a Gift Idea for a Friend?

GIVE THE GIFT OF FITNESS:

- 3 Month Fitness Membership
 - 3 Personal Training Sessions
 - Gym Bag
- Retail \$435 | **Special Price \$229***

GIVE THE GIFT OF SQUASH:

- 3 Month Squash Membership
 - 3 Private Lessons
 - Adult Starter Kit (includes Racquet, Ball, Goggles)
 - Gym Bag
- Retail \$512 | **Special Price \$299***

GIVE THE GIFT OF KIDS PROGRAMS:

- One 9 or 10 Week Session of Progressive Tennis
 - One 10 Package of BAM Fitness Classes
 - Kids Tennis Racquet & Sleeve of Tennis Balls
- Retail \$320 | **Special Price \$179***

Restrictions apply. Please see the front desk for more details. Packages are for New Guests only. Member packages coming soon.

*plus applicable tax.

FREE Skating



Party!

> **TIS' THE SEASON FOR SKATING!** Please join us with your family for a friendly festive skate.

Tuesday December 1st @ Teen Ranch
5:00pm - 6:00pm

all skaters under the age of 18 are required to wear a CSA approved hockey helmet!

> REFER A FRIEND THIS FALL!

If you **refer a friend** to us and they join, you will **receive a \$50 HRC Giftcard!** *Please make sure your friend writes your name on their membership application. Offer valid through November.



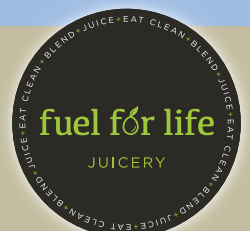
> SPA ZONE

When cold weather comes dry skin appears! **Spa Zone can help!** Come in for a **customized facial** with one of our skin therapists. As an HRC member, you will receive a **bonus 15 minute back massage** included with your facial. Don't wait though, the bonus is only available for November!

Spa★Zone

> FUEL FOR LIFE

Come in and **buy a smoothie or juice between 5-8pm** and we'll give you a **protein bar for free.**



Don't forget that we can **help boost immunity during this cold and flu season** so if you or someone you love is **under the weather** pop in and I'll prepare them an **immune boosting juice, smoothie or herbal tea.**

If you want to **take a healthy dish** to the **upcoming Christmas Parties** but don't have the time to prepare it, **give us the details** and we'll **prepare you something that will surely be a healthy hit.**

Blend * Juice * Eat Clean
Cheers, **Gabrielle**

