



Headwaters Racquet Club

tennis · squash · fitness

Volume 2, Issue 10.

October 2011



> Member of the Month:

Armin Brutsch

Armin has earned his way to become October's Member of the Month! As an Unlimited Racquets member, he spends a few hours each week on the tennis courts, facing different opponents or practicing to master his serve. Aside from his athletic abilities on the tennis court, Armin also shows a more spiritual side through attending B4 Lunch Yoga and Yoga Now twice a week. His friendliness and care for the club is well noticed and greatly appreciated. Keep it up Armin!

> Member

Appreciation Day!

Don't forget to visit the club on **Wednesday October 5th** to take part in our first **Member Appreciation Day!** We will be providing **free coffee, drinks and snacks** throughout the day. **All members can bring a guest for free on this day** and all members who visit the club will be **entered into a draw to win 5 FREE personal training sessions.** All this to say...

THANK YOU

for being a member of
Headwaters Racquet Club!

> HRC IS HOSTING A

CHARITY Tennis Event!

The annual "**Gray Cup**" will again take place at Headwaters Racquet Club on **Sunday October 23rd.** This event, in memory of avid local tennis player **Jim Gray**, raises funds which are used to **introduce tennis in local schools.** This all-day event includes a **player package, silent auction, lunch at The Edge** and, of course lots of **great tennis fun.**

Contact JoAnn if you would like to enter, or drop by to spectate and shop!

> THANKSGIVING HOURS!

We are open on **Monday October 10th** from 8am - 3pm. There will be no fitness classes.

> THE EDGE WINE BAR & GRILLE...

The Edge would like to **thank all of the HRC members** for kicking off the fall season with a bang! As a **thank you** for your continued support we have introduced a **10% discount on food and beverages for all members.** (Some restrictions apply). Members can also **purchase Edge gift cards at 20% off.** (Some restrictions apply).

The Edge is happy to announce that we will be hosting a wine tasting in November. Details to follow soon.

WHATS HAPPENING AT THE EDGE?

Mondays: \$3.50 Domestic Bottles

Thursdays: \$4 Margaritas & Corona

Every Other Friday: Live Blues & Jazz

Saturdays: \$6 Martinis

Alternating Live Music & DJ

Every Day: 3pm-6pm \$4 Tapas Menu, and Kids Eat Free! (some restrictions apply)

Look forward to seeing you at **THE EDGE!**

www.theedgewinebarandgrille.com



> MEMBERS CORNER:

Do you have anything you would like to announce to all your fellow members?

We now have a **spot** that you can **advertise events.**

Please contact Meghan at the club 519.942.2255 or by e-mail at meghan@headwatersracquetclub.com

Fitness Corner

> WELCOME our new instructors!

This Fall we are pleased to have the following join our team:

Janet Coyle: Is recent graduate from the Georgian College Yoga Teacher Training Course with a specialty in children's yoga. Janet will be teaching B.A.M Vitality on Thursday evenings at 5pm. We are excited to have Janet help us further develop our BAM kids programming.

Sandy Irwin: Has trained high profile celebrities, taught group exercise at the Elmwood club, the McGill club, the cricket club and all the of the sports clubs of Canada, and has presented fitness workshops in Canada and Germany. She is teaching Pilates on Friday mornings at 11:30. Also look for Sandy to be training clients one-on-one or in small groups on the Kinesis wall as a part of our New 20 Minute Workout series of sessions gets underway.

Johnny Yeaman: As an avid cyclist Johnny brings his experience on the road to our spin studio and amps up the power in his 90 minute Ride On class on Thursdays at 6:00pm. If you're looking to train like a cyclist or just want to take your spin classes to the next level come and try this one out.

Rena Rodriguez: As our newest member of the ZUMBA team Rena has just finished her Zumba training and has been teaching along side our veteran instructors for the past few weeks. Come and support Rena as she inspires you to dance on Friday mornings at 10:30am.

Johnny Wilson: Although not new to HRC he has joined the group fitness team by teaching our new SquashFit class on Mondays at 10:30am. If fitness is your thing but you'd like to find new ways to get there our squash pro Johnny can definitely provide you with some options.

> **HOT FITNESS TREND!** According to Health Magazine the big trend this year is the **Quickie Workout**. Shorter sessions are all the rage as we all look to get **more bang for our buck**. "You can burn just as many calories in 30 minutes as in a longer session by amping up your intensity and reps," says the regional group fitness director for Crunch Fitness. "Studies have shown that 20 minutes of interval training can yield the same – or better – results as a longer, moderate workout when it comes to weight loss and cardiovascular benefits." Sounds like HRC's **New 20 Minute Workout** is **RIGHT ON TRACK!** Have you booked a trainer yet for your session?

Tennis Corner



> JoAnn's Tip of The Month:

Going for a Lob....

When you are in the volley position at the net and your opponent hits a deep lob over your head, make sure that you turn sideways and use cross-

over steps to move toward the ball instead of back-pedaling. This is much more efficient and you will cover much more distance in a shorter amount of time.

> **ROUND ROBINS:** Looking for a game but don't want the fuss of arranging it? **Join one of our Round Robins.**
Men's Round Robin: Thursdays 6:30-8:30pm
Ladies Round Robin: Fridays 12:30-2:30pm

> **XTREME CLINIC:** Want a great workout and an opportunity to **work on your game** in an intense session? **Xtreme Clinic** is coming up on **Saturday October 15th 11:30-1:30pm**. A ratio of 4 players to 1 coach will ensure that the tennis is fast-paced with lots of feedback and suggestions.

Squash Corner



> Johnny's Tip of The Month:

Warming up! Don't just rush to the courts. It is so important to warm up!

- Try to get to the courts at least 10 minutes early.
- Do some light stretches while taking a hot shower.
- Then get on a bike and very lightly start level 1 at 75 RPM and let your legs warm up gently. (2 to 5 minutes) Ending at 100 RPM still on level 1.
- Go to the courts and do some more specific squash movements. Shuffle up and down the court sideways, frontwards and backwards to warm up

the body. Think about your breathing, being relaxed and how you're going to play your next opponent. Have fun!!!!

> **SQUASH FIT:** **Squash fit** is back!! On Monday mornings at 10:30-11:15 join Johnny for a **great cardio workout**. **Footwork, agility drills, and hitting on the courts** are all incorporated into this dynamic workout. No sign up required.

> **ROUND ROBINS:** Squash **Round Robins** are well underway. Come out and **get some great games in and meet some new faces**. Johnny will be present at most of the Round Robins to give some helpful tips and maybe even play in!!

> **Squash Members Season Opener Tournament:** Join us for our first ever **Season Opener Tournament**. All levels of play are welcome. Three matches guaranteed. Play will be on Friday night, Saturday and Sunday October 14th, 15th, 16th. Entry fees will apply. More information to follow.