



Headwaters Racquet Club

tennis • squash • fitness

Volume 6, Issue 9.

September 2015

> Members of the Month:

The Skuce Family

1. When did you join HRC?

We joined the club 2 years ago.

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

I love the fitness classes, they are all great but my favorite is the Zumba class. The guys play squash. I also tried squash but it's not for me.

3. What is your favorite thing about the club?

There are many things I love about the club but one thing that really stands out is how wonderful all the staff are. Everyone is so friendly and helpful. The instructors are awesome too. You couldn't have a better squash co-ordinator than Leah. She is fantastic.

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

The club has kept me fit and because the classes are so great, I make a point of going as often as I can. The boys have a great time playing squash because they are all so competitive. It's really nice to see them having so much fun together.



> EARLY BIRD RATES!

Early Bird Rates available until **September 9th** for all **Junior Squash & Tennis Programs**.

> NEW FALL FITNESS SCHEDULE starts September 14th!

> LABOUR DAY HOLIDAY!

We will be closed **September 7th**. Have a **safe and happy holiday!**

> MEMBERSHIP perks

Our **Membership Perks Program** is starting **September 15th!** Visit our website for more details.

NEW!



KIDS NIGHT OUT!

> Friday September 25th from 5:30pm-8:30pm Ages 4 & 5, 6-8 & 9-11

Sign your kids up for **3 hours of Fun, Food and Entertainment**. The **best part is you get 3 kid free hours to do whatever you want!** Register at the front desk, space is limited!

> KIDS CLUB has been Revamped!

Check out our **monthly activity calendars online**. **New FUN activities** for children ages 4 & up in the evenings. **Kids Club is open on Sundays starting September 13th** from 9am-12:00pm.

> FUEL FOR LIFE

Hello September... Fall often brings the never ending cycle of **unpleasant cold and flu symptoms** (especially if your children are in school or daycare.) This said, I am **excited to be hosting a Wellness Workshop** along with a few other wellness advocates, **Cindy Micalef, Lyndsey Morgan and Cassidy Gaudet**. Come out and see how you can **improve your overall health and wellness**. **David Waters** will be **sharing his inspirational story** of how he **lost over 80 pounds** in just over a year and how he is still transforming the way he thinks about food. RSVP here at **Fuel for Life Juicery** and or online on our facebook event page. Don't forget to mark **Wednesday September 23rd at 7pm** on your calendar.

Also with September we will be busier so please **take advantage** of the option to **preorder your post recovery smoothie** so that you can just grab it and go after your work out! You can also **preorder lunches, dinners and protein bars**. (Some notice required for the protein bars and dinners)

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



