



Headwaters Racquet Club





tennis · squash · fitness

● ● ● Extra Fee Programming Schedule - Winter

These programs are subject to an extra fee and are NOT included in your membership. Please see staff for details.

Schedule effective January 9th, 2012

version 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|--|------------------------------|----------------------------------|--|
| 08:30am | | boomer Boot Camp | | boomer Boot Camp | | Boot Camp PLUS |
| 09:30am | busy bee  | | | | | B.A.M. Boot Camp |
| 10:15am | Athletic Boot Camp | | Athletic Boot Camp | | CARDIO Boot Camp | |
| 11:15am | | XTREME Boot Camp | | XTREME Boot Camp | | |
| 11:30am | tennis STRENGTH & AGILITY | | | | tennis STRENGTH & AGILITY | |
| 06:00pm | BEGINNER Boot Camp | Athletic Boot Camp | busy bee  | BEGINNER Boot Camp | Athletic Boot Camp | <p>> HRC FITNESS FLASH</p> <p>DON'T LET THE TERM "BOOTCAMP" INTIMIDATE YOU! We simply use this as a way to describe our Progressive Group Training sessions. These sessions incorporate a series of exercises and workouts designed to take your current level of fitness to the next level. Whether you are a beginner, an older adult looking to stay fit, an athlete or a fitness enthusiast just looking for a challenging workout we have a program to suit your needs.</p> <p>If you want results, the benefits of working with a trainer and the energy of being in a group then we highly recommend trying a Bootcamp.</p> <p>THE NEXT SESSIONS START THE WEEK OF JANUARY 9TH!</p> <p>XTREME Boot Camp Athletic Boot Camp BEGINNER Boot Camp</p> <p>Boot Camp PLUS CARDIO Boot Camp boomer Boot Camp</p> |
| 06:30pm | tennis STRENGTH & AGILITY | | tennis STRENGTH & AGILITY | | | |
| 06:45pm | | |  Line Dancing <small>beginner</small> | | | |
| 07:00pm | XTREME Boot Camp | BALLROOM Dancing <small>beginner</small> | CARDIO Boot Camp | XTREME Boot Camp | Belly dancing | |
| 07:45pm | | |  Line Dancing <small>intermediate</small> | | | |
| 08:30pm | BALLROOM Dancing <small>intermediate</small> | | | | | |

*Please note that we have a 24 hour cancellation policy. Failure to cancel or show for a pre-registered class may result in a charge.

P. 519.942.BALL F. 519.940.5676 www.headwatersracquetclub.com



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CLASS DESCRIPTIONS

Athletic Boot Camp

Develop strength, endurance, skill, and agility in a fun, effective, and results driven environment. This Co-Ed boot camp is designed to keep your workouts fresh, keep you reaching for the next level, and keep you wanting more! Get fit by Christmas by enlisting yourself today!

XTREME Boot Camp

Upon successful completion of "Athletic Boot Camp" you will be granted access into this intense camp. During XTREME Boot Camp you will be pushed harder, have more fun, and experience results you can't imagine. Feel better and reach your goals faster!

BEGINNER Boot Camp

If you don't feel ready to jump into one of our boot camp sessions yet but would like to get ready for the next one this is the session for you. Just once a week will take you through a less intense version of our boot camps while still providing you with a GREAT workout!

Boot Camp PLUS

Increase your results by adding another class to your current boot camp session. If two times a week just isn't enough then this is the session for you! All participants must be currently enrolled in a full boot camp session to participate.

CARDIO Boot Camp

All of our boot camps incorporate cardiovascular training but for those of you who just love getting your heart rate up we have added this once per week boot camp that promises to do just that. Cardio Boot Camp uses a variety of equipment and activities throughout and around the club that you may not find in a traditional boot camp.

boomer Boot Camp

This boot camp is geared towards participants ranging in age from 55 and up. It focuses on workouts designed for the older adult by targeting all components of fitness including muscle strength and endurance, cardiovascular conditioning and flexibility training. Exercises are done at an intensity level that takes into consideration the concerns and interests of the aging population.

tennis STRENGTH & ABILITY

Increase your winning shots with this boot camp designed specifically for tennis players. Off-court training includes workouts to increase core strength, speed and agility, footwork, and much more. This functional training will directly translate into faster movement on the court and greater power in your shots. A winning improvement!

BAM Boot Camp

Get in shape for a sport or just come and have fun! Our BAM Boot Camp promises to challenge kids ages 8 – 13 to improve their fitness through strength, agility and flexibility using various exercises and activities. Each session of a 4 week boot camp focuses on one specific theme, sport and/or area of fitness. So join us as we Bust A Move in our first ever BAM Boot Camps!

busy BEE

The Busy Bee Program is back and it's BIGGER and BETTER than ever! We have new music shakers, a mini parachute and have added some fun science experiments. This one hour program encourages all children to play, sing, move and explore. Your preschooler will participate in music & movement, instrument exploration, agility & hand eye-coordination activities, ball & circle games. Busy Bee is a great way for your child to develop creativity, self-confidence and social skills.

BALLROOM Dancing

ALL NEW PROGRAM! BRAND NEW INSTRUCTOR! This brand new and thoroughly expanded program enables you to learn all types of Latin and Ballroom dancing techniques even if you can't find a partner to join you. Get active. Learn to dance. Meet some great new people and HAVE FUN! (Intermediate dancers are welcome to come for all three hours!)

Line Dancing

Dust off your old cowboy boots and join us for 6 weeks of boot-scoot boogying! We are offering line dancing here at HRC. There is no previous experience necessary!

Belly dancing

Lose weight, strengthen your core and have fun! This 12 week session is based on the Egyptian Cabaret Style of Belly Dancing. The class is geared towards beginners and will focus on teaching many of the beginner moves required for belly dance. Students will be taken through a series of basic movements progressing each week until they are able to effectively complete a dance routine by the end of the session.