

Headwaters Racquet Club

tennis · squash · fitness

Fall Fitness Schedule 2011

Schedule effective September 12th, 2011 – January 8th, 2012.

version 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30am	GROUP RIDE® 60min		GROUP KICK® 60min		cyclefit 45min		
08:15am	ON THE BALL 60min		GET started 60min			GROUP RIDE® 60min	
08:30am						yoga now 90min CARDIO TENNIS 60min	
09:30am	GROUP POWER® 60min	GROUP RIDE® 60min	ZUMBA fitness 60min	TRX 45min CARDIO TENNIS 60min	GROUP POWER® 60min	GROUP POWER® 60min	GROUP KICK® 60min
10:30am	squash FIT 45min	GROUP CENTERGY 60min	GROUP POWER® 60min	yoga now 90min GROUP RIDE® 60min	ZUMBA fitness 60min	ZUMBA fitness 60min	GROUP CENTERGY 60min
11:30am	lunch yoga 60min				PLATES 60min		
04:30pm		B.A.M. TENNIS 45min			> HRC FITNESS FLASH		
05:00pm	SUPER B.A.M. 45min GROUP RIDE® 60min	ZUMBA fitness 45min GROUP CENTERGY 60min	WHAM B.A.M. 45min TRX 45min	B.A.M. VITALITY 45min GROUP POWER® 60min	ZUMBATHON DECEMBER 3RD! Party with a purpose in support of Family Transition Place. Tickets are \$15 at the front desk. All proceeds will go to the cause so even if you can't make the event but wish to donate you may do so by purchasing a ticket anyway. Thank you for your support! GROUP TRAINING IS AT YOUR FINGERTIPS and is as easy as 1-2-3: 1. Find 2-4 friends 2. Agree on 1-2 time slots per week 3. Contact Kourtney@headwatersracquetclub.com or in person to book a trainer COMING IN JANUARY BALLROOM DANCING! New Pricing! New Instructor! Non-Members Welcome! PLEASE register early. Session begins January 16 and runs for 8 weeks. LOOKING FOR THE PERFECT GIFT? HRC gift cards are redeemable for a variety of products and services. Give someone you love the gift of health this Holiday Season! 		
05:30pm		CARDIO TENNIS 60min					
06:00pm	GROUP POWER® 60min	ZUMBA fitness 60min cyclefit 45min	ON THE BALL 60min	RIDE ON! 90min			
07:00pm	yoga flow 90min GROUP RIDE® 60min	GROUP POWER® 60min HEALING YOGA 90min	GROUP RIDE® 60min	GROUP CENTERGY 60min			
08:00pm		GROUP KICK® 60min	GROUP POWER® 60min	ZUMBA fitness 60min			

*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.

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CLASS DESCRIPTIONS

	<p>Redefine yourself with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy®!</p>		<p>Whether you're a mountain biker or a roadie gear up to be put through your paces in this 90 minute bike class that brings your outdoor riding experience indoors. Designed for cycling enthusiasts this class promises to train you like a real rider. So strap on your cleats, grab your water bottle and get ready to ride!</p>
	<p>Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power® is for all ages and fitness levels. Discover results, discover Group Power®!</p>		<p>TRX® Suspension Trainer™ exercises allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously. Traditional weight training often only works one muscle at a time and the TRX forces you to use normal coordinated muscle effort, used to complete most everyday activities. Plus the TRX is fun and different and we promise you won't be bored.</p>
	<p>Everyone finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!</p>		<p>Designed for participants who want to exercise at a gentler pace. A variety of programming is incorporated into every class and may include low impact aerobics, muscle toning and conditioning using weights and resistance tubing, stability ball work and even cycling. If you are a beginner, experiencing physical limitations, or simply looking for a slower paced workout, then this class is for you!</p>
	<p>Group Kick® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick® will knock you out!</p>		<p>Get on the ball! A non-conventional method of strengthening your muscles, this class utilizes stability balls and Pilates' techniques to create a total body strength training session. Work your core while having a ball and getting strong - it may be more challenging and fun than you anticipate!</p>
	<p>The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!</p>		<p>Imagine pressing the PAUSE button at work and recharging, opening, releasing and tapping into the essence of who you are. This class offers a reprieve to check in with what really matters -- your Self. Your boss will love the bi-product of just who returns to the workplace following this class! Promotion, anyone?</p>
	<p>ZUMBATOMIC® is a specially designed Zumba class for children at a recommended age group of 4-12. ZUMBATOMIC® is 100% kid friendly with songs, dances, and action that promote a healthy lifestyle for Boys and Girls!</p>		<p>Yoga Flow is a more energetic class, based on a Vinyasa (flowing movement) style of Yoga, which builds endurance, strength and flexibility. This class will help to fulfill your weight loss goals, further your strength, stamina, and flexibility as more advanced postures are integrated. A greater range of inversions, back-bending and basic arm balances are introduced. This class is a more challenging one, ideal for those with a prior basic knowledge of yoga poses.</p>
   	<p>Wham BAM! Get ready to pump up the jam in this cardio conditioning class guaranteed to raise your heart rate and make you sweat. (8 - 13 yrs)</p> <p>Super BAM! Strong muscles are important at any age. Major health organizations support children's participation in appropriately designed and competently supervised strength training programs. Benefits include increasing the muscular strength of kids and improvements in a child's muscular endurance, body composition and sports performance. This class will introduce participants to a variety of muscle strengthening and conditioning exercises. (8 - 13 yrs)</p> <p>BAM Vitality! This Yoga and Pilates based class will help kids become more aware of their bodies, enhance self esteem while improving flexibility, core strength and posture. Children as well as adults find that mind/body exercise also improves concentration and reduces stress. Sweat, stretch and relax in this total body workout. (8 - 13 yrs)</p> <p>BAM Tennis (Junior Cardio Tennis)! No tennis experience required! This fun fast-paced tennis program is designed to get your feet moving and your heart pumping. Add to that the opportunity to practice tennis skills in movement based drills and you have a perfect recipe for fun and fitness, Racquets provided. (8 - 13 yrs)</p>		<p>Yoga Now is appropriate for people with little to no yoga experience. We will practice basic yoga postures, breathing and relaxation. This class brings balance, strength, and a sense of well-being to the participant, and allows you to develop awareness of basic yogic postures, breathing and meditation techniques. Postures stretch, align and help detoxify the body promoting balance, flexibility and concentration.</p>
	<p>The popularity of indoor cycling has grown tremendously in the past decade, providing a unique, fun, and effective form of cardiovascular exercise. This freestyle bike class includes a variety of cycling drills which are sure to boost your cardiovascular and muscular endurance, weight loss, self-esteem, and overall body health.</p>	   	<p>Healing Yoga works specific areas of the body therapeutically (lower back/sacrum, knees, or shoulders). This class is gentle on the body and uses lots of modifications to combine light to moderate stretches focusing on: mental and physical fatigue, increasing circulation, mobility, stamina & strength; reduce chronic pain & inflammation. This is ideal for people recovering from injury, just beginning yoga for the first time, or re- visiting yoga after a yoga vacation.</p> <p>Strengthen your core and build body strength through unique movements created by Joseph Pilates.</p> <p>Cardio Tennis® is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis® includes a warm-up, cardio workout, and cool down phase. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis®.</p> <p>Squash fit focuses on fitness, fun and explosive speed training. This class is open to all athletes. Each class is taught by our squash professional and will include warm up , basic squash skills, movement and intro plyometrics. It is a fun class and you will get a great work out. Come give it a try.</p>