



































# Headwaters Racquet Club

tennis · squash · fitness

● ● ● Summer Fitness Schedule 2011

Schedule effective July 4th – September 11th.

version 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:30am	 60min		 60min		 45min			
08:15am	 60min		 60min			 60min		
08:30am						 90min		
09:30am	 60min	 60min	 60min	 60min	 60min	 60min		
10:30am		 60min	 60min	 90min		 60min * cancelled for July		
11:30am	 60min				<b>&gt; HRC FITNESS FLASH</b>			
04:30pm				 45min	<p><b>SUMMER BOOTCAMPS START JULY 4TH AND AUGUST 8TH</b> Buy one month and get the second month for ½ price. Registrations MUST be in by the start date. There will be NO prorates for late additions.</p> <p><b>HRC DRESS CODE</b> Please be reminded that HRC has a dress code in effect. Shirts must be worn in the club at all times. Tank tops are fine for women but short bra tops are not permitted. Thank you so much for helping us maintain a comfortable atmosphere for all.</p> <p><b>HAVE A GREAT SUMMER! STAY TUNED FOR EXCITING NEW FALL PROGRAMMING!</b></p>			
05:30pm	 60min	 60min	 45min	 60min				 60min
06:30pm	 60min	 90min	 60min	 60min				
07:30pm	 60min	 60min	 60min	 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.

## CLASS DESCRIPTIONS



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®!



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®!



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!



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!



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!



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.



We're taking our Super BAM class outside (ages 8 - 13)! Have fun this summer with a variety of muscle strength and conditioning exercises combined with cardiovascular conditioning all while enjoying the beautiful summer weather.



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!



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!



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?



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.



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.



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.



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®.