





# Summer Fitness Schedule 2017

Schedule effective June 26th – September 24th












	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
05:45am	 <b>R30</b> <small>30min</small>	 <b>R30</b> <small>30min</small>		 <b>R30</b> <small>30min</small>				
08:15am						 <b>GROUP RIDE</b> <small>60min</small>		
08:30am			 <b>ON THE BALL</b> <small>50+ 45min</small>	 <b>CENTERGY</b> <small>50+ 60min</small>		 <b>yoga now</b> <small>90min</small>		
09:00am							 <b>GROUP CORE</b> <small>30min</small>	
09:30am	 <b>GROUP POWER</b> <small>60min</small>	 <b>GROUP RIDE</b> <small>60min</small>	 <b>ZUMBA fitness</b> <small>60min</small>	 <b>TRX</b> <small>45min</small>	 <b>GROUP fight</b> <small>60min</small>	 <b>GROUP POWER</b> <small>60min</small>	 <b>GROUP fight</b> <small>60min</small>	
10:30am	 <b>PILATES</b> <small>60min</small>	 <b>CENTERGY</b> <small>60min</small>	 <b>GROUP ACTIVE</b> <small>60min</small>	 <b>CORE</b> <small>30min</small>	 <b>HOTHOTHOTHOGA</b> <small>90min</small>	 <b>GROUP ACTIVE</b> <small>60min</small>	 <b>CENTERGY</b> <small>60min</small>	
11:30am	 <b>lunch yoga</b> <small>60min</small>					 <b>HRC FITNESS FLASH</b>		
05:30pm	 <b>GROUP POWER</b> <small>60min</small>	 <b>CARDIO TENNIS</b> <small>60min</small>	 <b>GROUP CORE</b> <small>30min</small>	 <b>GROUP ACTIVE</b> <small>60min</small>	 <b>R30</b> <small>30min</small>	<div data-bbox="1975 1088 2607 1526" data-label="Complex-Block"> <p><b>Upgrade to a SUMMER TENNIS MEMBERSHIP \$69 +HST.</b></p> <p><b>NEW PROGRAM</b> <b>4 Week START-UP TENNIS:</b>  <b>Wednesdays 9:30am–10:30am</b>  <b>July 5 - July 26 or August 2 - August 23</b>  <b>Only \$60 +HST for Fitness Members!</b></p> <p><b>GIVE REV A TRY!</b> One Month REV Specials for July, August &amp; September <b>\$145 +HST.</b></p> </div>		
06:00pm			 <b>R30</b> <small>30min</small>		 <b>GROUP CORE</b> <small>30min</small>			
06:30pm	 <b>CENTERGY</b> <small>60min</small>	 <b>GROUP fight</b> <small>60min</small>	 <b>GROUP POWER</b> <small>60min</small>	 <b>TRX</b> <small>45min</small>				
07:30pm		 <b>Therapeutic Yoga</b> <small>90min</small>						

\*Schedule subject to change without notice.

**SR = SUNRISE STUDIO**

**SS = SUNSET STUDIO**

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

	<p>GET ACTIVE and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE with Group Active®!</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>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><b>50+</b> → Everyone is welcome to this class but the coaching approach will focus on the needs of those over 50 years of age.</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>Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak with Group Core®!</p>		<p>Hatha Yoga uses a combination of breathing, postures (asanas) and stretching to strengthen both the mind and the body. This practice helps increase flexibility, mobility and stamina. By encouraging proper alignment Hatha Yoga brings balance, mindfulness and a sense of calm.</p>
	<p>Group Fight® 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 Fight® will knock you out!</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>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>Therapeutic Yoga is just what it sounds like—Therapeutic. In this class you will learn to move purely in the joints of your hips/legs, and shoulders/arms and how these large joints relate to the segments of the body. In just one class you will improve function, mobility and stability. We move in a way that does not strain the musculo-skeletal system and that supports circulation and therefore promotes healing and tissue repair. An ideal choice for people looking for better biomechanics, recovering from injury, ready for a deeper understanding of how the body moves, breathes, and remains vital!</p>
	<p>Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!</p>		<p>Strengthen your core and build body strength through unique movements created by Joseph Pilates.</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>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>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>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>		