
























# Headwaters Racquet Club

tennis · squash · fitness

● ● ● Winter Spring Fitness Schedule

\*Please pre-register for all group classes to guarantee your spot!

Schedule effective February 22, 2010.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30am						yoga  now
09:00am						
09:30am						
10:30am						
11:30am						
01:00pm				yoga  now		
05:30pm						
06:30pm						
07:30pm	 					

CLASS DESCRIPTIONS

ATHLETIC STRETCH	Increase your range of motion and improve soft tissue quality for better performance.
GROUP POWER	Group Power is your hour of power! This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.
WAVE	Jump on and kick off! Work on your glutes, core, lower body, and knee strength; a perfect start to winter sports.
EQUIPMENT ORIENTATION	Not sure how to use the equipment? This brief overview will teach you the basics about proper adjustments and computer settings.
B4 LUNCH YOGA	Align with your breath, body and mind while releasing the day's tension. Ideal class to face the rest of the week! – All Levels 60 min.
YOGA FLOW	Harness the power of the body and mind through a challenging flowing series of yoga poses – Intermediate 90 min.
YOGA NOW	Explore how to tap into your flexibility, strength and improve your overall vitality – Beginner 90 min.
HEALING YOGA	Restore your well being by softening areas of long-held tension, and strengthen weaker areas. A great class to rediscover better body mechanics for optimal health – Therapeutic 90 min.
PILATES	Strengthen your core and build body strength through unique movements created by Joseph Pilates.
CARDIO TENNIS	Step on to the court: combo of fast action fun and swinging a racquet. No racquet experience needed.
ZUMBA	Ditch the workout and join the party! Loose mega calories while grooving to Latin beats. *\$10