

# REV FAT LOSS FALL 2018 Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
06:15am		TALLON	STACI	TALEEBA	TALLON	RYAN		
08:30am		RYAN	STACI	TALEEBA	TALLON	RYAN		
09:00am				TALLON				
09:30am		RYAN	STACI	TALEEBA	TALLON	TALLON	RYAN	
05:30pm		TALEEBA	RYAN	STACI	RYAN	TALEEBA		
06:30pm						<b>REV NEWS FLASH!</b>		
07:00pm		TALEEBA	RYAN	STACI	TALEEBA	<b>Holiday Reminder!</b> Sunday September 2nd: No Classes September 3rd – Labour Day – Closed October 8th – Thanksgiving – Closed  <b>BEER BELLY BUSTER CHALLENGE</b> <b>Coming Soon!!!</b> Stay posted for details!!		

Please Note: Participants more than 5 minutes late will be turned away.

\*Must have attended the Fundamental Workshops in order to participate. Contact Tallon!



## tuneup

Are you waking up feeling stiff or sore all the time? Then this class is perfect for you. Tune Up is a 30 minute class that will address those tight or generally stiff areas throughout your body. Using a combination of foam rolling, lacrosse balls, bands and just your own body we will work to improve your mobility. Tune Up is also a great chance to ask the instructor for help with form and specific exercises that you may be having trouble with. You will leave this class feeling refreshed and maybe perhaps a little taller (if only). Check the schedule for Tune Up times and give it a try!



## METABOLIC

During REV, we don't use cardio equipment. We use a much more effective (and a lot more fun) way to do cardio. Our metabolic group sessions are our version of a cardio workout. Metabolic burns calories, gets your metabolism REVving, and gives you the cardiovascular benefits you are looking for. Research shows, interval cardio training is the most effective for fat loss. We take it up a notch and incorporate exercises in multiple planes of motion, using all kinds of equipment such as kettlebells, TRX, ropes, sandbags, medicine balls, and more into an interval-style workout. You will have fun and melt fat! (For optimal results, take 2 metabolic sessions per week)



## STRENGTH

Muscle is the body's fat burning machinery so strength sessions are the most important. In order to achieve your results, you need to build lean body mass which boosts your metabolism for the long term. Strength focuses on challenging weight levels. Everyone can go at their own pace, but it's important that each week you push yourself a little more than you did the week before. Focusing on compound movements such as deadlifts, rows, push-ups, and squats allows us to target multiple muscle groups at the same time. This efficiently builds lean muscle and burns maximum calories and fat. Train like an athlete, not a body builder! Oh and it's ok to be a little stiff or sore after this class, it means that you did it right! (For optimal results, take 2 strength sessions per week)



## STRENGTH 2

Looking to take your workouts to the next level? We are excited to introduce Strength 2! Strength 2 will be a barbell based workout that focuses on our big lifts such as Squats, Deadlifts and Overhead press. In addition to the barbell work, we will still be covering the other exercises we do in our original Strength class.

**In order to participate in the Strength 2 workouts, you must complete 6 Fundamental workshops and 3 months of REV.  
Talk with a trainer or contact Tallon at [tallon@headwatersracquetclub.com](mailto:tallon@headwatersracquetclub.com) for more details!**