

# WINTER Fitness Schedule 2019

SCHEDULE EFFECTIVE: SUNDAY JANUARY 6TH – SATURDAY MARCH 30TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
05:45am		<b>R30</b> NIK 30min	<b>R30</b> NIK 30min		<b>R30</b> NIK 30min					
08:15am							<b>GROUP RIDE</b> SARA 60min			
08:30am							<b>CARDIO TENNIS</b> ASHLEY 60min			
09:00am							<b>yoga with natasha</b> NATASHA 90min			
09:30am	<b>GROUP fight</b> ASHLEY 60min	<b>GROUP POWER</b> ASHLEY 60min	<b>GROUP fight</b> ASHLEY 60min	<b>ZUMBA fitness</b> MARIFA 60min	<b>CARDIO TENNIS</b> ASHLEY 60min	<b>fitness KICKBOXING</b> STACI 60min	<b>cardio squash</b> LEAH 60min	<b>GROUP RIDE</b> HEATHER 60min	<b>GROUP POWER</b> CHARLENE 60min	<b>GROUP POWER</b> HEATHER 60min
10:30am	<b>GROUP CENTERGY</b> CLAIRE 60min	<b>GROUP RIDE</b> HEATHER 60min	<b>GROUP CENTERGY</b> CLAIRE 60min	<b>GROUP ACTIVE</b> LYNN 60min	<b>GROUP CENTERGY</b> ROSANNE 60min	<b>TRX BURN</b> RYAN 45min	<b>HOTHQ yoga</b> SHANNON 60min			
11:30am		<b>HOTHQ yoga</b> SHANNON 60min								
05:30pm		<b>GROUP POWER</b> TRISH 60min	<b>CARDIO TENNIS</b> ASHLEY 60min	<b>GROUP ACTIVE</b> CHISTINE 60min	<b>GROUP CORE</b> TRISH 30min	<b>GROUP ACTIVE</b> SARA 60min	<b>R30</b> TRISH 30min			
06:00pm				<b>R30</b> TRISH 30min	<b>RIDEON!</b> JOHNNY 90min	<b>GROUP CORE</b> TRISH 30min				
06:30pm		<b>R30</b> TRISH 30min	<b>ZUMBA fitness</b> MARIFA 60min	<b>GROUP CENTERGY</b> REBECCA 60min	<b>fitness KICKBOXING</b> STACI 45min	<b>GROUP POWER</b> TRISH 60min	<b>GROUP POWER</b> RYAN 60min	<b>KIDS WINTER Fitness Schedule 2019</b> See Program Guide for Session Dates.		
07:30pm			<b>Therapeutic Yoga</b> NATASHA 75min					<b>MONDAY</b> 4:30PM <b>TEENFIT</b> TALEEBA 60min	<b>TUESDAY</b>	<b>WEDNESDAY</b> <b>KIDS Bootcamp</b> RYAN 60min
								5:30PM	<b>P.A.M. TENNIS</b> ASHLEY 60min	

\*Schedule subject to change without notice.

**WRIST BAND REQUIRED FROM FRONT DESK**

**SR** = **SUNRISE STUDIO**

**SS** = **SUNSET STUDIO**

**TS** = **TRAIN STATION**

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# Headwaters

FITNESS ± RACQUET CLUB



Group Active® is an innovative 60-minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP®. **ACTIVATE YOUR LIFE!**



Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **REDEFINE YOUR SELF.**



Group Core® trains you 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. **HARD CORE!**



Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**



Group Power® will blast all your muscles with a 60-minute high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! **POWER UP!**

## CYCLE



Whether you're a mountain biker or a roadie gear up to be put through your paces in this 90-minute cycle 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!



Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. **RIDE ON!**



R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. **EVERYONE FINISHES FIRST!**

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### SPECIALTY



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.



Yoga With Natasha is appropriate for people with little to no yoga experience. 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.



This is truly a transformational class for people who are done feeling tired, sore, and limited, and that areas of their body have forsaken them. The class is about reclaiming your movement and is conducted mostly on the floor for the best bio-feedback. Be prepared for vibrant, actual bona fide shifts and epiphanies. This may be the very class you have been waiting for!



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!



Cardio Squash is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a squash professional, Cardio Squash 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 Squash.



Cardio Tennis® is a 60-minute fun filled group class 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®.



Get your gloves on & punch & kick your way fit! This 60-minute workout uses authentic boxing & kickboxing techniques & will take your fitness to the next level! You will learn how to punch & kick like the pro's in a SAFE & action-packed workout! You'll never watch the clock in this class, you'll be having too much FUN!! Come punch & kick the calories away!!



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.

### KID'S



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)



Kids Bootcamp is a 60 minute fun filled group session that introduces kids to the foundations of fitness. This jammed packed class will keep kids moving and improve their strength, cardio, balance and mobility while learning how to properly use equipment. (8 - 11 yrs)



You ready to get fit, but too young to hit the gym or need some guidance? This 60 minute workout is a great start to getting fit, learning proper technique, and having fun all at the same time. This interval style training will combine strength and cardio into one session. (11+ yrs)