SCHEDULE EFFECTIVE JANUARY 14TH – MARCH 8TH

betterbodychallenge 2019 Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALLON			
06:15am					METABOLIC ADAM	STRENGTH RYAN	
06:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALLON			
08:30am	METABOLIC	STRENGTH RYAN	METABOLIC TALLON	STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	STRENGTH **REV ONLY**
09:00am				tuneup TALLON			
09:30am	METABOLIC	RYAN STRENGTH **REV ONLY** / TALLON STRENGTH PT 2 **REV ONLY**	METABOLIC TALLON **REV ONLY**	TALEEBA STRENGTH **REV ONLY** / TALLON STRENGTH PT 2 **REV ONLY**	METABOLIC ASHLEY **REV ONLY**	STRENGTH RYAN **REV ONLY**	METABOLIC
10:30am		STRENGTH ASHLEY	METABOLIC ASHLEY	FUNDAMENTALS ADAM 60min	METABOLIC ADAM	STRENGTH RYAN	METABOLIC
05:30pm		STRENGTH TALEEBA **REV ONLY**	METABOLIC ADAM **REV ONLY**	STRENGTH RYAN **REV ONLY**	METABOLIC TALEEBA **REV ONLY**	STRENGTH	
06:30pm		STRENGTH TALEEBA	FUNDAMENTALS ADAM 30min	STRENGTH RYAN	METABOLIC TALEEBA		
07:30pm		STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	METABOLIC TALEEBA		

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

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

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

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Headwaters
FITNESS + RACQUET CLUB

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FUNDAMENTALS

Fundamentals puts the basics back into your workout and takes out the risk of injury. It's very important to move well before you move often. If you aren't moving correctly, you will get injured. Each week, this group session will go through the basics of one movement such as squats, kettlebell swings, deadlifts, rows and more. This will give you the foundation needed to move well, move often and achieve your results without injury. You will also receive personalized video analysis for each movement!

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 for more details!

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