

SPRING

Fitness Schedule 2019

SCHEDULE EFFECTIVE: SUNDAY MARCH 31ST – SATURDAY JUNE 29TH v3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:45am					R30 NIK 30min	R30 NIK 30min	
08:15am							GROUP RIDE SARA 60min
08:30am							HOTHQ yoga TABITHA 60min CARDIO TENNIS ASHLEY 60min
09:30am	GROUP fight ASHLEY 60min	GROUP POWER ASHLEY 60min	GROUP fight ASHLEY 60min	ZUMBA fitness MARIFA 60min CARDIO TENNIS ASHLEY 60min	GROUP KICKBOXING STACI 60min cardio squash LEAH 60min GROUP RIDE HEATHER 60min	GROUP POWER CHARLENE 60min	GROUP POWER HEATHER 60min
10:30am	CENTERGY CLAIRE 60min	GROUP RIDE HEATHER 60min	CENTERGY CLAIRE 60min	GROUP ACTIVE LYNN 60min	CENTERGY ROSANNE 60min TRX BURN RYAN 45min	HOTHQ yoga HANNAH 60min	
11:30am		HOTHQ yoga CARRIE 60min					
05:30pm		GROUP POWER TRISH 60min CARDIO TENNIS ASHLEY 60min	GROUP ACTIVE CHISTINE 60min	GROUP CORE TRISH 30min	GROUP ACTIVE SARA 60min	R30 TRISH 30min	
06:00pm				R30 TRISH 30min		GROUP CORE TRISH 30min	
06:30pm		R30 TRISH 30min CENTERGY REBECCA 60min	TRX BURN STACI 45min	GROUP POWER TRISH 60min	TRX BURN RYAN 45min	KIDS SPRING Fitness Schedule 2019 See Program Guide for Session Dates. MONDAY TUESDAY WEDNESDAY	
07:30pm			HOTHQ yoga CARRIE 60min			4:30PM TEENFIT RYAN 60min KIDS Bootcamp RYAN 60min	5:30PM F.A.M. TENNIS ASHLEY 60min

*Schedule subject to change without notice.

WRIST BAND REQUIRED FROM FRONT DESK

SR = SUNRISE STUDIO

SS = SUNSET STUDIO

TS = TRAIN STATION

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



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



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.



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)