

# SUMMER

## Fitness Schedule 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:15am							SARA 60min
08:30am							TABITHA 60min
09:30am	ASHLEY 60min	ASHLEY 60min	ASHLEY 60min	MARIFA 60min	HEATHER S. 60min	ASHLEY 60min	CHARLENE 60min
10:30am	CLAIRE 60min	HEATHER S. 60min	CLAIRE 60min	ASHLEY 60min	ROSANNE 60min	LEAH 60min	RYAN 45min
11:30am		CARRIE W. 60min					
05:30pm		TRISH 60min	CHRISTINE 60min	TRISH 30min	HANNAH 60min	SARA W. 60min	TRISH 30min
06:00pm					TRISH 30min		TRISH 30min
06:30pm		TRISH 30min	REBECCA 60min	STACI 45min	TRISH 60min	<b>&gt; HRC FITNESS FLASH</b>	
07:30pm			CARRIE W. 60min			<b>REMINDER we are closed:</b> July 1st - Canada Day August 5th - Civic Holiday September 2nd - Labour Day	

\*Schedule subject to change without notice.

WRIST BAND REQUIRED FROM FRONT DESK

**SR** = SUNRISE STUDIO

**SS** = SUNSET STUDIO

**TS** = TRAIN STATION

# 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



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!**

SCHEDULE EFFECTIVE: SUNDAY JUNE 30TH – SATURDAY SEPTEMBER 28TH

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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!



Come and get your sweat on working through timed stations and dynamic full body exercises. "Active Circuit" will challenge your coordination, muscles and cardiovascular system all simultaneously. Talk about using your gym time efficiently!



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®.



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.