

FALL Fitness Schedule 2019

SCHEDULE EFFECTIVE: TUESDAY OCTOBER 1ST – SUNDAY DECEMBER 22ND

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
05:30am			R30 NIK 30min			KIDS FALL Fitness Schedule 2019 See Program Guide for Session Dates.		
05:45am					R30 NIK 30min	4:30PM KIDS Bootcamp ADAM 60min	TEEN REV BRANDON 60min	
06:00am			GROUP POWER TRISH 60min			4:45PM JUNIOR cardio squash LEAH 45min		
08:30am						5:30PM JUNIOR CARDIO TENNIS DEB 60min		
09:30am	GROUP fight ASHLEY 60min	GROUP POWER ASHLEY 60min	GROUP fight ASHLEY 60min	ZUMBA fitness MARIFA 60min	CARDIO TENNIS ASHLEY 60min	CENTERGY ASHLEY 60min	GROUP RIDE HEATHER 60min	GROUP POWER CHARLENE 60min
10:30am	CENTERGY CLAIRE 60min	GROUP RIDE HEATHER 60min	CENTERGY CLAIRE 60min	TRX BURN ASHLEY 45min	active CIRCUIT ASHLEY 60min	GROUP fight SHANNON 60min	cardio squash LEAH 60min	HO THO yoga HANNAH 60min
11:30am		HO THO yoga CARRIE 60min						
05:30pm		GROUP POWER TRISH 60min	GROUP ACTIVE CHISTINE 60min	GROUP CORE TRISH 30min	GROUP ACTIVE SARA 60min	R30 TRISH 30min		
06:00pm			spin TAISSA 60min	R30 TRISH 30min	cardio squash SHELIA 45min	GROUP CORE TRISH 30min		
06:30pm		R30 TRISH 30min CENTERGY REBECCA 60min Hitt BRI 45min	active CIRCUIT BRANDON 60min TRX BURN STACI 45min	GROUP POWER TRISH 60min CARDIO TENNIS ASHLEY 60min	GROUP RIDE SARA 60min	> HRC FITNESS FLASH		
07:30pm		JO GA BRI 60min	HO THO yoga CARRIE 60min	HO THO yoga HANNAH 60min		<p>Check out our New Classes: Monday Nights – HITT & Joga with Bri Tuesday Night – Spin with Taissa</p> <p>Check out our new Tuesday morning class with Nik & Trish</p> <p>No Class Monday October 14 – Happy Thanksgiving!</p>		

*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

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!**



Spin is a 60-minute interval-based cardio workout to the commanding beat of powerful, inspiring music. Start with a warm-up and progress through a variety of terrains, from flats, to hills, to mountains – and everything in between. This class is suitable for riders of all ages and fitness levels. Come for the challenge, come for the awe-inspiring ride, come for the sweat, come for the INSANE calorie-burning endorphin high. Come experience your power in motion.

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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.



JOGA combines a unique blend of yoga postures (static and dynamic) and the biomechanics of sport. JOGA incorporates power and flexibility while challenging balance and core strength. Designed for professional and everyday athletes JOGA will enhance athletic performance, decrease recovery time, and ultimately change your game!



High Intensity Interval Training (HIIT) is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind at the end of the day.



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.

KID'S



Kids Bootcamp is a 60 minute fun filled group session that introduces kids to the foundations of fitness. This jam-packed class will keep kids moving and improve their strength, cardio, balance and mobility while learning how to properly use equipment. (8 - 12 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. (13 - 16 yrs)



Junior Cardio Squash is a new fun, fast-paced squash program designed to get kids moving and playing the game. A great opportunity to practice their skills with fun movement based drills. Racquets provided. (8 - 12 yrs)



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 - 12 yrs)