

REV FAT LOSS FALL 2019 Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
05:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALLON				
06:15am					METABOLIC ADAM	STRENGTH BRANDON		
06:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALLON				
08:30am	METABOLIC ASHLEY	STRENGTH ASHLEY	METABOLIC ASHLEY	STRENGTH ADAM	METABOLIC ADAM	STRENGTH BRANDON	STRENGTH BRANDON	
09:30am		STRENGTH ADAM	STRENGTH ^{PT} TALLON	METABOLIC TALLON	STRENGTH ASHLEY	STRENGTH ^{PT} ADAM	METABOLIC ADAM	METABOLIC ADAM
05:30pm		STRENGTH ADAM	METABOLIC ADAM	STRENGTH BRANDON	METABOLIC BRANDON	STRENGTH BRANDON		
07:00pm		STRENGTH ADAM	METABOLIC ADAM	STRENGTH BRANDON	METABOLIC BRANDON			

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

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

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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!**