



SCHEDULE EFFECTIVE JANUARY 13TH – MARCH 6TH

Classes with 5 or less may be cancelled with 2 weeks notices.
Instructors may change with no notice.

betterbodychallenge 2020 Schedule

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

05:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH BRANDON					
06:00am						STRENGTH ^{PT} BRANDON REV ONLY			
06:15am					METABOLIC BRI	STRENGTH NIGEL			
06:30am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH BRANDON					
08:30am	METABOLIC NIGEL	STRENGTH ASHLEY	METABOLIC ASHLEY	STRENGTH ASHLEY	METABOLIC NIGEL	STRENGTH NIGEL	METABOLIC BRANDON		
09:30am	METABOLIC NIGEL	BRANDON STRENGTH REV ONLY	TALLON STRENGTH ^{PT} REV ONLY	METABOLIC TALLON REV ONLY	ASHLEY STRENGTH REV ONLY	BRANDON STRENGTH ^{PT} REV ONLY	METABOLIC NIGEL REV ONLY	STRENGTH BRI REV ONLY	JOGA BRI REV ONLY
10:30am		STRENGTH ASHLEY	METABOLIC BRI	FUNDAMENTALS ASHLEY	JOGA BRI	STRENGTH BRI	METABOLIC BRANDON		
05:30pm		STRENGTH BRANDON REV ONLY	METABOLIC NIGEL REV ONLY	STRENGTH NIGEL REV ONLY	METABOLIC TALLON REV ONLY	STRENGTH BRANDON			
06:30pm		STRENGTH BRANDON	FUNDAMENTALS TALLON	STRENGTH NIGEL	METABOLIC TALLON				
07:30pm		STRENGTH BRANDON	METABOLIC NIGEL	STRENGTH NIGEL	METABOLIC TALLON				

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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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!

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!



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)



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)



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!**