

# WINTER Fitness Schedule 2020

SCHEDULE EFFECTIVE: SUNDAY JANUARY 5TH – SATURDAY APRIL 4TH <sup>v2</sup>

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
08:30am	<b>&gt; HRC FITNESS FLASH</b> <b>NEW BOX FIT FITNESS CLASS</b> on Mondays at 7pm and Fridays at 8:30am with Nigel. Come for a full body workout! <b>SPRING/SUMMER PROGRAM REGISTRATION</b> Opens February 24th. Program Guide Now Available!					<b>BOXFIT</b> NIGEL 60min	<b>CARDIO TENNIS</b> ASHLEY 60min																				
09:00am							<b>R30</b> SARAH 30min																				
09:30am	<b>GROUP FIGHT</b> ASHLEY 60min	<b>GROUP POWER</b> ASHLEY 60min	<b>GROUP RIDE</b> HEATHER 60min	<b>GROUP FIGHT</b> ASHLEY 60min	<b>ZUMBA</b> MARIFA 60min	<b>CARDIO TENNIS</b> ASHLEY 60min	<b>GROUP CENTERGY</b> ASHLEY 60min	<b>GROUP POWER</b> CHARLENE 60min	<b>GROUP POWER</b> HEATHER 60min																		
10:30am	<b>GROUP CENTERGY</b> CLAIRE 60min	<b>HOTHQ yoga</b> BRI 60min	<b>GROUP CENTERGY</b> CLAIRE 60min	<b>TRX BURN</b> ASHLEY 45min	<b>active CIRCUIT</b> BRI 60min	<b>GROUP FIGHT</b> SHANNON 60min	<b>cardio squash</b> LEAH 60min	<b>HOTHQ yoga</b> HANNAH 60min	<b>HOTHQ yoga</b> BRI 60min																		
05:30pm		<b>R30</b> TRISH 30min	<b>GROUP ACTIVE</b> CHRISTINE 60min	<b>GROUP CORE</b> TRISH 30min	<b>CARDIO TENNIS</b> ASHLEY 60min	<b>GROUP ACTIVE</b> SARA 60min	<b>R30</b> TRISH 30min																				
06:00pm		<b>GROUP POWER</b> TRISH 60min	<b>spin</b> TAISSA 60min	<b>R30</b> TRISH 30min	<b>cardio squash</b> SHEILA 45min	<b>GROUP CORE</b> TRISH 30min																					
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07:00pm		<b>BOXFIT</b> NIGEL 60min					<b>KIDS WINTER Fitness Schedule 2020</b> See Program Guide for Session Dates.																				
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\*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!**



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!



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®.



Boxing is a great way to train the mind and body all at once. In this class you will develop your coordination, burn away fat & learn a martial art along the way! Classes will be a combination of boxing technique, strength training & aerobic conditioning. Open to beginner & advanced athletes looking for a fun new way to challenge themselves.



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



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)