

FALL Fitness Schedule 2020

SCHEDULE EFFECTIVE: SUNDAY SEPTEMBER 20TH – DECEMBER 19TH ^{v2}

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

> HRC FITNESS FLASH

NEW CLASS: 20/20/20 – come give it a try!
POWER YOGA is now available to Group Fitness & REV Members!
REMINDER to bring your own mat for all Yoga & Centergy classes!
DON'T FORGET to sign up online or with Front Desk!

08:30am	NEW CLASS: 20/20/20 – come give it a try! POWER YOGA is now available to Group Fitness & REV Members! REMINDER to bring your own mat for all Yoga & Centergy classes! DON'T FORGET to sign up online or with Front Desk!					CARDIO TENNIS ASHLEY 60min	R30 SARA 30min	
09:00am	NEW CLASS: 20/20/20 – come give it a try! POWER YOGA is now available to Group Fitness & REV Members! REMINDER to bring your own mat for all Yoga & Centergy classes! DON'T FORGET to sign up online or with Front Desk!					GROUP POWER HEATHER 60min		
09:15am	GROUP POWER ASHLEY 60min	active CIRCUIT BRI 60min	20/20/20 NIGEL 60min	active CIRCUIT BRI 60min	GROUP POWER CHARLENE 60min			
09:30am								GROUP CENTERGY ASHLEY 60min
10:30am	restorative yoga BRI 60min	GROUP CENTERGY CLAIRE 60min	POWER yoga BRI 60min	GROUP CENTERGY CLAIRE 60min	restorative yoga KRISTIN 60min	POWER yoga BRI 60min		
05:00pm		20/20/20 MARY KAY 60min		active CIRCUIT MARY KAY 60min				
05:30pm	GROUP POWER TRISH 60min							
05:45pm	CARDIO TENNIS EILEEN 60min							
06:00pm		restorative yoga CARRIE 60min	R30 TRISH 30min			KIDS FALL Fitness Schedule 2020 See Program Guide for Session Dates.		
06:30pm	R30 TRISH 30min	spin & power TAISSA 60min	GROUP POWER TRISH 60min	R30 SARA 30min		MONDAY	TUESDAY	WEDNESDAY
07:00pm	GROUP CENTERGY REBECCA 60min		mind, body, flow CARRIE 60min	POWER yoga KRISTIN 60min		4:30PM	TEEN REV NIGEL 60min	TEEN REV NIGEL 60min
						5:30PM		JUNIOR CARDIO TENNIS
						5:45PM		TWEEN yoga KRISTIN

*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

STRENGTH, CARDIO & TOTAL BODY CONDITIONING

60 Minutes | All Levels | Medium Intensity

Strength Training



Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP!

60 Minutes | All Levels | Medium Intensity

Cardio, Strength, Core



This total body workout broken down 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core and stretch to complete this effective one-hour workout!
Ideal for all fitness levels with modifications provided.

60 Minutes | All Levels | Medium Intensity

Total Body Conditioning



Combine the total body conditioning with cardiovascular training through use of circuits and intervals. Exercises to get your heart pumping will be added to your muscular conditioning to make this a complete workout. Ideal for all fitness levels. Your instructor will provide you with options so that you can find the level of intensity and movement that is right for you.
Ideal for all fitness levels with modifications provided.

60 Minutes | All levels | Medium to High Intensity

Cardio, Tennis



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®.
Racquets & Balls are supplied

SPIN CLASSES

60 Minutes | All Levels | All Intensity Levels

Cardio, Strength



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.
A great class that you control the intensity level.

30 Minutes | All Levels | All Intensity Levels

Cardio, Strength



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.
A great class that you control the intensity level.

YOGA/PILATE CLASSES

60 Minutes | All Levels

Yoga/Pilates/Core



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.

60 Minutes | All Levels | Low Intensity

Beginner, Relaxation Yoga



Beginner and Advanced levels will benefit from restorative yoga postures that help to reduce tightness in muscles, connective tissues and joints. Breathing techniques are used to reduce stress and bring balance to the nervous system leaving you feeling calm and restored after each class.

60 Minutes | All Levels | Medium Intensity

Breathing Focused Yoga



Will deepen your yoga practice, increase balance, flexibility and core strength. Traditional postures combined with core strengthening exercises will take your practice to the next level! Practice mindfulness and connect breath to movement to encourage the mind and body connection.

60 Minutes | Intermediate/Advance | Medium Intensity Yoga

Recovery, Stretch, Core & Strength Yoga



Power Yoga is designed to provide an active recovery workout for exercise enthusiasts athletes and weekend warriors. Unilateral movements and joint mobility/stability postures are used to help identify imbalances increase range of motion and reduce the risk of injury. Power Yoga helps balance strength and flexibility to produce more power! Each class is designed to leave you feeling balanced and energized for your next workout or game!

KIDS CLASSES

5-9 years | All Levels | Pre-registration Required: Class starts September 24th for 12 weeks



This yoga class experience will be filled with all kinds of FUN for your little one! Sessions will include yoga infused literature, social and emotional learning, mindful yoga poses, breathing techniques, songs, arts & crafts, vision board workshops, primary brain anatomy, nature walks and more! Providing these skills, with regular practice, promotes self and social awareness, decision making and self-regulation.

9-13 years | All Levels | Pre-registration Required: Class starts September 24th for 12 weeks



Welcome to the Tween Yoga series! One of the most important benefits yoga can offer during your tween years is the opportunity to develop a lifelong friendship with your body. A regular yoga practice can also help you develop the focus, concentration and discipline you need to study well in school and pursue your dreams...and of course, a source of great exercise! This age group will have a large focus on learning breathing exercises to help manage and control anxiety, understanding the concepts of the yoga philosophy (Yamas and Niyamas), working on self studies, mind/body connection, meditation, journaling, building confidence, creating goals, movement and stretching all through yoga and mindfulness.

8-12 years | All Levels | Drop In Program-Sign up online or with Front Desk: Classes start September 22nd



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. **No tennis experience required!**

13-16 | All Levels | Pre-registration Required: Class starts September 23rd for 12 weeks



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.