

SCHEDULE EFFECTIVE SEPTEMBER 14TH – DECEMBER 19TH

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

REV FAT LOSS FALL 2020 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30am	STRENGTH NIGEL	METABOLIC BRI	STRENGTH NIGEL	METABOLIC BRI	STRENGTH NIGEL		
06:30am					STRENGTH NIGEL ^{PT} 2		
06:45am	STRENGTH NIGEL	METABOLIC BRI	STRENGTH NIGEL	METABOLIC BRI			
08:00am						METABOLIC BRI	
08:30am							METABOLIC ASHLEY
09:15am						METABOLIC BRI	
09:30am	STRENGTH NIGEL	METABOLIC ASHLEY	STRENGTH BRI	METABOLIC ASHLEY	STRENGTH NIGEL		
10:30am			POWER X yoga ** BRI ^{SS}			POWER X yoga ** BRI ^{SS}	
05:45pm	STRENGTH NIGEL		STRENGTH NIGEL			> HRC REV FLASH	
06:15pm		METABOLIC MARY KAY		METABOLIC MARY KAY		**POWER YOGA: Power Yoga is now available to both REV & Group Fitness Members. Members must bring their own yoga mat. Sign up online under the Group Fitness Category. NO CLASS: Monday October 12th - Thanksgiving	
07:00pm				POWER X yoga ** KRISTEN ^{SS}			
07:30pm	STRENGTH NIGEL	METABOLIC MARY KAY	STRENGTH NIGEL	METABOLIC MARY KAY			

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

SS = SUNSET STUDIO

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

P. 519.942.BALL F. 519.940.5676 www.headwatersracquetclub.com

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Headwaters

FITNESS ± RACQUET CLUB

REV FAT LOSS

FALL 2020 Schedule

POWER yoga

Power Yoga is a vigorous class that combines strength, flexibility, mobility, stability and focus with flow of movements. Power Yoga brings strength and flexibility into unison and helps bring awareness to imbalances within the body. Breathing techniques are used to increase breath volume and reduce recovery time therefore improving athletic performance and overall health.

This class is suitable for all levels and modifications are provided.

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!**