



SCHEDULE EFFECTIVE MONDAY, APRIL 19 – FRIDAY, JUNE 11

Advance Bookings: Active REV Members may book 7 Days in Advance
BBC Participants may book 2 Days in Advance

betterbodychallenge 2021 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30am	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min		
06:30am	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min	STRENGTH ^{PT} 2 50min REV ONLY		
08:00am						POWER yoga 60min ^{SS}	
08:30am	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min
09:30am	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	STRENGTH 50min	METABOLIC 50min
10:30am	STRENGTH 50min	METABOLIC 50min	POWER yoga 60min ^{SS}	METABOLIC 50min	STRETCH & core 60min ^{SS}	POWER yoga 60min ^{SS}	
04:30pm		METABOLIC 50min		METABOLIC 50min			
05:30pm	STRENGTH 50min	METABOLIC 50min	STRENGTH 50min	METABOLIC 50min		KIDS PROGRAMS	
						MONDAY	WEDNESDAY
07:00pm	STRENGTH 50min	restorative yoga 60min ^{SS}	STRENGTH 50min	POWER yoga 60min ^{SS}	METABOLIC 50min	4:30PM	TEENREV 50min
							TEENREV 50min

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

SS = SUNSET STUDIO

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

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 Strength 2 you must contact Nigel at nigel@headwatersracquetclub.com for more details.

restorative 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.

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.

STRETCH & core

The class is ideal for anyone looking to improve their recovery, core strength, and mobility. Using a variety of exercises and equipment to engage and challenge the core muscles of the body. The class will also include stretches that are held for a period of time in order to allow your body to relax into the stretch and gain flexibility. Remember you do not have to have abs of steel and be flexible to come to this class. That is what this class is for! This class will help you to strengthen the core and improve your flexibility over time. We will use matts, foam rollers, bands and exercise balls to achieve maximum results.

TEENREV

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.