

FALL FITNESS SCHEDULE 2021

SCHEDULE EFFECTIVE: SEPTEMBER 13 – DECEMBER 18

Classes may be cancelled due to low sign up.
Instructors may change with no notice.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

08:30am						CARDIO TENNIS 60min				
09:30am	GROUP POWER ASHLEY 60min	active CIRCUIT BRI 60min	20/20/20 NIGEL 60min	CARDIO TENNIS ASHLEY 60min	active CIRCUIT BRI 60min	GROUP POWER ASHLEY 60min	active CIRCUIT BRI 60min	GROUP CENTERGY CLAIRE 60min		
10:30am	restorative yoga BRI 60min	GROUP CENTERGY ASHLEY 60min	POWER yoga BRI 60min	GROUP CENTERGY CLAIRE 60min	restorative yoga KRISTIN 60min	POWER yoga BRI 60min				
05:30pm	GROUP POWER HEATHER 60min	CARDIO TENNIS LOUISE 60min	BOXFIT NIGEL 60min	GROUP POWER HEATHER 60min	active CIRCUIT ANNA 60min					
06:30pm	R30 TRISH 30min		R30 TRISH 30min			KIDS FALL Fitness Schedule 2021 See Program Guide for Session Dates.				
07:00pm		restorative yoga CARRIE 60min		POWER yoga KRISTIN 60min		4:30PM	TEENREV NIGEL 50min	KIDS Bootcamp NIGEL 60min	TEENREV NIGEL 50min	KIDS yoga KRISTIN
						5:30PM		JUNIOR CARDIO TENNIS MARK		KIDS yoga KRISTIN

*Schedule subject to change without notice.

SP = SPIN STUDIO

SS = SUNSET STUDIO

TS = THE TRAIN STATION

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Headwaters

FITNESS + RACQUET CLUB

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

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.
Ideal for all fitness levels with modifications provided. Recommended to bring own gloves.



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



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.

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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 | 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



5-12 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.



8-12 years | All Levels | Pre-registration Required: Class starts September 24th for 12 weeks

Kids Bootcamp is a 60 minute fun filled group session that introduces kids to the foundations of fitness. This jam-packed class will keep kids moving and improve their strength, cardio, balance and mobility while learning how to properly use equipment.



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.