

FRESH START

COVID CRUSH EDITION

2021 Schedule

SCHEDULE EFFECTIVE: SEPTEMBER 20 – NOVEMBER 27, 2021 ^{v2}

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|---------|--------------------------|---------------------------|----------------------------------|---------------------------|--------------------------|---------------------------|---------------------------|-------------------------------|-------------------------|
| 05:30am | STRENGTH 50min | | STRENGTH 50min | | STRENGTH 50min | | | | |
| 06:30am | STRENGTH 50min | METABOLIC 50min | STRENGTH 50min | METABOLIC 50min | STRENGTH 50min | | | | |
| 09:30am | STRENGTH 50min | METABOLIC 50min | STRENGTH 50min | METABOLIC 50min | STRENGTH 50min | METABOLIC 50min | METABOLIC 50min | | |
| 10:30am | | | POWER yoga 60min SS | | | | | | |
| 06:30pm | STRENGTH 50min | METABOLIC 50min | STRENGTH 50min | METABOLIC 50min | | KIDS PROGRAMS | | | |
| | | | | | | MONDAY | TUESDAY | WEDNESDAY | |
| | | | | | | 4:30PM | TEENREV 50min | KIDS Bootcamp 60min | TEENREV 50min |

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

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)

POWER X 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.

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.

KIDS Bootcamp

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.