INTRODUCING HEADWATERS STRENGTH & CONDITIONING

Headwaters Strength and Conditioning (HSC) aims to go beyond just a sweaty workout. Safe, effective exercise starts with movement mechanics. From there, we build strength and power through efficiency in mechanics. The skills and tools that you acquire at HSC, therefore, allows you to focus on achieving your goals, whether that be weight loss, improved health, or even better performance.

We aim to make every single one of our workouts open and modifiable for everyone. It does not matter if you are just starting out, or have been training for years. Our unique programming design and expert team of coaches are here to help!

UNLIMITED HSC MEMBERSHIP

MEMBERSHIP PRIVILEGES:

- All basic membership privileges (Main Gym, towel service, steam & sauna, and much more)+
- Unlimited Group Fitness Classes
- Unlimited "Open Gym" (use of Strength & Conditioning facility outside of class time)
- Unlimited Strength & Conditioning Classes
- Member discounted pricing on programs and indoor golf simulator

3X/WEEK HSC MEMBERSHIP

MEMBERSHIP PRIVILEGES:

- All basic membership privileges (Main Gym, towel service, steam & sauna, and much more)+
- 3 x Strength & Conditioning Classes / Week
- Member discounted pricing on programs and indoor golf simulator

Club Fee: $150 | Couples Club Fee: $200
12-month Commitment: Unlimited $145/mo | 3X/Week $125/mo
Monthly Commitment: Unlimited $165/mo | 3X/Week $145/mo
5% discount on Annual Membership is pre-paid in full

- Unlimited Strength and Conditioning Membership for 1 month
- Unlimited Strength and Conditioning classes
- Unlimited "Open Gym"
- Unlimited Group Fitness classes
- Access to the main gym
- Use of changeroom with steam room and sauna
- Towel Service
- Use of day lockers
- No Club Fee
- No commitments

WHY JOIN HEADWATERS?

There is tons of reason to join Headwaters, but here are a few of our favourites!

- Top-notch coaching staff
- State-of-the-art facility with brand new equipment
- Club Hours
- Kids Club ensures child care is never a barrier to staying active
- Our lockerroom! A trip to the steam or sauna is the perfect way to end a workout.
- Cleanliness
- There is something for everyone to do: Fitness, Golf, Tennis, Squash

Headwaters
STRENGTH & CONDITIONING

Headwaters Strength & Conditioning is a coach-led, fitness class combining weightlifting (barbells, kettlebells, dumbbells, etc.), gymnastics (push-ups, squats, lunges, box jumps, pull-ups), and metabolic conditioning also commonly referred to as "cardio" (running, biking, rowing, skiing, etc.). The functional movements that we aim to perfect can be grouped into one of three categories:

Weightlifting
Using our bodies to move external objects through three-dimensional space via our largest joints and major muscle groups. We use weightlifting objects such as barbells, dumbbells, kettlebells, medicine balls, etc.

Do you need to pick a box up off the floor at work? How about your grandkids? We properly teach you how to lift weights correctly and effectively to improve not only your strength but your durability as well.

Gymnastics
This involves moving and controlling our own bodies in three-dimensional space. Gymnastics requires a high level of mental focus, balance, and coordination. Common movements here include squats, lunges, push-ups, pull-ups, sit-ups, box jumps, etc.

Sitting on the toilet, climbing stairs, getting up out of a chair are all great examples of functional movement patterns considered as "gymnastics" that human beings experience on a daily basis. In order to age as gracefully as possible, we want to train these movements routinely to improve and maintain the quality of your life.

Metabolic Conditioning
Commonly known as cardiovascular exercise, we use metabolic components such as rowing, biking, running, skipping, etc. to work the respiratory (lungs) and cardiovascular system (heart and arteries/veins) to a whole new level.

Healthy and fully functioning respiratory and cardiovascular systems promote overall health and longevity as well as have tremendous mental health benefits as well.

CLASSES

Strength & Conditioning Classes
In our standard Strength & Conditioning classes, we aim to train weightlifting, gymnastics, and metabolic conditioning in as many (see: varied, not random) ways as possible. At times, our intensity is very high - that is what drives adaptation or change. Far too many people exercise or workout but are unable to progress beyond a certain point due to the lack of intensity. This is the place to be to see immediate and consistent change physically and mentally.

Kids S&C
Here at Headwaters Strength & Conditioning, we have two primary goals when it comes to our Kids program. First, we are looking to improve the movement mechanics, balance, coordination, and athleticism of every kid who joins our program. Secondly, we want to foster a fun relationship with fitness and strength training to establish a positive lifelong association with exercise.

By striving towards both of these goals, our Kids program sets its participants up for such positive long-lasting success.

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Strength & Conditioning 5:30 AM	Strength & Conditioning 5:30 AM	Strength & Conditioning 5:30 AM	Strength & Conditioning 5:30 AM	Strength & Conditioning 5:30 AM	
	Strength & Conditioning 6:30 AM	Strength & Conditioning 6:30 AM	Strength & Conditioning 6:30 AM	Strength & Conditioning 6:30 AM	Strength & Conditioning 6:30 AM	Strength & Conditioning 7:00 AM
	Strength & Conditioning 7:30 AM	BEGINNER BOOTCAMP 7:30 AM	Strength & Conditioning 7:30 AM	BEGINNER BOOTCAMP 7:30 AM	Strength & Conditioning 7:30 AM	Strength & Conditioning 8:00 AM / S&C KIDS (8-10) 8:00 AM
	Strength & Conditioning 8:30 AM	Strength & Conditioning 8:30 AM	Strength & Conditioning 8:30 AM	Strength & Conditioning 8:30 AM	Strength & Conditioning 8:30 AM	Strength & Conditioning 9:00 AM / S&C KIDS (11-12) 9:00 AM
Open Gym 8:00AM-9:00AM	Strength & Conditioning 9:30 AM	Strength & Conditioning 9:30 AM	Strength & Conditioning 9:30 AM	Strength & Conditioning 9:30 AM	Strength & Conditioning 9:30 AM	Open Gym/ Team Training 10:00AM - 9:00PM
	Open Gym 10:30AM-4:30PM	Open Gym 10:30AM-4:30PM	Open Gym 10:30AM-4:30PM	Open Gym 10:30AM-4:30PM	Open Gym 10:30AM-4:30PM	
	Strength & Conditioning 4:30 PM	Strength & Conditioning 4:30 PM	Strength & Conditioning 4:30 PM	Strength & Conditioning 4:30 PM	Strength & Conditioning 4:30 PM	
	Strength & Conditioning 5:30 PM	Strength & Conditioning 5:30 PM	Strength & Conditioning 5:30 PM	Strength & Conditioning 5:30 PM	Strength & Conditioning 5:30 PM	
	Strength & Conditioning 6:30 PM	BEGINNER BOOTCAMP 6:30 PM	Strength & Conditioning 6:30 PM	BEGINNER BOOTCAMP 6:30 PM	Open Gym 6:30PM- 9:00PM	
	Strength & Conditioning 7:30 PM	Open Gym 7:30PM -10:00PM	Strength & Conditioning 7:30 PM	Open Gym 7:30PM -10:00PM		
	Open Gym 8:30PM-10PM		Open Gym 8:30PM-10PM			

FREQUENTLY ASKED QUESTIONS

What is Open Gym time?
Open gym is "open" time between classes and scheduled programs that S&C members can access the training center. This time is not lead by a coach and is a great opportunity to get a workout in if you can't make a class or if you want to work on certain exercises.

Do you have to be a member?
You have to be a member of the club to access the classes. We offer a 1-month trial membership for first-timers to try the class. You can sign up with our Front Desk team.

How do I sign up?
All new memberships require an application form that can be completed at the Front Desk. All new members are encouraged to visit the Club and go on a Club tour! We want to show you everything you get with becoming an HRC member! We have lots to offer and love showing it off!

Where are you located?
We are located at the corner of Riddell Road and Broadway (Hwy 9) behind Greenwood Construction in the west end of Orangeville.

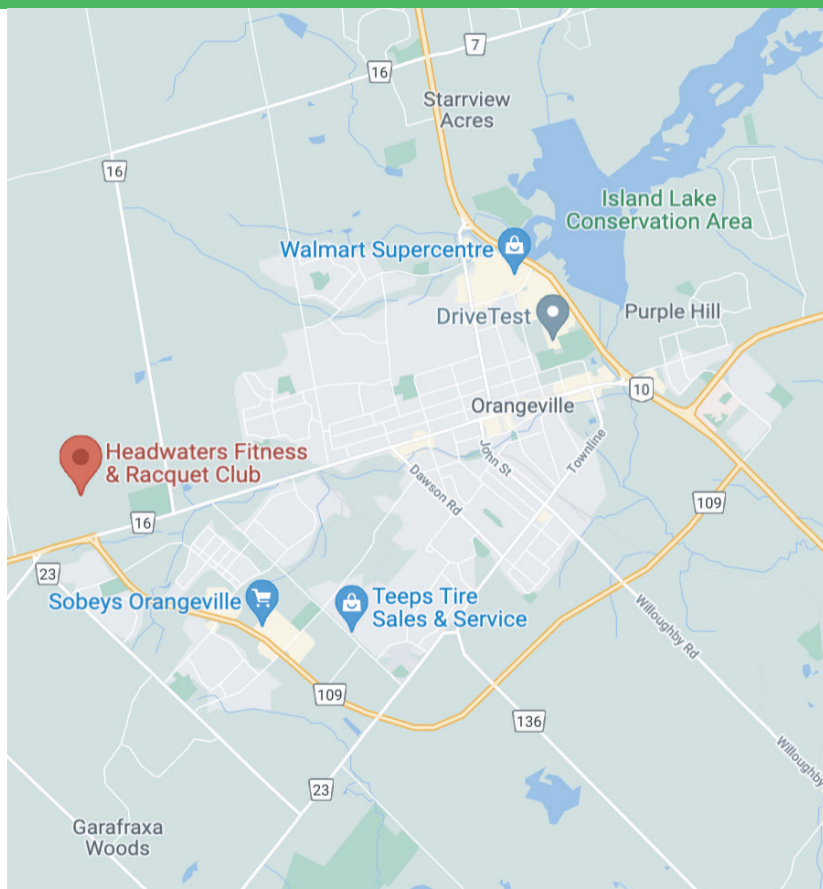
Is there an age restriction?
Members can join our Kids S&C program as young as 8 years old. By attending and progressing well in our Kids program, participants may eventually "graduate," at the discretion of management, and may begin to join our regular classes - usually around 11 or 12 years old.

Headwaters
FITNESS ± RACQUET CLUB

WINTER HOURS

Monday - Thursday:	5:30 AM – 10:00 PM
Friday:	5:30 AM – 9:00 PM
Saturday:	7:00 AM – 9:00 PM
Sunday:	8:00 AM – 6:00 PM

Follow us @headwaterssc for exciting updates!

Contact Membership Services at:
memberships@headwatersracquetclub.com
519-942-2255

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