

# WINTER FITNESS SCHEDULE 2024

SCHEDULE EFFECTIVE: JANUARY 8TH – APRIL 7TH

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

MONDAY

TUESDAY














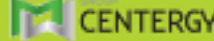















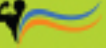
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

05:45am	<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>			
06:30am	<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>			
08:30am	<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>HIIT45</div> <div>DALMA/LINDA/JENN</div> <div>45min</div>		<div>PILATES</div> <div>DALMA</div> <div>60min</div>	<div>HIIT45</div> <div>KATIE/DALMA</div> <div>45min</div>		
08:45am		<div></div> <div>DALMA/JENN</div> <div>30min</div>		<div></div> <div>DALMA/JENN</div> <div>30min</div>				
09:30am	<div>POWER</div> <div>ASHLEY/DALMA</div> <div>60min</div>	<div>active CIRCUIT</div> <div>DALMA/JENN</div> <div>60min</div>	<div>20/20/20</div> <div>ASHLEY/DALMA LINDA</div> <div>60min</div>	<div>CARDIO TENNIS</div> <div>MARK</div> <div>60min</div>	<div>active CIRCUIT</div> <div>DALMA/JENN</div> <div>60min</div>	<div>POWER</div> <div>ASHLEY/DALMA</div> <div>60min</div>	<div>YOGA</div> <div>(VINYASA) KATIE/DALMA</div> <div>60min</div>	<div>CENTERGY</div> <div>CLAIRE</div> <div>60min</div>
10:30am	<div>YOGA</div> <div>(RESTORATIVE) KRISTEN</div> <div>60min</div>	<div>CENTERGY</div> <div>CLAIRE</div> <div>60min</div>	<div>YOGA</div> <div>(GENTLE) KRISTEN</div> <div>60min</div>	<div>CENTERGY</div> <div>REBECCA</div> <div>60min</div>	<div>YOGA</div> <div>(RESTORATIVE) KRISTEN</div> <div>60min</div>			
11:30am	<div>CARDIO TENNIS</div> <div>ASHLEY</div> <div>60min</div>							
04:15pm	<div>KIDS yoga</div> <div>KRISTEN</div> <div>60min</div>							
04:30pm		<div>active CIRCUIT</div> <div>DALMA</div> <div>60min</div>						
05:15pm	<div>Athletic Power</div> <div>EMILY</div> <div>60min</div>							
05:30pm		<div>PILATES</div> <div>(MAT PILATES) DALMA</div> <div>60min</div>	<div>POWER</div> <div>HEATHER</div> <div>60min</div>	<div>active CIRCUIT</div> <div>EMILY</div> <div>60min</div>	<div>CARDIO TENNIS</div> <div>MIRAN</div> <div>60min</div>	<div>Athletic Power</div> <div>EMILY</div> <div>60min</div>		
06:30pm	<div></div> <div>TAISSA</div> <div>30min</div>	<div></div> <div>LIZ</div> <div>60min</div>	<div></div> <div>TAISSA</div> <div>30min</div>	<div>YOGA</div> <div>(VINYASA) EMILY</div> <div>60min</div>				
07:00pm	<div></div> <div>SCULPT 30 TAISSA</div> <div>30min</div>		<div></div> <div>SCULPT 30 TAISSA</div> <div>30min</div>					

\*Schedule subject to change without notice.

P. 519.942.BALL F. 519.940.5676 [www.headwatersacquetclub.com](http://www.headwatersacquetclub.com)

## 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!



45 Minutes | All Levels | Medium to High Intensity  
Cardio, Strength, Core

HIIT45 is a 45-minute class focusing on high intensity strength, cardio, and core movements to deliver a robust workout in a condensed amount of time. Our unique programming style gets you moving efficiently and effectively to get you out and on with your day. Get ready to lose weight, get stronger, strengthen your core and just improve your overall level of fitness in the best 45 minutes of your day!



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



30 Minutes | All Levels | All Intensity Levels  
Strength Training

Sculpt is a 30 minute workout that can be paired with Spin for a "Spin & Sculpt" 60-minute workout, or done all on its own. The focus here is 30 minutes of strengthening, sculpting, and toning for the upper body. This class is great for building those upper body muscles for form and function, improving posture and toning those arms and shoulders.



60 Minutes | All Levels | Medium to High Intensity  
Strength Training

This strength-based class borrows elements from Yoga and strength training to deliver a totally new experience. By slowing down movements and holding postures, you can strengthen and tone the body like never before. Athletic Power offers a great way for anyone to build strength and confidence in their movements with little to no weight at all. The "resistance" comes from pace and focus on form.

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## SPECIALTY CLASSES



60 Minutes | All Levels | All Intensity Levels  
Cardio, Dance

Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## SPIN CLASSES



30 Minutes | All Levels | All Intensity Levels  
Cardio, Strength

Spin Power 30 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.

## 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 | All Levels | Low Intensity Yoga  
Recovery, Stretch & Core Yoga

This class is a very gentle and slow moving yoga flow for all levels. There is a strong focus on subtle openings and tuning into your body and breath. Zoning in on hips, back, shoulders and restoring your mind to ensure a good nights sleep.



60 Minutes | All Levels | Medium Intensity Yoga  
Recovery, Stretch, Core & Strength Yoga

Vinyasa is a dynamic yoga flow that keeps you moving all class long! Movement sequences energetically transition between poses to promote strength, joint stability and mobility, balance and coordination. You can expect to blend movement with breath to explore an invigorating practice.



60 Minutes | All Levels  
Pilates/Core

This mat class will include foundation and classical Pilates exercises for a full body workout. These targeted exercises will help with flexibility, strength, better posture, more efficient movement patterns, and body/mind connection.

## KIDS CLASSES



5-12 years | All Levels | Pre-registration Required

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.