

Nutrition Webinars

Challenge participants will be invited to bi-weekly webinars consisting of a weekly discussion and opportunity for questions.

Nutrition Webinars on the following weeks:

- Week of April 7th - Calories & Macros
- Week of April 21st - Meals
- Week of May 5th - Sleep, Stress, & Recovery
- Week of May 19th - Exercise & Reverse Dieting
- Week of June 2nd - Supplements
- Week of June 16th - The Perfect Diet

Included:

- Webinar recordings to review, or view (if you miss live webinar)
- High-protein recipe guide

Strength & Conditioning Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	5:30am	5:30am	5:30am	5:30am	
6:30am	6:30am	6:30am	6:30am	6:30am	7:00am
7:30am	7:30am	7:30am	7:30am	7:30am	8:00am
8:30am	8:30am	8:30am	8:30am	8:30am	9:00am
9:30am	9:30am	9:30am	9:30am	9:30am	
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
6:30pm	6:30pm	6:30pm	6:30pm		
7:30pm		7:30pm			

*All classes are 1 hour.

Headwaters.

STRENGTH & CONDITIONING

STARTS APRIL 1ST

SUMMER SHRED CHALLENGE

LOSE WEIGHT, GET STRONGER, AND
IMPROVE YOUR OVERALL HEALTH
BY SUMMER!

- UNLIMITED STRENGTH & CONDITIONING CLASSES
- UNLIMITED GROUP TRAINING CLASSES
- BI-WEEKLY NUTRITION WEBINARS
- COMPLIMENTARY INBODY COMPOSITION ASSESSMENT
- DISCOUNTS + PRIZES TO BE WON!
- OPEN TO CURRENT HRC MEMBERS*

*\$49-\$199 (DEPENDENT ON CURRENT MEMBERSHIP)

SUMMER **SHRED** CHALLENGE

How this challenge works:

- Open to ALL new and current Headwaters Racquet Club members*
- Must sign up for challenge by March 28th, 2024
- This challenge will run April, May, June 2024 only - don't miss this opportunity!
- To "win" this challenge, you will need to attend at least 15 Strength & Conditioning classes in each of the 3 challenge months (April, May, June 2024)
- "Winners" will each earn a discount towards a future membership, along with a chance to win 1 of 3 randomly drawn Grand Prizes

*Not eligible to sign up if you participated in the 2024 New Year Reboot Challenge

Prizes:

Winners each earn 1 of the following 2 discounts:

1. 25% off a 1-month Strength & Conditioning membership
2. 1 FREE month off a 12-month Strength & Conditioning membership

Winners also earn the chance to win 1 of the following 3 Grand Prizes (randomly drawn):

1. 4 Tickets - Toronto Blue Jays - TBD
2. Unlimited Strength & Conditioning - 2 months FREE
3. \$150 HRC Gift Card

New Members

\$299+HST for all 3 months
(A total savings of over \$150!)

You get:

- Unlimited Strength & Conditioning classes for 3 months (April, May, June 2024)
- Unlimited Group Fitness classes for 3 months (April, May, June 2024)
- Bi-weekly Nutritional Webinars to support your new healthy habits
- Complimentary InBody composition assessment
- Towel Service
- Locker room use
 - Showers, Sauna, Steam Room

Current Members

- **Unlimited Strength & Conditioning - \$49+HST**
- **3x/week Strength & Conditioning - \$99+HST**
- **All other HRC members - \$199+HST**

You get:

- Upgraded membership to Unlimited Strength & Conditioning classes for April, May, June
- Unlimited Group Fitness classes
- Bi-weekly Nutritional Webinars to support your new healthy habits
- Complimentary InBody composition assessment
- Opportunity to qualify for and win discounted membership
- Opportunity to win 1 of 3 Grand Prizes