



||.Headwaters.||  
STRENGTH & CONDITIONING

Headwaters  
FITNESS ± RACQUET CLUB

(519) 942-2255    [headwatersracquetclub.com](http://headwatersracquetclub.com)





# What is **STRENGTH & CONDITIONING?**

Headwaters Strength & Conditioning is a coach-led, fitness class combining weightlifting, gymnastics, and metabolic conditioning - commonly referred to as "cardio." These combinations of movements keep workouts fresh and exciting. You rarely see the exact same workout twice!

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## **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. Our experienced coaches teach you how to lift weights correctly and effectively to improve your strength and form.

## **GYMNASTICS:**

In a nutshell, gymnastics involves moving and controlling our own body. 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. 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, skiing, 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 are integral for overall health and longevity.

# **TRAINING LEVELS:**

## **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.

## **MASTERS S&C (55+) CLASSES:**

In our Masters S&C (55+) classes, our primary focus is on finding an intensity and pace that works well for every individual in class. Some of our members have many years worth of experience in a gym setting, whereas others have never done anything like this before. We make sure all class participants are focusing on sound and effective technique so that they can maximize the benefits of strength training and conditioning. \*Classes rescheduled to Tuesday or Thursday in lieu of holiday closures





# Join today!

## MEMBERSHIPS:

**ALL MEMBERSHIPS INCLUDE** • Towel Service  
• Locker Room: Steam Room, Showers, Sauna, Day Lockers

### TRIAL MEMBERSHIP:

- 1 month (no commitments)
- \$130 for your first month
- Unlimited Strength & Conditioning classes
- Unlimited "Open Gym"
- Unlimited Group Fitness classes
- Unlimited access to main gym
- No Club Fee

**\$130**  
1 Month Trial

### 2X/WEEK MEMBERSHIP:

- 2x Strength & Conditioning classes/week
- Unlimited Group Fitness classes
- Unlimited access to main gym
- \$150 Club Fee

**\$59 BI-WEEKLY**  
Month to Month

**\$51 BI-WEEKLY**  
On a 12-Month Term

### 3X/WEEK MEMBERSHIP:

- 3x Strength & Conditioning classes/week
- Unlimited Group Fitness classes
- Unlimited access to main gym
- \$150 Club Fee

**\$69 BI-WEEKLY**  
Month to Month

**\$61 BI-WEEKLY**  
On a 12-Month Term

### UNLIMITED MEMBERSHIP:

- Unlimited Strength & Conditioning classes
- Unlimited "Open Gym"
- Unlimited Group Fitness classes
- Unlimited access to main gym
- \$150 Club Fee

**\$78 BI-WEEKLY**  
Month to Month

**\$71 BI-WEEKLY**  
On a 12-Month Term

\*PRICES EFFECTIVE OCTOBER 1, 2025 THRU SEPTEMBER 30, 2026

Still not sure if Strength & Conditioning is right for you?  
Ask about how you can try your very first class for **FREE!**



# Headwaters.

## STRENGTH & CONDITIONING

Our Strength & Conditioning facility and equipment, along with our experienced trainers, and wide range of amenities make us Orangeville and surrounding area's premier training facility for members of all ages and skill levels.

## 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	
7:30am	7:30am	7:30am	7:30am	7:30am	7:00am
8:30am	8:30am	8:30am	8:30am	8:30am	8:00am*
9:30am	9:30am	9:30am	9:30am	9:30am	9:00am
10:30am MASTERS		10:30am MASTERS		10:30am MASTERS	
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		

\*8:00am time slot reserved for Kids S&C programming

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## CONTACT US!

(519) 942-2255

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