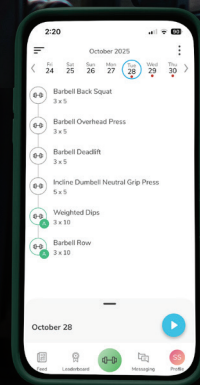




NEW

Let's Get
STARTED!

Headwaters
ONLINE
Coaching



Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com





Headwaters

ONLINE Coaching

WELCOME!

Headwaters Online Coaching connects you with one of our amazing coaches to help you achieve your goals. Whether you want to train for a sport or competition, lose weight, get stronger, increase your energy and feel better, or all of the above – we've got you covered!

With this platform, your assigned coach will create and program workouts for you – delivered straight to you in our state-of-the-art app. This eliminates all of the guesswork, allowing you to focus on reaching your goals! Your coach will program your sets, reps, rest periods, and even provide instructional videos from our extensive (and ever-growing) catalogue. It is like having your coach next to you while you workout!

PRICING:

ONLINE COACHING 4-WEEK TRIAL:

MEMBER: \$70

NON-MEMBER: \$80

Online Coaching requires a minimum 12-week initial commitment. Fees listed are billed bi-weekly.

	NON-MEMBER	BASIC MEMBER	FITNESS MEMBER	S&C MEMBER	PICKLEBALL MEMBER	RACQUETS MEMBER	RACQUETS UNLIM. MEM.
2/WEEK	\$43	\$41	\$40	\$38	\$41	\$40	\$38
3/WEEK	\$48	\$46	\$44	\$42	\$46	\$44	\$42
4+/WEEK	\$50	\$48	\$46	\$44	\$48	\$46	\$44

QUESTIONS? CONTACT US!

(519) 942-2255

tyler@headwatersracquetclub.com

www.headwatersracquetclub.com