

||| Headwaters |||  
STRENGTH & CONDITIONING

SUMMER SHRED

Challenge



APRIL 6<sup>TH</sup> – JULY 5<sup>TH</sup> 2026

Headwaters  
FITNESS ± RACQUET CLUB

(519) 942-2255 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!

## 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



# are you ready...

to transform your life, boost your confidence, and achieve your health and fitness goals? Join Headwaters Strength & Conditioning Summer Shred Challenge and make this summer your season of change.

The days are getting longer, the weather is heating up. Look and feel your best this summer by getting a head-start on improving your health. Join our challenge and learn how to set realistic consistency goals for this summer – and beyond!

**Whether your goal is to lose weight, gain strength, improve your health, or all of the above, WE'VE GOT YOU COVERED!**

## WHAT'S IN IT FOR YOU?

- **13 weeks of UNLIMITED Fitness:** Unlimited Strength & Conditioning as well as unlimited Group Fitness (Yoga, Spin, Pilates, etc.) classes from April 6th – July 5th, 2026 for just \$110/month!
- **Weekly Nutrition Challenges:** We give you weekly goals and tasks to focus on, to help support your healthier lifestyle.
- **InBody Composition Assessment:** Optional chance to get your body composition measured (body fat %, total muscle mass, etc.)
- **Expert Coaching:** Our certified coaches will be by your side, offering motivation, support, and top-notch coaching every step of the way.
- **Consistency Challenge:** Simple in concept, yet challenging to achieve – your goal is to attend 36 classes/workouts in these 13 weeks.
- **Prizes & Recognition:** Achieve your milestones and get a chance to win amazing prizes and discounts for future memberships!
- **Accountability and Community:** Connect with like-minded individuals in our exclusive community and keep each other on track.

Ready to say goodbye to those excuses and hello to a healthier, stronger, and happier you this summer? **JOIN THE SUMMER SHRED CHALLENGE NOW!**

✱ **HOW TO JOIN:** All current AND new members can sign up at the HRC Front Desk or by emailing [memberships@headwatersracquetclub.com](mailto:memberships@headwatersracquetclub.com) starting today! Challenge starts on **Monday April 6th, 2026**. Don't miss out on this life-changing opportunity.

Let's make this summer about becoming

*your best self!*

## \$ PRICING:

**NON-MEMBER: \$329**

• Current Basic Member: **\$199**  
• Current Fitness Member: **\$149**

• Current 2/week S&C Member: **\$99**  
• Current 3/week S&C Member: **\$79**  
• Current Unlimited S&C Member: **\$39**

• Current Pickleball Member: **\$199**  
• Current Racquets Member: **\$149**  
• Current Racquets Unlimited Mem: **\$99**

# SUMMER SHRED Challenge



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

	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	
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		

## CONTACT us

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