



























# Headwaters Racquet Club

tennis · squash · fitness

● ● ● Summer Fitness Schedule 2010

Schedule effective July 2, 2010.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30am						
08:15am						
08:30am						yoga  now
09:30am						
10:30am						
11:30am	 lunch yoga					
01:00pm				yoga  now		
05:30pm						
06:30pm		KINESIS <small>THE ORIGINAL MOVEMENT</small>				
07:30pm						

#### CLASS DESCRIPTIONS

GROUP POWER	Group Power® is your hour of power! This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.
GROUP RIDE	Everyone finishes first in Group Ride®! This 60 minute cycling program is geared for anyone that can ride a bike. An inspiring group environment with motivating music lets you Ride On!
KINESIS	Maximize your workout time with the Kinesis wall! Build balance, flexibility and strength in just 45 minutes.
B4 LUNCH YOGA	Align with your breath, body and mind while releasing the day's tension. Ideal class to face the rest of the week! – All Levels 60 min.
YOGA FLOW	Harness the power of the body and mind through a challenging flowing series of yoga poses – Intermediate 60 min.
YOGA NOW	Explore how to tap into your flexibility, strength and improve your overall vitality – Beginner 90 min.
HEALING YOGA	Restore your well being by softening areas of long-held tension, and strengthen weaker areas. A great class to rediscover better body mechanics for optimal health – Therapeutic 90 min.
PILATES	Strengthen your core and build body strength through unique movements created by Joseph Pilates.
CARDIO TENNIS	Step on to the court: combo of fast action fun and swinging a racquet. No racquet experience needed.
ZUMBA	Ditch the workout and join the party! Loose mega calories while grooving to Latin beats. *\$10

\*Please note that we have a 24 hour cancellation policy. Failure to cancel or show for a pre-registered class will result in a \$5 charge.

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[www.headwatersracquetclub.com](http://www.headwatersracquetclub.com)