



Headwaters.
STRENGTH & CONDITIONING

**FIT FOR FALL
CHALLENGE**



**13 STRAIGHT WEEKS
STARTING MONDAY SEPTEMBER 14TH**

Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com



FIT FOR FALL 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:

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	9:00am
9:30am	9:30am	9:30am	9:30am	9:30am	
10:30am MASTERS	10:30am MASTERS	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			

CONTACT US!

(519) 942-2255

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