



# Headwaters Racquet Club

tennis · squash · fitness

Volume 6, Issue 1.

January 2015



## > Member of the Month:

# Nadine Meek

Nadine has been a member of HRC since 2010! Since joining she has become a powerhouse! Nadine can dead lift 275lbs. and squat with 185lbs. She works incredibly hard both in REV and training with Tallon. Nadine, we are so impressed by your success! **Keep up the good work!**

## > FOR THE MONTH OF JANUARY refer a friend to join as a member at HRC and when they sign up YOU'LL receive a \$50 HRC Gift Card!

This gift card can be used for any service in building excluding HRC Wellness Centre & food and beverage.

Email Emily at [emily@headwatersracquetclub.com](mailto:emily@headwatersracquetclub.com) for more details.



## > SERVICE OF THE MONTH MEMBERS! Buy 2 Full Hour Personal Training Sessions and Get the 3rd FREE!

\*Package must be bought at the front desk during January. Valid for current members only. All sessions expire March 31st\*



# betterbodychallenge



## > Better Body Challenge 2015!

Registration opens on January 7th.

**9am-10am only:** First time participants with all team members being new are eligible to register.

**10am onward:** Returning participants are eligible to register their team.

## \$3000 GRAND PRIZE

for the winning team!

Three (3) people per team; must include at least one (1) non-member (no obligation to join).

\$159.00\* per person

\*plus applicable taxes

## > KIDS WINTER CAMP RECAP!

On December 22nd & 23rd campers had two fun-filled days of festive activities, tennis & squash while they enjoyed delicious hot lunches and snacks!

Thanks to all the campers for making this a really fantastic Winter Camp! **Hope everyone has a very happy new year!**



