



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 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!**



