



# October 2016

Premier Tennis & Fitness...Real People. Real Results!

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**Words from one of our TU Participants:**  
"Health & fitness aren't only about what you are eating, what classes you are taking or how much weight you are lifting. *It is also what you are thinking and saying.* Transform U gives you another tool for your toolbox to help build your complete best self. Support and ideas from fitness professionals [and] the real people who you see every day...It's helped me be more mindful & motivated...Go YOU!"

Thank you for sharing your experience with TU!



**TRANSFORM U New Time & Location Mondays @ 5:45pm Upper Lobby**

## Club Management Team

**General Manager**  
*Chris Bourgeois*  
**Tennis Director**  
*Barry Hankel*  
**Fitness Director**  
*Cody Helgeson*

This month's newsletter is full of updates, special events and a new face that we have added to the team. Look for information on our new personal trainer, Stephanie, Tennis and Group Exercise Programming and a special event for our Kids' Club peeps! As always, if you have any questions about any club info, just ask one of us!

We are now on INSTAGRAM, so please look us up! Yes, we are still on Facebook & Twitter as well. Feel free to post pics, share experiences and liven up our feeds with some great member activities!

We appreciate your business and look forward to a great season of health & wellness!

Take Care, Chris

## Special Club Events:

### **Saturday, October 15<sup>th</sup>: Fall Walk – JSOL @ Noon**

This walk is a pretty display of fall and will take about 70-90 minutes. For those of you wondering, JSOL stands for "Janesville Schools Outdoor Laboratories" and is located off North Bluebird Trail right here in Janesville!

### **Monday, October 31<sup>st</sup>: Kids' Club Trick or Treat Event**

Have your children wear their costumes while in Kids' Club on Halloween and the Kids' Club team will take them Trick or Treating through the club. We will have several stops set up around the club with goodies for the kids. *NOTE: This is an optional event and if you are bringing your kiddo to KC on Halloween and do not want them to participate, just let us know!*

Please remember to call ahead to let us know when your kids will be in Kids' Club! Thank you so much!

## Great Dates for October Tennis Events:

10/10-11/19- Adult Drills For All Levels  
10/10-12/15- Adult Leagues For Players 3.0-4.5 Levels  
10/22-10/23- USTA Level 4 Tournament- 12 Singles  
10/28- Halloween Social- Adults- 6-8pm  
10/29- Halloween Social- Juniors- 2-4pm

Speaking of our great  
new trainer  
Stephanie.....

We have  
Introductory  
Personal Training  
Packages with  
Special Pricing When  
You Sign Up with  
Stephanie

Each Package  
Features:  
30-minute Sessions  
The Exclusive  
PTF Personal Training  
T-shirt  
Huge Savings

5 Sessions Just \$175

10 Sessions Just \$320

20 Sessions Just \$600

25 Sessions Just \$625

“Work Hard  
Train Smart”

Premier Tennis  
& Fitness

PT Programs

## Introducing our **NEW** Trainer, Stephanie!

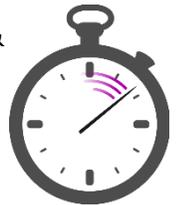
From our Fitness Director, Cody...

Stephanie is a recent Health Promotion and Wellness graduate from the University of Wisconsin-Stevens Point. She is looking to educate and instill a holistic approach to well-being through her personal training style by incorporating a “Seven Dimensions of Wellness” approach. As a personal trainer, she will engage your physical abilities while, at the same time, strive to educate you on developing your personal well-being. She is a determined trainer who is willing to put in the time and effort for each of her clients and will design a plan that is specific to the needs of her client. A wise mentor once told her that **practice makes permanent** and that has become her personal mantra. With that in mind, she is here to teach that mantra to you. Her overall purpose as a personal trainer is to effectively integrate health and wellness into your everyday life, creating a habit and eventually a lifestyle. Let her help you become the individual you are fully capable of being.

## Check out the new October Group Fitness Schedule Updates!

### **Tuesdays @ 4:45pm Join TRACY for EMOM!**

Every Minute on the Minute is a class that combines strength & cardio. You have 1 minute to complete the selected exercises before you begin again. This class consists of 2 10-minute sections with a 5-minute core series.



### **Wednesdays @ 8:30am Join JESS for CYCLE-IT!**

A 60-minute workout that pairs the heart-pumping, fast-paced cycling class structure paired with a floor-based full-body, high intensity workout. You will get on & off the bike – please wear gym shoes, not cycling shoes for this format.

### **Thursdays @ 6:30pm Join JUDY for STRONG!**

This class combines High Intensity Interval Training with the science of Synced Music Motivation. Music & moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Modifications will be shown for the higher intensity moves to accommodate a variety of fitness levels.



## Tennis Tip: Height Over the Net

From Tennis Director, Barry...

Most tennis players hit the ball too low over the net with little margin of error. Hitting the ball with topspin 4-6 feet over the net is the safest and most effective way to play from the baseline. It allows you to generate a large amount of spin while keeping the ball deep in the court. By keeping the ball in the back third of your opponent’s court you will ensure that your opponent will not attack your shots. As you move farther behind the baseline the higher you should hit the ball over the net to ensure good depth on your ground strokes. On the flip side as you approach the net you should make sure to hit with less spin and lower over the net to make sure you do not send the ball beyond your opponent’s baseline. Too many players hit flat balls from all areas of the court while maintaining a height of only 0-2 feet of net clearance which leads to many unforced errors in the net. Heavy spin and good net clearance is not only safe tennis but it will lead to winning tennis.