



December 2016

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

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Welcome to
JOÃO, our
new team member.

He comes to
us from Brazil
& you can read
all about him
right here!



Club Management Team

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

December is such an exciting month!

We are welcoming in the most wonderful time of year AND a new person to our PTF family. You can read all about JOÃO below in the newsletter. We would like to encourage you to welcome him if you see him around the club and attend our Christmas Tennis Social on the 16th. All levels of play are welcome. If you don't want to play, please feel free to come on by and visit, say "hello" and check it out.

We would also like to remind you that we recognize that many people have that "impossible to buy for" person on their Christmas list and we have gift certificates for just that situation! Gift Certificates can be used for tennis lessons, personal training, membership and even small group training! Giving a gift that can positively impact a loved one's health for months and even years to come is an act of real love.

Merry Christmas & Happy Holidays,
Chris

Special Tennis Feature **INTRODUCING JOÃO OLIVEIRA**

From Tennis Director, Barry...

We are so happy to introduce **JOÃO OLIVEIRA**, Tennis Professional, to you. We have decided to let him share a bit of his story with you himself:

"I am originally from Uberabe, Minas Gerais, Brazil. I started to play tennis when I was 5 years old...(and achieved) Top 10 Player in Brazil. I taught tennis in Austria, Puerto Rico, Brazil, St. John and many states in America. I coached 2 Davis Cup players from Puerto Rico and one was also a Top 8 NCAA Division 1 Player. I currently teach in The Hamptons, NY over the summer, (coaching) a player that is D1 for Brown State University and one that is among the best juniors in the country 14's. I played professional tennis for some years & was able to travel to more than 20 countries in the world, including the Orange Bowl, which is the World Juniors' Tournament in Florida. I graduated in Kinesiology from Lewis Clark State College in Idaho, a Top 4 Best NAIA School at which I played #1 singles and doubles."

As you can see, **JOÃO** brings a wealth of experiences with him to Premier. We feel lucky to have him on our team and we are looking forward to a great Winter Session with him to challenge, motivate and coach our players. When you meet him, you will see what an energizing individual he is and his love of the sport is obvious.

*Reprinted from last month because it bears repeating....

Take Care of Yourself This Holiday Season

During the holiday season, we often will put care for ourselves on the back burner. We know this isn't a good idea, but it often happens, just the same.

Consistently working out through the holiday season holds so many benefits, including:

*Stress Reduction

*Avoiding overeating, because, hey, you just worked out, you don't want to "wreck the effect"

*Continuing your progress towards your health goals

So, please.... When you are deciding whether or not you "have the time" for a workout, please tell yourself "Yes".

You deserve it!

Wednesday, 12/7

Friday, 12/23

Saturday, 12/24

Sunday, 12/25

Saturday, 12/31

Sunday, 1/1

6:30pm Nutrition Roundtable with Chelsea Roth:

How to Eat Healthy Through the Holidays

8:30-10:00am Spin/BootCamp Combo

No Group Classes

Club CLOSED – Merry Christmas!

Regular Group Class Schedule

9:30-11:00am POUND/STRONG Combo

Fitness Special Events

Tennis Special Events

Saturdays

8-9am Cardio Tennis

Drop In: \$15 Members/\$20 Non-Members

Thursdays

Adult Singles League – BEGINS 12/8 – Details to follow

Fridays

Junior Match Play – BEGINS 12/9 – Details to follow

Fri/Sat/Sun 12/9-11

Level 5 USTA Tournament – Boys & Girls 12, 14, 16, 18

Friday, 12/16

6-8pm "Meet the Pro" Christmas Tennis Social

\$20 Members/\$25 Non-Members

Fri/Sat/Sun, 12/16-18

Level 5 USTA Tournament – Girls 16, 18

Sat 12/24 – Sun 1/1

No Junior Tennis Classes*

*Stay tuned for some special programming offered during this week!

Fitness Tip: Be Creative in Your Workouts & Avoid Boredom

From our Fitness Director, Cody...

Boredom is one of the leading reasons why people lose interest in working out. To avoid boredom, we have provided some suggestions to change up some well-known exercises and make them a little more interesting.

1) Shrink your base of support

- An exercise with a wide base of support will always be easier than one with a narrow base of support. EX: Squat VS. Single Leg Squat. A Squat has a wide base of support compared to a Single Leg Squat.

2) Make the Training Surface Unstable

- Studies have shown some real merit to training on an unstable surface for the upper body. EX: Push Ups with hands on a Stability Ball or Dumbbell Press with your shoulders on a Stability Ball.

3) Decrease the Points of Contact

- Think standing on both feet verse standing on one foot. It's harder to stand on one foot. EX: Squat VS Single Leg Squat, Bench Press VS Stability Ball Press, Plank VS Plank with Leg Lifts.

4) Use Asymmetrical Loading

- Asymmetrical exercises have great benefits due to your core/body having to work harder to balance/correct the unbalanced load. EX: Single Arm Dumbbell Presses or Overhead Presses, Suitcase Deadlifts, or Single Arm Farmers Walks.

This can also be a great time to talk to one of our personal trainers for ideas and suggestions on how to avoid that workout boredom. We are here to answer questions, offer solutions and partner with you on your journey to wellness!