



# January 2017

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

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**WITH A  
NEW YEAR  
COMES BIGGER  
CHALLENGES  
AND  
OPPORTUNITIES.**

**OVERCOME THE  
CHALLENGES  
AND  
SEIZE THE  
OPPORTUNITIES**

**WITH EQUAL  
ZEAL**

**AND YOUR 2017  
WILL BE THE  
MOST AMAZING  
YEAR!**

**A New Year! 365 unspoiled, undetermined, unknown days ahead of us. What an amazing opportunity we are given to make the most of each & every one of those 365 days.**

**Our wish for you is that 2017 is the year that you hit your current goals, challenge yourself with new goals & new adventures and crush them all!**

***Here is to a fantastic 2017 – may it be your best year yet.***

**Happy New Year,  
Chris**



## UPCOMING TENNIS EVENTS

- 1/9** Start of 2<sup>nd</sup> Session of Adult Doubles League
- 1/14** Junior Mini Tournament
- 1/19** Start of Adult Singles League
- 1/21** Youth Progression Tournament
- 1/23** Start of Junior Tennis Session
- 1/23** Junior Challenge Ladder Starts This Week
- 1/27** Adult Tennis Social

## UPCOMING FITNESS SPECIALS

During the month of January, we are pleased to offer a special on **Personal Training Sessions!**

**Buy 6 Personal Training Sessions and Get 1 FREE!**

**Buy 12 Personal Training Sessions and Get 2 FREE!**

This offer is good for both 30-minute and 60-minute sessions. The perfect way to get 2017 started in the best way possible.

Our Group Fitness Schedule will be posted online, please visit the club or our website [www.ptfjanesville.com](http://www.ptfjanesville.com) for our January Schedule. We will also be emailing the schedule to all members. Thank you for your patience. ☺



# 100

*Join Us For A  
FUN, NEW  
Winter Challenge  
That Will  
Help You Chase  
Away Those  
Post-Holiday,  
Winter Blues!  
Prizes, A Little  
Friendly  
Competition &  
Good Fun!*

## Club Management Team

**General Manager**  
Chris Bourgeois

**Tennis Director**  
Barry Hankel

**Fitness Director**  
Cody Helgeson

[www.ptfjanesville.com](http://www.ptfjanesville.com)



## SPECIAL FITNESS CHALLENGE: WINTER 100

We can't think of a better way to inspire everyone to get moving right off the bat than to offer a WINTER 100 Challenge FREE to our members! The details:  
**Begins January 9<sup>th</sup> and Ends February 28<sup>th</sup>**

### **Open and free to all members**

The goal is to log 100 miles in the club during the challenge

Miles can be logged on the Treadmill, Elliptical or Bike

Mileage can be earned for group classes, small group or personal training sessions that utilize the Treadmill or Elliptical.

Mileage can be earned for Spin/Cycling Group Classes at 5 miles for a spin kettlebell, cycle-it or other combo class and 7 miles for a full spin class

No more than 25 miles (or 25%) of your miles may be logged from group classes, small group or personal training sessions

Logs will be kept in a file on the Fitness Desk for easy logging & will be checked weekly by the fitness team

Progress will be posted on the fitness floor as the challenge progresses

There will be three (3) prize tiers within the challenge:

**Level 1: 50 Miles** When participants reach 50 miles, they will receive a gift pack containing a PTF Water Bottle, Pen & Decal along with a Snack Bar to keep you going!

**Level 2: 75 Miles** When participants reach 75 miles, they will receive a gift pack containing a Drawstring Bag, Samsung Headphones & a PTF T-Shirt

**Level 3: 100 Miles** When participants reach that 100 mile mark, they will receive 2, 30-minute Personal Training Sessions AND a \$50 Gift certificate to Motivations, LLC!

**In addition, all 100 milers will be entered into a drawing to win a Fitbit FLEX!**

Sign up today at the Front Desk and we will get you set up!

## TENNIS TIP: SHOT TOLERANCE From Tennis Director, Barry...

Many times we see our players lost important matches, not because their opponents are *better*, but because the implemented tactics were ineffective, or no real tactics were used at all.

**Shot tolerance**, or the number of balls a player is willing to hit in order to win the point, is an extremely important aspect in tennis. Every player has a number and that number will depend on his or her style of play. If you are an aggressive baseliner or a serve and volleyer, your shot tolerance is probably not as high as that of a counterpuncher.

While players need to know their own number, they also need to be able to recognize the opponent's style of play and shot tolerance early in the match in order to apply the right patterns and tactics that will help them win the match.