



July 2017

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

608-208-1760 • www.ptfjanesville.com • We are on Facebook, Twitter & Now on Instagram - Follow Us!

YES!

**We are open
Tuesday,
July 4th!**

**Holiday Hours:
7am-11am**

**Special Group
Class:**

In Place of Regular Classes

**Firecracker
Body Blast
8am-9am
Open to ALL!**

**Kids' Club
Hours:
8am-10am**

**Please remember to
call in advance for
Kids' Club!**

Happy July!

July is going to be a very busy month. It is so important to continue working towards your goals during the busy summer months. We have some great special events this month that will help with consistency and give you opportunities to try some new things!

Thank you so much for your support of PTF. We appreciate you choosing us to partner with on your journey and we are looking forward to a great future!

Take Care, Chris

Special Events: Tennis & Fitness

July 4 th	Firecracker Body Blast 8-9am	FREE!
July 10 th –14 th	PTF Sports Summer Camp – Ages 6-10	Cost: \$120/week
July 13 th (8 weeks)	Start of Adult Singles League (Max 12) Level 3.0 - 3.5	Price Varies Depending on Membership
July 15 th	USTA Tournament–Single Day Showdown Boys 12-18 Singles & Girls 12-18 Singles	Register at www.ustamidwest.com
July 15 th	USTA Tournament – Youth Progression Boys 10 & Under Singles, Green & Orange Girls 10 & Under Singles, Green & Orange	Register at www.ustamidwest.com
July 16 th	Zumba Basic 1 Instructor Training 8am-5pm	Register at www.Zumba.com
July 17 th	Start of Junior Tennis Summer Session 2	Price Varies Depending on Class Selected
July 29 th	WERQ Fitness Instructor Training 8am-4:30pm	Register at https://shop.werqfitness.com
July 29 th	WERQ Class – Open to the Public 10am-11am	FREE!

JULY IS GOING TO BE HOT!!!



**Small Group Training
Sessions at PTF:**

***Fit Challenge
With Terri
Mondays &***

***Thursdays at 6:30pm
Saturdays at 9am***

***Outdoor Boot Camp
With Chris
Tuesdays at 5:30am***

***Transform U
Small Group
Discussion for
Weight Loss &
Healthy Living
Mondays at 10:15am
And 5:45pm***

REGISTER TODAY!

**Club Management
Team**

***General Manager
Chris Bourgeois
Tennis Director
Barry Hankel***



Tennis Tip: The Split Step

Tennis Director, Barry Hankel



The split step is one of the most important components of tennis footwork. The split step should be your initial reaction to every ball that you must return; it's that jump of a few inches onto the toes that you should make as your opponent is about to make contact with the ball.

This tennis footwork maneuver allows you to stay off your heels, and to be prepared to quickly assume any position on the court. It should be the tennis footwork of choice when you are returning serves, volleys, and ground strokes. To achieve the split step, feet should be shoulder-width apart and knees should be only slightly bent upon landing after the jump. Remember, and this is true for all tennis footwork, to remain on your toes, never on your heels.

I am constantly on our juniors to stay on their toes and use the split step. It is lazy and the easy way out to sit back on your heels and it frequently puts you in a poor position to return the ball. A good way to help improve this portion of your footwork is to jump rope 10-15 minutes per day.



Fitness Tip: Mix It Up!

Chris Bourgeois

Why should we "mix it up"? When we do the same workouts day in and day out...week after week, our bodies begin to adapt and the effectiveness of the workout is decreased. As we get stronger and better conditioned, our workouts need to change to accommodate our higher level of fitness. Does this mean we can't keep going to our favorite cycling or Zumba class or continue with our favorite strength workouts? Not at all. This just means that we need to pay attention to our bodies during these workouts to make sure we are working hard enough to continue challenging ourselves. In that cycling class, you may need to increase your speed or resistance to get your heart rate up. In Zumba, you may need to step a little bigger or wave those arms in the air like you just don't care! Strength training? Increasing your weights or repetitions will keep your favorite sequences challenging.

Not sure where to go next? Any one of our team members can suggest a way for you to keep your time at PTF effective, motivating and ever-changing to get the results you are looking for in your wellness adventure!