



JANUARY 2018



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

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**It's (*finally*) back!
WOMEN'S
SELF-DEFENSE
CLASS**
**This 3-week
course will offer
important &
practical
information that
ALL WOMEN
should know.
During this
workshop
participants will...**

Learn about:
● AWARENESS
● STRATEGIES to
AVOID RISKY
SITUATIONS
● TECHNIQUES THAT
WILL WORK for YOU

And Importantly:
● PRACTICE THOSE
TECHNIQUES IN A
CONTROLLED
ENVIRONMENT

● HAVE THE
OPPORTUNITY TO
ASK QUESTIONS OF
EXPERTS WITH
VARIED
EXPERIENCES
● LEARN THAT
THERE IS MORE
THAN ONE WAY TO
APPROACH A

Happy New Year! We are starting this month with our Fitness Tip, that actually applies to more than just fitness.... ~Here's to a healthier, happier YOU!...Chris

It is time...blank slate...fresh starts...nothing to stand in your way! You have the power to make **2018 YOUR BEST YEAR!** Set those goals, work daily towards them and keep moving forward when you experience a setback. Here are 3 thoughts to keep in mind to help you get 2018 started on the right foot!

1. Set your goal and write it down! If it is a large goal, or the end point is far away, set smaller, more immediate goals so you have those **VICTORIES** along the way to inspire you.
2. If you experience a setback, **REFOCUS** as soon as possible. No one is perfect – and expecting perfection out of yourself is a recipe for unrealized goals, frustration and continued backward movement.
3. Find a partner, a buddy, a professional, a community and surround yourself with those who will support you, hold you accountable and encourage you with positivity and, when necessary, a kick in the butt! We are more likely to succeed if we **SHARE THE JOURNEY**.

Here's to SLAYING 2018! Thank you for partnering with us to find your healthiest, strongest, **best** you! We look forward to working with you this year and celebrating your successes!

The PTF Team

GREAT PROGRAMMING IN FITNESS! Chris Bourgeois, AGM & Program Director

← See the side bar for information on our special [Women's Self-Defense Class](#) that begins January 22nd! Our members have been asking for another session of this inspiring & empowering workshop since we finished our summer course, so HERE IT IS! We have split it up into 2 60-minute sessions per week for 3 weeks. We will have a special "Graduation" class on the last meeting of the session, Wednesday, February 7th for all participants. This course is designed for women, ages 16 and above. We ask that participants under the age of 18 are accompanied by a parent/guardian when possible. If you have any questions about if this course is right for you or someone you love, please contact Chris at 608-208-1760 or chris@ptfjanesville.com.

Exclusive - WARRIOR DASH OBSTACLE RACE TRAINING!

Beginning February 12th, our Group Instructors Kim and Tanya will be offering an EXCLUSIVE WARRIOR RACE TRAINING PROGRAM. This 12-week program will feature a 60-minute Small Group Training Session every week beginning the week of February 12th specifically designed to get you ready for the Warrior Dash 5K

Obstacle Race in Johnson Creek, WI on May 12, 2018. The price includes the 12-week training course AND the race registration fees. You get to choose your coach – Monday mornings at 6:15am with Kim or Saturday mornings at 9:00am with Tanya! **Just \$299!**



SITUATION

•DEVELOP
CONFIDENCE &
AWARENESS

This course is led by
2nd Degree Kyuki-Do
Black Belt Chris
Bourgeois and a
carefully selected
team who all
believe that every
woman has the right
to be safe & to
defend herself
should the occasion
arise.

Course Dates:
Mon. & Wed.
7:30pm-8:30pm
Jan. 22 – Feb. 7

Course Price:
Member \$49
***Ask about our
mother/daughter
discount!**

Club Management
Team
General Manager
Andy Sieberer
Asst. GM &
Program Director
Chris Bourgeois
Tennis Director
Barry Hankel
Membership
Director
Dustin Wexler

G.R.I.T Strength

This small group is designed to bring out your STRENGTH – you will be challenged mentally and physically in this 60-minute training session. You will be asked to leave your preconceived notions about your abilities behind as you learn how to safely and effectively break through to unlock your full potential. This small group is available for 1x per week, 2x per week or on a drop in basis. *Note: Drop In availability will depend on pre-registered participants.* This group is limited in size, so register for a full

4 week session to secure your spot in class AND SAVE! Meets: Monday 6:30pm and Wednesday 6:30pm **Member 4-week Session Prices \$49/1x per week, \$80/2x per week**

FIT CHALLENGE

SIGN UP TODAY!

This small group training class offers personal attention to allow you to develop your total body fitness level. Fit Challenge also offers options for 1x, 2x or 3x per week, including a Saturday morning option for those with weekday scheduling challenges. If you never challenge yourself, how will you know what you are capable of accomplishing? Meets: Monday 6:30pm, Thursday 6:30pm, Saturday 9:00am **Member 4-week Session Price just \$40/1x per week, \$75/2x per week or \$100/3x per week**



TRANSFORM U

SIGN UP TODAY!

Our weight loss group begins again JANUARY 8th! Sign up for this signature group that includes a 60-minute Small Group Training, a 30-minute discussion group AND a 30-minute 1-on-1 every week for 8 weeks. You CAN succeed – you just need to figure out what works for YOU. That's what this group is all about.

Member 8-week Session Price just \$249

JANUARY TENNIS EVENTS

Barry Hankel, Tennis Director

Jan. 1st	Start of Intermediate Adult Class
Jan. 8 th	Start of Adult Doubles League (maximum 12 participants)
Jan. 11 th	Start of Adult Singles League (maximum 12 participants)
Jan. 13 th	Junior In House Tournament
Jan. 19 th	Adult Tennis Social
Jan. 20 th	USTA Level 4 (10 and Under Youth Progression)
Jan. 22 nd	Start of Session 3 Junior Tennis

TENNIS TIP: CHANGING PACE

Barry Hankel, Tennis Director

When playing a match, you always want to keep your opponent guessing. You want them to be off-balance and uncomfortable. You want them to be thinking to themselves how they just can't get a rhythm, and to be frustrated that they are hitting errors. You don't want to play to their strengths. Most people will set up the ball machine to hit the balls landing on the service line with moderate top-spin, bouncing into their strike zone, and then they practice hitting low flat impressive looking shots over and over again. But they don't practice footwork, and they don't practice variety – either in hitting or returning.

So, if you are playing a one dimensional player, or someone who has poor footwork, it can be especially effective to hit to them balls that are irregular and not something they practice. That's not to say that you should totally change your game and stop hitting as you normally do, but when you find yourself in a neutral rally where you cannot attack easily, simply try changing up the pace of the rally. Hit a high looper or a low slice. Add or take away power from your shot, and hit something neutral but different back.

SIGN UP TODAY!