



June 2016 - TRANSFORM Yourself!

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

JUNE SPECIALS:

608-208-1760 • www.ptfjanesville.com • We are on Facebook & Twitter!

Fitness:

Train with a friend!
Purchase unlimited 30-minute Buddy Sessions for just \$40 per session. Split the price and save BIG!

Tennis:

Private Tennis Lesson Packages - Buy 5 Lessons and Get 1 FREE! Buy 10 Lessons and Get 2 FREE!

Membership:

Yes, we have our Summer Student Memberships back again this year! If your child is back from school, consider this convenient option OR simply add them on to your membership.

Your PTF Management Team

General Manager
Chris Bourgeois

Tennis Director
Barry Hankel

Fitness Director
Cody Helgeson

So Many Great Events Happening at PTF!

We are very excited about what is going on at Premier! June 6th begins a new class that we are offering **free** to all members! We have created a program called **TRANSFORM U** and it is going to be life-changing! We recognize that physical activity is one piece of the larger puzzle that is HEALTH. This new program is designed to **provide additional tools for people to place in their Healthy Living tool boxes** through community and discussion. Transform U will meet every Monday at 7:30pm and Saturday at 8:00am beginning June 6th. There are class sign in sheets on the clipboard at the front desk with the other classes that are included in your membership. Flyers are available at the front desk and please feel free to ask about the program. If you know someone who would like to attend with you, but isn't a current member, please see Chris for information on non-member participation. Advanced sign up is appreciated, but not required – pick up a flyer today and make the decision to TRANSFORM yourself!

Take Care, Chris

TENNIS SPECIAL EVENTS

Saturday, June 11th, 1-3pm: Year Ending Junior Tennis Party
Come and join the PTF tennis staff for a celebration of 2015-2016 season! This event is free for all Junior Participants and will include Games, Prizes and Treats!

Monday, June 13th- Start of Summer Session 1 of our Jr Tennis Program at PTF AND Start of Fort Atkinson's Park and Rec Tennis Program- (Directed by PTF)

Thursday, June 16th- Start of Whitewater's Park and Rec Tennis Program (Directed by PTF)

Monday, June 20th- First week of the Summer Adult Tennis Program

FITNESS SPECIAL EVENTS

SPECIAL EVENT – SATURDAY, JUNE 11TH – ICE AGE TRAIL MEET UP!

Meet us at 10:45am at the TRAIL HUB located at the corner of Franklin & Rockport in Janesville. We will do a **4 mile** round trip which will take approximately 90 minutes, depending on the group's pace. If you would like to meet us at the start and set your own pace, go for it! This event is open to ALL – bring a friend, put your kiddos in a stroller, **ALL ARE WELCOME!** We will leave on the walk at 11:00AM. Please join us and remember your water!

Our **June schedule** has a great new look for summer! Check it out online at www.ptfjanesville.com or pick up a copy the next time you are in the club!

TRANSFORM U is launching on Monday, June 6th – please consider coming to one class to see what this program is all about – you might find YOUR missing piece to **overall HEALTH!** (Mondays @ 7:30pm & Saturdays @ 8:00am)

“Real Transformation requires real honesty. If you want to move forward, get real with yourself!”

~ Bryant McGill

“I can affect change by transforming the only thing that I ever had control over in the first place and that is myself.”

~ Deepak Chopra

“Transformation is not five minutes from now; it’s a present activity. In this moment you can make a different choice, and it’s these small choices and successes that build up over time to help cultivate a healthy self-image and self esteem.”

~Jillian Michaels

“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

~ Eckhart Tolle

Just think...

3 months from now, you will thank yourself.

TIPS TO BOOST YOUR WEIGHT LOSS From our Fitness Director, Cody...

We all have times where our goals seem impossible and it seems like we haven't made progress in a number of weeks. Here are some tips to break through that and keep making progress:

- 1) **Simplify your nutrition.** Focus on creating a calorie deficit and don't overwhelm yourself with macronutrient breakdowns. Start by focusing on portion control and reducing the overall number of calories consumed each day.
- 2) **Add variety to your cardio.** Limit yourself to 2 Steady State Cardio days per week and make the other days Interval days. What is Steady State Cardio and what is Interval Training? **Steady State Cardio** is spending an extended period of time on a cardio machine with your heart rate between 120 and 140 Beats per Minute. **Interval Training** is generally a shorter period of time then Steady State Cardio because of the intensity and is alternating bouts of hard periods and easier periods. The most common example of this is running for 30 Seconds followed by walking for 30 Seconds. Here is **an example of an Interval Workout:** Total Time: 20 minutes – 5 minute warm up at a comfortable pace; then begin 10 minutes of 60 fast run 60 seconds easy run/walk; finish with 5 minutes at a comfortable to slow pace.

TRANSFORM U



WHERE TO HIT AN APPROACH SHOT? From our Tennis Director, Barry...

Approach shots are a transition shot from the baseline to the net. When you are **playing singles** the approach shot should be taken primarily down the line with a few exceptions. If the approach shot is hit down the line and you follow behind the ball properly the majority of the angles on the court are covered, which leaves your opponent with very few options to get the ball past you. If an approach shot is hit crosscourt it leaves the down the line passing shot wide open and causes you to scramble frantically to cover that area, which also makes you vulnerable to the crosscourt passing shot as well.

So when would you want to go crosscourt with an approach shot?

There are several occasions where a crosscourt approach shot is the better option than down the line. **For example:** if your opponent is off the court leaving the crosscourt approach wide open; if your crosscourt approach is hit to your opponent's weaker stroke creating a poor passing shot; or if the crosscourt approach is hit on a sharp angle allowing yourself time to cover the down the line passing shot.