



August 2017

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

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Monday, 8/7
Our Small Group
Training Program

FIT CHALLENGE

Begins its next
Session.

Contact the Front
Desk for more
Information!

Special Event:
Saturday, Sept. 9th
8am – 2pm
FALL LAUNCH
And
OPEN HOUSE!
See next page for
schedule and more
information!

Club Management Team
General Manager
Chris Bourgeois
Tennis Director
Barry Hankel

August means everyone is gearing up!

We are getting our last bit of Summer Vacation in, getting ready for Back-to-School and, here at PTF, we are getting ready to launch our new-look Fall Schedule! We have some new team members joining us and we are switching to a SEASONAL group schedule to provide our members with that consistency that is so important to our commitment to our wellness. Our team will be talking about what's coming up and we will release that new Fall Schedule during the last week of August, so get ready!

We are also getting ready for our FALL LAUNCH & OPEN HOUSE event on Saturday, September 9th. This event is OPEN TO THE PUBLIC and details are right here in the newsletter, on our website and can be found on facebook as well!

We are so excited and, as much as we ♥ summer, we are really looking forward to what lies ahead for PTF in the fall!

Take Care, Chris

Upcoming Special Events: Tennis & Fitness

Friday, 8/25 4:00-5:30pm	Junior Tennis Social	\$15 Member \$20 Non-Member
Friday, 8/25 6:00-8:00pm	Adult Tennis Social	\$20 Member \$25 Non-Member
Monday, 8/28	Official release date of Fall Group Fitness	NA
Monday, 8/28	Start of Fall Junior Tennis Session	Price will vary depending on program
Friday, 9/1	New Group Fitness Schedule BEGINS!	Included in Membership & Punch Cards
Saturday, 9/9 8:00am- 2:00pm	SPECIAL CLUB OPEN HOUSE & FALL LAUNCH EVENT	Open to the Public – FREE Classes and Demos See schedule on pg. 2
Monday, 9/18	Start of Fall Adult Tennis Session and Leagues	Price will vary depending on program

**Fall Launch &
Open House
Schedule of Events:**

**Kids' Club Extended
Hours 8am-2pm**

(remember to call ahead for KC)

8am RIPPED

**9am-9:30 Class Demo
Insanity & P90X LIVE**

**9am-11am ATI Physical
Therapy Consults**

9:30am Zumba

**10am-11am Personal
Trainer Q&A with Terri**

**10:30am-11am WERQ
Demo Class**

11:15am Cooking Demo

**11:30am-12:15pm
Junior Tennis Class
Demo**

**12:30pm-1:00pm Cardio
Tennis Class Demo**

**All Day Long:
Member Only
Giveaways and
Personal Training Sale**

**New Member Joining
Special**

**Tennis Tip: Low String Tension vs High String Tension
Tennis Director, Barry Hankel**

When you string a tennis racquet, you have one of two options with regards to tension. You can string your racquet loose, which will result in a lower tension or you can string your racquet tight, which would lead to a higher tension. Whether using a low string tension or a high string tension you should stay inside the tension range recommended for the racquet.

Low String Tension

Generally speaking, a lower string tension will provide a player with more power and a higher tension will provide a player with more control.

With a lower tension, or softer string bed, your strings will tend to act like a trampoline.

Therefore, when a tennis ball comes in contact with your strings, the rebound effect will be greater, providing you with the ability to generate more speed or power on your shots.

In addition, the sweet spot of a tennis racquet becomes slightly larger as you decrease the tension of your strings.

High String Tension

On the other hand, a higher tension will reduce this rebound effect, providing you with a more stable hitting surface and a smaller sweet spot, which ultimately results in greater control.

It can also be helpful to consider your level of play when evaluating string tension. While most players accept that a higher string tension helps produce more control, it won't do a beginner justice to string their racquet as tight as possible to gain more control. In other words, the impact of reducing or increasing string tension is relative to a player's skill level.

Rather new players can often benefit from a lower tension as it will be more forgiving especially as they hit many off-center shots.

**Fitness Tip: Self-Care ≠ Selfish
GM, Chris Bourgeois**

"Self-care is not selfish. You cannot serve from an empty vessel." Eleanor Brownn

Many of us are raised to put others' needs before our own. While it is important to help others and try to live an unselfish life, it is important that we take care of ourselves. The quote above has many versions – "You can't pour from an empty cup", etc., but the meaning is the same. If we neglect our own health and well-being, eventually, we will be unable to function at full efficiency. Dr. Susan Biali, MD, has explored the variety of physical symptoms that we may experience when we over-extend or over-stress ourselves in the service of others, too often putting the needs of others above properly caring for our own physical and emotional needs. Stress-induced symptoms may include aches and pains, fatigue, confusion and more – all caused by the overwhelming act of neglecting yourself. She states that "you might be surprised by how low your reserves have gotten" when you take a moment to reflect on your level of self-care. Self-care looks different for all of us.

As fitness professionals, we often hear that our members can't make it to the gym because of work, family or other obligations. We understand that life can be hectic, but at the same time, it is crucial that we MAKE the TIME to work on our wellness – whatever that means for each of us. How can we be sure to continue our self-care when life gets crazy? Having a workout buddy who will encourage us to stick to our promise to work out regularly. Working with a personal trainer for that next-level accountability – we are less likely to ditch an appointment that we are paying to set up. Writing your workouts on your calendar to create that "must keep" date with your health can help you stick to your plan. However you need to commit to your wellness, there IS a way that you can prioritize your self-care without sacrificing your service to others. When we are at our healthiest, we will be able to take care of those around us more effectively, efficiently and with more energy.