



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS



CELEBRATE

This month we have two extraordinary reasons to celebrate. First, as announced at the Summer Party in August, Toluca Lake Tennis & Fitness Club has been voted **"Best Health & Fitness Club"** for the **FOURTH YEAR IN A ROW** in the Daily News Readers Choice Awards! Thank you to all our members and staff for making us **THE BEST**. We are motivated on a daily basis to offer you a club that fulfills all of your health & fitness needs and to help you become the best you can be. Second, we are very excited the much anticipated Santuari Restaurant is **NOW OPEN** to members and the public for lunch daily 11:30 a.m.-3 p.m. Additionally, the Santuari Bar is now open for happy hour 3-7 p.m. which includes a small bar & patio food menu. Coming soon, dinner in the evenings, lunch or special brunch on the weekends and The Grand Opening Celebration!





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LET'S GO SO. CAL!

Two of our juniors here at TLTCF did some serious damage on the courts this summer.

Gianluca Brunkow (15) and Gui Padilha (14) played in several national tennis tournaments and did well such that their UTR and national USTA rankings went up.

Above, you can read about GL's success back east playing in 2 Father-Son grass court national events. Upon his return, he then headed to Salt Lake City for the 16s Zonal Championships. This is a very fun event in that it's team tennis: 6 boys and 6 girls on each team where all players play 10 matches in 5 days. There are singles, doubles and mixed doubles matches played, and each win you record enhances your national ranking. There are 6 teams each in 2 different flights, and teams come from the various zones in the U.S. such as Hawaii, Southwest, Intermountain, Nor. Cal., and of course So. Cal. After 4 days of competition, GL's So. Cal team was undefeated and into the finals. There, they were able to pull out a nail-biting 10-8 win and thus secure the championship. What a thrill, what a week! Let's GO So. Cal.!!!

Meanwhile, in Stockton, CA, Gui Padilha was also representing So. Cal playing in the 14s Zonals. His team did quite well finishing 2nd in their flight, and then on the final day won the 3rd place consolation match! Well done!

Gui also earned two trips to summer events in Mobile, AL and in Fort Lauderdale, FL. In Florida, he



16s Zonals Champs! Undefeated after 5 days of action. Let's GO So. Cal.!!!



he competed in the Boys' 14s National Clay Courts where he went 4 and 2 against some of the best players in the country. He said it was brutally hot and very humid. Good job Gui, way to work in tough conditions! In Alabama, he competed in the Boys' 14s National Hard Courts where he went 3 and 2 including a win over the #25 player in the nation! Bravo! Vamos! Keep up the good work.

(We should mention that both boys, who are now hovering right around #100 in the nation in their respective classes on TennisRecruiting.net, are coached by our very own Christian Straka, and much of their success is owed to him. Thank you, Christian!)



From left to right: GL in Salt Lake with his gold medal; Get it GUI! Looking mobile in Alabama at Hard Court Nationals; Gui serving it up at Clay Court Nationals in Fort Lauderdale.

SUMMER PARTIES ARE THE BEST PARTIES



Great night at the Club on August 24th! It was literally a world record setting event as Ron Sarchian caught 53 Penn ATP tennis balls in 60 seconds, bare-handed, from just 20 feet away ... oh, and they were rocketing towards him at 65 mph! Ouch. Well done, Ron and congrats!

Then there was the **Head/Penn** Demo night as players got to hit with the new Head Speed Graphene 360 rackets, play with the pros, shoot for targets, and win raffle prizes including a new Head racket and box seats to Indian Wells (BNP Paribas in March)! Thank you Carrie Cimino and Sophia Bott!

Next up was the **Athleta** fashion show featuring many of our sexy and talented team staff members followed by the dance class/party featuring **Jenny Kita**, an original member of Gwen Stefani's Harajuku Girls on Court 1. Work it y'all! Perhaps most exciting of all, **Santuari Restaurant** was open and rocking all night long serving delicious food and drinks to all our happy guests.

To top the evening off, our fearless GM, Adam James, ended by announcing the good news that for the Fourth year in a row we have been voted "Best Health & Fitness Club" in the Daily News Readers Choice Awards! Let's go TLTCF!

From top to bottom: "World Record Ron" (in blue) moments before breaking the record; Our talented staff members sporting Athleta and TLTCF Pro Shop apparel; Head/Penn Demo night. Speed wins!

TEAM TENNIS CHARITY CHALLENGE TO BENEFIT THE PABLOVE FOUNDATION

Team Tennis Charity Challenge will be taking place on Mondays, Tuesdays and Wednesdays from September 17th thru October 3rd to benefit **The Pablove Foundation**, which strives to: **Improve** the lives of children living with cancer through the arts. **Invest** in underfunded, cutting-edge pediatric cancer research. For more information, visit Pablove.org. Matches will begin each evening at 6:30 p.m. Santuari Restaurant will be open. On Saturday, October 6th, please join us from 10 a.m.-3 p.m. We'll be hosting the semis AND the finals, plus a silent auction! Bring a friend, bring your checkbook and help support a worthy cause!



SPINNING

By Marie Landsberger

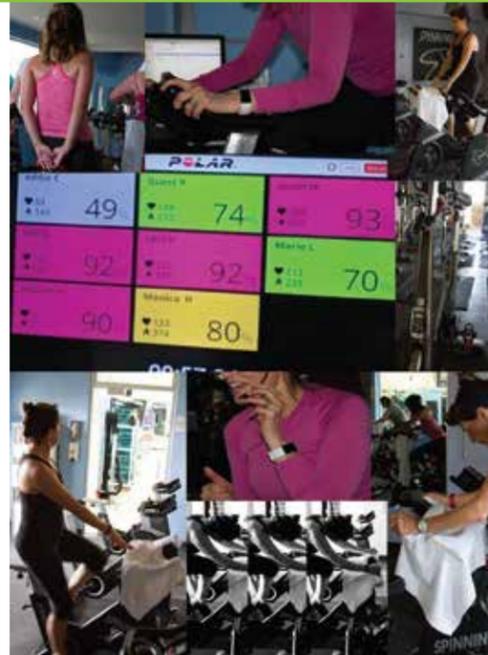
This month is all about Spinning®! Here's why you should check out one of the Club's many Spinning Classes and see for yourself the benefits that come along with Spinning:

Burn Calories. Consider this, a one-hour long ride at a moderate intensity burns approximately 420 to 622 calories, according to Harvard Health. Improve Your Cardio for a Healthy Heart Spinning can be performed as an anaerobic exercise, pulling energy from reserves and building up muscular endurance over an extended timeframe. However, there are also aerobic benefits. Spinning classes include both endurance and cardiovascular training. Heart health is one of the most obvious benefits of Spinning, as is lung capacity. As we work harder, we will learn to work on controlled breathing, as well. This can help with anxiety and help lower the heart rate when in a situation where physical exertion begins to take the breath away. We use the Polar Heart Monitor program in many of our classes for added conditioning results and excitement.

Set Your Own Pace. You may prefer to crank up the speed and resistance frequently, that is your choice. If you are new, recovering from injury or just not the "high-intensity type," no worries. Every time you ride a Spinner bike find your comfort zone and make the experience your own.

Join a Community That Feels Like a Team. Regardless of your fitness level, Spinning unifies groups of people through hard work and dedication. You don't just sit in class unaffected by your neighbor, you and your neighbor begin to motivate one another. In those moments, you become more than a group of riders - you become a team.

Lower Your Body's Workout Breaking Point. Spinning puts far less pressure on your knees and your feet than other traditional cardio alternatives. With the ability to work hard on a Spinner bike without hurting your knees and feet, you can worry about results without fearing potential injuries. Here are a few of the benefits of indoor cycling low-impact workouts: accommodates ailments, easy on injuries, joint & tendon health, fitness longevity and build lean muscle definition.



Strengthen Your Core. In addition to the major leg muscles worked during a Spinning class, the abdominal muscles get a workout, too. As you ride, unlike racing a bike on the road, you get an upper body rhythm going that helps you keep your leg rhythm. The movement from a slightly bent position and side to side works both the central abdominal muscles and those along the side of your abdomens. This is a technique known as "rhythm release."

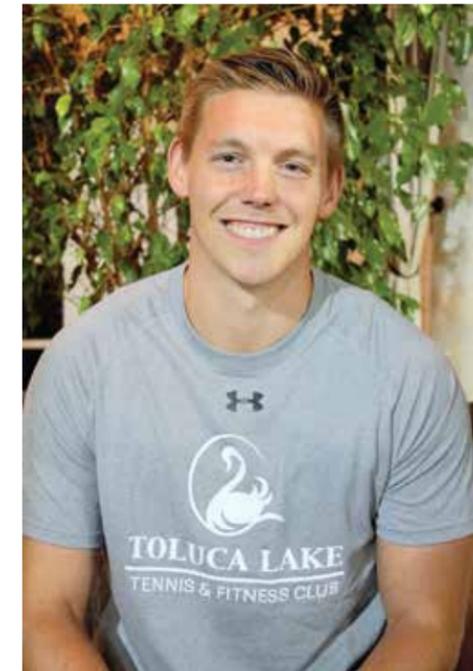
Enhance Your Mental Strength. The warmup and cool down are great ways to relax. Before and after putting your body through a strenuous Spinning class you can close your eyes, work just a little, and allow the physical exertion to become a catharsis for releasing pent-up emotions. Spinning can also help you develop a "can-do" attitude and mental strength. When you ride, there are good days and bad. The important thing is that you carry through with your regular Spinning routine. Push through difficult times, work up the hill climbs and ride through the endurance training. Mental self-discipline is something often gained from Spinning and can often be applied to other areas of life involving self-control or confidence.

The benefits from Spinning meet a long list of health, fitness and lifestyle needs for a broad range of people. Get started today! We hope to see you in Spin!

FIND A CLASS! Check out the class schedule on our new web site at ttennisandfitness.com. We have a new "Group X Upcoming Classes" feed on the right hand side of our Home page and you can simply click on "See Complete Group X Schedule".

GOODBYES AND GOOD STARTS

Everyone at the Toluca Lake Tennis and Fitness Clubs sends a message of good luck and congratulations to **Tom Kruszewski** and his fiancée Taylor, as they get married this fall and move back home to Michigan. We greatly appreciate all of the hard work and excellent training by Tom, as well as his contribution with our social media videos and photography. Tom will undoubtedly also be fondly remembered for his amazing work as the bartender at our Holiday Party and other Social Events. We will all miss Tom and Taylor, but we know they will be very happy and successful where ever life takes them.



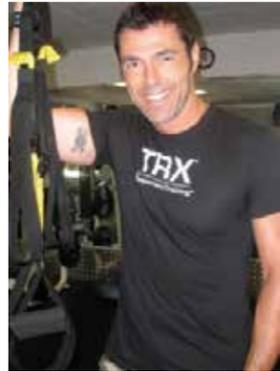
CLUB TRAINERS personal training



ARE YOU RECEIVING YOUR FULL MEMBER BENEFITS?

Looking for a new training program? Need to re-evaluate what your exercise? Want to get MAXIMUM RESULTS? **All members receive a complimentary consultation with a Club Trainer** and we will review your health history, provide cutting-edge scientific assessments and prescribe specific exercises to meet your goals. If you never used your Complimentary Fitness Consultation or if it's been over 6 months since your last one, simply fill out the Fitness Consultation form at the Front Desk and one of our Club Trainers will contact you ASAP to schedule your appointment.

We also offer a complimentary introductory session in Nutrition, Dance, Swim and more. Be sure to check all the right boxes that interest you on the consultation form, and there will be no additional charge. We want all of our members to receive the full benefits of the Club's fitness programs!



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IT'S SMOGGY OUTSIDE ... RUN OR NOT?

By Brian Shiers MA CMF

It's a typical San Fernando Valley day, you lace up your running shoes, and suddenly your smart phone AQMD Alert says the air quality is harmful for 'sensitive persons'. "Is that me?" you ponder. Yeah, you cried at the season finale of "This Is Us", but you can take a little smog, right? But then you remember that small particulate pollution can cause heart disease, and that gives you pause. But maybe it shouldn't.

While exercise has long been linked to a variety of health benefits including a reduced risk of cardiovascular disease, exposure to air pollution has been tied to an increased risk of not only heart attacks, but asthma and chronic obstructive pulmonary disease (COPD).

Yet, in a least-of-all-evils result, recent research published July 18th in the Journal of the American Heart Association suggests that even when traffic fumes permeate the air, it's still better for your heart if you get outside and exercise than if you spend all day sitting inside.

In the study, researchers examined data on air pollution exposure, exercise habits, and hospitalizations or fatalities related to heart attacks for 51,868 adults in Denmark ages 50 to 65. During an average follow-up period of almost 18 years, 3,260 participants, or 6 percent, had either a first or recurrent heart attack.

People living in areas with high levels of air pollution were 17 percent more likely to have a heart attack during the study than residents of low-pollution areas, the study found. And those who had a history of heart attack at the start of the study were 39 percent more likely to have a heart attack during follow-up when they lived in high-pollution areas.

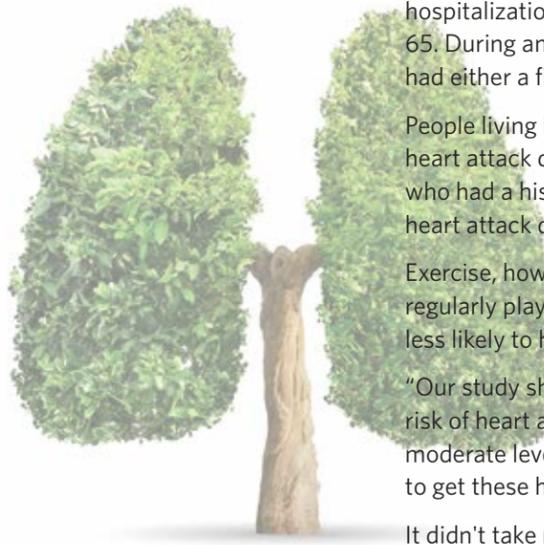
Exercise, however, appeared to help even when people lived in polluted places. Adults who regularly played sports in regions with high levels of air pollution, for example, were 21 percent less likely to have a heart attack than people who were inactive!

"Our study shows that physical activity even during exposure to air pollution . . . can reduce the risk of heart attack," researchers stated. "Our research supports existing evidence that even moderate levels of regular physical activity, such as active commuting, are sufficiently intense to get these health benefits."

It didn't take much to make a difference, either. Compared with people who got less than a half hour per week of any physical activity, those who got anywhere from a half hour to four hours of exercise were 23 percent less likely to have a first heart attack and people who worked out more than four hours had 28 percent lower risk.

"It's important to note, however, that exercising in a place with higher air pollution will not be as beneficial as the same physical activity in a place with cleaner air," said Dr. George Thurston, director of the Program in Human Exposures and Health Effects at New York University School of Medicine in New York City. "Exercise is good for your heart, irrespective of air pollution, but exercising in low pollution is healthier than running in high pollution. This caution against exercising in high air pollution is even more important to take heed of if people have a pre-existing respiratory or cardiac condition."

The upshot? If you have moderate to severe asthma or another respiratory disease, or if you have significant cardiovascular disease, and it's a smoggy day, sit out your exercise or do it indoors. But if you're healthy and want to stay that way, going out for that run may be more beneficial than saving it for a rainy day.



MEMBER HIGHLIGHT

GAIL LEVY'S GOT TALENT!

SHOW YOUR TLTFC SUPPORT BY VOTING

TUNE IN AND VOTE!
 SEPTEMBER 11TH



I am excited to announce that as a member of Angel City Chorale, we have made it through two rounds of auditions for *America's Got Talent* and will be performing in the Semi Final round on Tuesday, September 11th!

Angel City Chorale (ACC) is a community choir whose mission is to "build community one song at a time". I've sung with them for over 15 years as a First Soprano. This 150+ member group includes individuals from all walks of life, religions, races and ages and the music we sing is just as diverse as our membership. We are known for performing gospel, pop, classical and world music in a wide variety of languages.

Being on *America's Got Talent* has been intense, amazing, energizing and quite surreal for all of us and we're not ready to stop singing anytime soon.

www.angelcitychorale.org



WATCH on YOUTUBE

- Audition #1**
www.youtube.com/watch?v=gBYIKEIGXJs
- Audition #2 (Golden Buzzer)**
www.youtube.com/watch?v=XStvwK6yKvs
- Quarter Finals**
www.youtube.com/watch?v=QNbza_bMuUo

TUNE IN and VOTE SEPTEMBER 11th!

I hope that TLTFC members will show their support by voting for me and The Angel City Chorale in the Semi Finals on September 11th on NBC (Channel 4) at 8:00 p.m. We're competing against some incredibly talented performers, so it is extremely important to spread the word about Angel City Chorale to as many people as possible.

Please download the *America's Got Talent* app to your cell phone and/or log in to www.nbc.com/americas-got-talent on September 11th after we perform to vote for Angel City Chorale!



WE WOULD LOVE TO HEAR FROM YOU!

Looking for something in the Pro Shop, but we don't carry it? Please tell us what you want in the Pro Shop. Simply e-mail your request and suggestions to info@tltennisandfitness.com

member business network

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626.737.0205 - office 818.416.5446 - cell

Exclusive offer for TLTCF members:

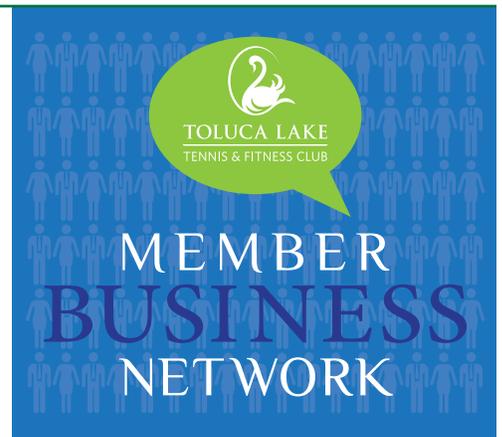
No service/consultation fee on your first Travel Arrangement with Protravel (promo code: DJJC-TLTC)

Bringing our members and local businesses together.

Market your business to some of the most influential and important people in Los Angeles ... your fellow members.

For more information on how you can join the TLTCF Member Business Network, please contact:

Adam James, General Manager
323.851.6000 or e-mail at adam@tltennisandfitness.com



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