



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS

love tennis? [love fest!]



MOTIVATION

“ LET THE
BEAUTY
OF WHAT
YOU LOVE
BE WHAT
YOU DO. ”

- RUMI



saturday, february 10th
9 am - 3 pm
round robin doubles!
one-point tourney!

*The Rushed Art food truck will be on site for lunch.
Delicious Argentinian food!*

feel the love.

REGISTER IN THE MEMBERS' LOUNGE.





Ben Brunkow
Tennis Director
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DRAMA *in the* DESERT

SECTIONALS SUCCESS

In early January, Toluca Lake sent three teams to Palm Desert to compete in the USTA Jr. Team Tennis So. Cal. Sectionals.

This was not the first time we've been to Sectionals, but it was the first time we've sent three teams, and also the first time that we've sent two "Advanced" teams. Our 12s Advanced, 14s Inter., and 18s Adv. teams all earned a trip to Sectionals after going undefeated in the regular season.

The weekend started off on a high note as 70 of us gathered for dinner on Friday night at SPC in the Renaissance Indian Wells. It was a wonderful evening as players and parents from all 3 teams got to mix, mingle and munch together, as one, before splitting up for the weekend tourney (each team would be playing at different sites).

Our 12 and U Advanced team spent Saturday and Sunday competing at the JW Marriott Desert Springs Resort & Spa. Matches consisted of 8 game pro sets and included 2 singles and 2 doubles each time. Thus, 32 "games won" was a perfect score in any given match. How'd they do? Can you say "DESERT STORM"? They won every match for a total of 96 games won, and more importantly were dubbed So. Cal CHAMPS!!! Congrats kids (and parents), well done, unbelievable effort.

The 18s Adv. Team had nearly equal success. Nine teams were in their division, and so three groups were created containing three teams each. After winning their group on Saturday, they advanced to the "1st place" group on Sunday. This was a collection of the three teams that had won their respective groups on Day 1. So, two more matches were to be played. We beat Valley Hunt in the AM 32-28, then faced RPTC (from San Diego) in the afternoon.

After "Toluca" Gianluca won his match at #1 singles over Jayson Blando, and after our doubles teams split their matches, the most dramatic match involved our very own Gui Padilha, who faced Kevin Thai, at #2 singles. Late in the second set, Gui was mounting his second straight gutsy comeback (he was down 2-5 in both sets). His opponent was beginning to cramp, and it kept getting worse. Gui wisely took advantage, slowly grinding his opponent into the ground, and into misery. After an injury timeout taken by Kevin, Gui eventually won the set in a tiebreaker. So it was on to a 3rd set tiebreaker. As the tension mounted, players, parents

and teammates from both sides were loudly cheering after nearly every point. Kevin was brave, a warrior, but he had no chance against the healthier Gui, and halfway through the breaker, he crumpled in pain succumbing to the final cramp which ended the match. Wow. Drama. What a match! What a fight! Final score: TLFC def. San Diego 42-37.

Undefeated! Champs, right? Not so fast. Due to the rule which says that "most games won" shall decide the winner, we fell just short of San Diego who won a few more games than we did. So ... 2nd place, "Finalists". Bittersweet. But not too shabby for a group of 14 and 15 year olds in the 18s division. If these guys stay together for a few more years ... watch out!!! Special thanks to Coach

Eric Schroeder for all his passion, energy and experience. Thank you for a memorable weekend. So fun! Congrats kids (and parents), this is a special group with a bright future.

The 14s Inter. Team also made the journey. This was exciting in that many of these players and parents were making their first trip to Sectionals. They had enjoyed a terrific regular season going undefeated here in the San Fernando Valley to earn a trip to the desert. They are a strong team and we all had high hopes. But So. Cal is chock full of talent, and Sectionals is a whole new level. Despite our talented roster, the other teams were a bit stronger, and though we won a few individual matches, we were not able to capture the title. Fun weekend though, and I know they'll be hungry to return to Sectionals and give it another crack! Special thanks to Coach Andrew Skorsis for all his passion and positivity. Thank you for a great weekend. Well done! Good job kids (and parents), and congrats on a great season of tennis!

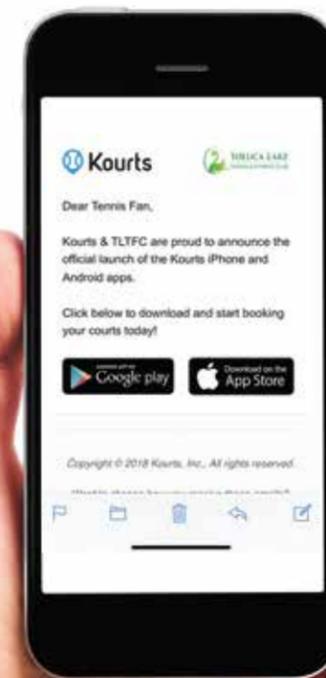
Tennis is an individual sport, obviously. So when precious opportunities like this arise, it's a special thing for kids to experience Team Tennis. To bond. To hang out in a hotel for a weekend swimming, playing ping-pong, basketball and, of course, tennis. To look over on to another court and see a teammate and shout out encouragement, or to receive some is a great feeling, it's a lot different than being alone on a court in an individual tournament. Both scenarios build future life skills, but Team Tennis is a special thing and hopefully these talented players will take these experiences with them throughout their lives.



TOP: The 18s Adv. Team (front row from l to r): Atticus Parker, Marcus Sebastian, & Gianluca Brunkow. **Back row:** Luca Lovrich, Gui Padilha, Gabriel Chavez, and Coach Eric Schroeder. **BOTTOM: The 14s Inter. Team (from l to r):** Dani Biasini, Jackson Geltzer, Justin Lee, Jarid Haslinger, Coach Andrew Skorsis, Connor Evans, Maxime d'Herbecourt, and Matteo Collaianni. (Not pictured: Bryan Bateman, Kaitlyn Glaim and Jack Polhemus.)



The 12s Adv. "Dream Team" (from l to r): Lukas Grossman, Braden Stolper, Nischal Spurling, Coach Ben Brunkow, Tatum Buchen, Lorenzo Brunkow, Neel Joshi, and Hovannes Khuloyan



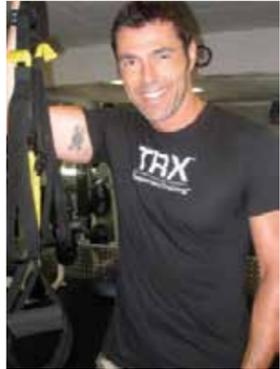
THE KOURTS APP IS HERE!

I am very excited that you all now have the ability to book tennis courts on your phone. Of course there may be a few initial growing pains, but in the long run things are about to get a lot easier for both you and our front desk staff.

We have created a 4-day time frame. Specifically, it's a 96-hour rolling window within which you can book courts. So, once your desired match time falls within the following 96 hours (4 days), you can book a court.

Can you still call in or book in person? Yes, absolutely. Do you now have to wait 'til 8:30 a.m.? No! Yippee! Enjoy, and see you on the Kourts!

—Ben Brunkow, Director of Tennis



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KEEP YOUR MUSCLE

BY GETTING MORE IRON*

(*With dumbbells, that is!)

In a recent study called "Effect of Exercise Type During Intentional Weight Loss on Body Composition in Older Adults with Obesity," appearing in the November issue of the journal Obesity, researchers found surprising results from studying different combinations of exercise and diet.

When we consider fitness beyond the most common aesthetic goal - bodyweight on the scale - the average TLTCF member is most concerned with being fit and functional enough to be able to enjoy life without any significant restrictions. The key to achieving this goal often ends up being how much muscle we have and its level of strength, coordination, and mobility.

Many people over 50 spend most of their gym time on the treadmill, the elliptical, the recumbent bike, or that rugged favorite, the stair climber. Certainly a healthy dose of movement. But if your goal is to combine weight loss AND functional fitness, these current findings make it clear that one kind of exercise is indispensable.

The researchers in the study compared people in their 60's who were significantly overweight and divided them into three groups: weight training + low calorie diet; low calorie diet only; and low calorie diet + walking on a treadmill. Not only did the weight training group lose more fat, they also maintained the most muscle. And here was a surprise: the dieting and walking group actually lost more muscle than the diet alone group.

The upshot? If you're interested in losing body fat AND keeping your muscle, be sure to include weight training 2-3 times/week emphasizing leg and torso muscles in multiple joint movements like lunges, squats, step-ups, pulldowns, and presses. You'll be stronger and more capable long into the sunset years!



Marie Landsberger
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MEET TONNI!

Be ready to find your inner athlete and do it with a smile!

Although Tonni's classes are led in group format, you will feel like you are in a one on one session. Tonni thrives on the pack mentality, so know when you walk into her class you are part of a team. Being your biggest cheerleader, she will recognize and applaud each and every team member in class while leading you through an exhilarating, highly energetic, proper form-filled class. However, don't let her pint-sized frame fool you. When she's on the podium, Tonni unleashes the beast! This Virginia born and bred Southern lass promises to make you sweat, dance and laugh while leading you on a spiritual journey to discover the best version of yourself. A woman of many strengths and talents and a former Professional Distance Runner and Ballerina, Tonni is certified in Spin, SurfSet, Barre, Mat Pilates, Rowing and TRX Master Certified. In addition to those certifications, she is a certified Endurance Coach and writes training programs for Professional Athletes in multiple sports disciplines ranging from the NFL to Professional Dancers. When she's not at the Club, Tonni likes to "relax" by rock climbing, backpacking and camping in the California Sierras and banging out Ultramarathons (that's 100 miles of running in the mountains or desert heat)! She is also an avid animal lover. Oh, and here's a fun fact: Tonni's little sister medaled in the 100-meter hurdles at the 2012 London Olympics - awesomeness must RUN in the family!



JOIN TONNI
FOR FRIDAY
NOON SPIN!

TONNI

INTRODUCING
DALLAS MALLOY *NASM-CPT, BCS*

Dallas, a true renaissance woman, has over 14 years of experience as a Certified Personal Trainer and Wellness Coach through the National Academy of Sports Medicine. She has studied and worked extensively in Naturopathy and holistic fitness. She is a former boxer, bodybuilding champ, and trained in Krav Maga.

She portrayed herself in the opening of *Jerry Maguire*, where Tom Cruise narrates her true story of making boxing history at 16 years old. She paved the way for women in boxing after she won a discrimination lawsuit, forcing the formerly male only U.S. Amateur Boxing to set up a women's division. She participated in the first ever sanctioned match between two females and won by unanimous decision. She has also won several titles as a bodybuilder, including the NPC Tournament of Champions and 2012 Ms. California State.



She is an animal rescue volunteer, loves to uplift and inspire people through all of her work, and has great expertise in the mental aspects of training. She loves to work with people at all levels - from beginner, to professional athlete, teenage to senior. She is expert in coaching, motivating, and inspiring people with every type of goal. **Dallas can be reached at 310.623.2109.**

CLUB
TRAINERS

NEW TLTFC KID'S CLUB SUPERVISOR!

We are excited to introduce our new TLTFC Kid's Club Supervisor **Erin Norlie**. You've seen her at the front desk and working in the kid's club for the past 2 years. Erin has extensive experience with children. She toured the world teaching musicals to 60 kids a week with the Missoula Children's Theatre, as well as nannying before and since moving to Los Angeles from St. Louis, Missouri. Erin is looking forward to working with the daycare team and developing the program even further!

We also want to thank **Jessica Serrano** for all of her excellent work as the TLTFC Kid's Club Supervisor. Jessica graduated from CSUN with her Master's Degree in Education and she recently took a full-time position as School Counselor for the Las Virgenes School District at Yerba Buena Elementary School in Agoura Hills and Round Meadow Elementary School in Calabasas.

We greatly appreciate all of the professionalism, organization, and dedication that Jessica brought to the TLTFC Day Care Program, and we wish her great success in her career.



ERIN NORLIE

ARE YOU READY FOR THE 2018 WINTER OLYMPICS?



The world's greatest athletes come together, starting February 9th, to compete in the Winter Olympics in PyeongChang, South Korea. Some of the sports we see during the winter games are incredibly unique; bobsled, speed skating, ski jumping, just to name a few. You may ask yourself, how does one train for a sport like that? Especially if they live in Southern California, or somewhere without snow and ice!

The TLTFC Club Trainers will be putting together a series of instructional videos on how to train for winter Olympic sports. We'll give you unique training tools to add to your next workout. Even if you don't plan to ever drive a bobsled, adding variety to your workouts is important, and can keep things fun and interesting!

Stay tuned to our social media platforms for our Olympic training video series!



NEW EQUIPMENT!

We are excited about our new **Stairway Ultimate Stairclimber** now in the Cardio Deck and the **Revgear Heavy Bags** in the Group X Studio and in the Weight Room. Check them out or talk to one of our Club Trainers about integrating the new equipment into your fitness routine!

pro shop



GIVE YOUR LOVED ONES the gift of HEALTH and FITNESS this

VALENTINE'S



- membership
- class passes
- tennis lessons
- personal training
- dance lessons
- swim lessons
- jiu jitsu lessons
- merchandise
- massage



Gift cards are available for purchase at the Front Desk.

member business network

FEATURED BUSINESS:



TOLUCA LAKE
FAMILY
DENTAL

Toluca Lake Family Dental -

Roland Yakubov, DDS
10668 Riverside Drive
Toluca Lake, CA 91602
818.769.5390

Exclusive offer for TLTFC members:

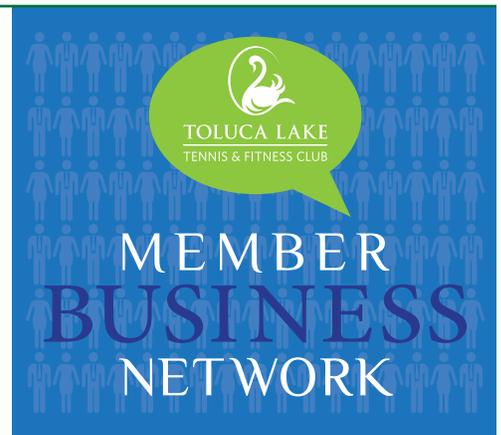
FREE whitening kit for all new Member patients, PLUS 20% discount to patients with no dental insurance.

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 TLTFC Member Business Network, please contact:

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



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