



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS



The Toluca Lake Tennis & Fitness Club has some of the best personal trainers in Los Angeles. We offer a complimentary Fitness Consultation to all members and our trainers will review your health history, your fitness goals, provide fitness assessments and prescribe specific exercises that will enhance your workouts. If you want regular personal training service, we have both in-house personal trainers called Club Trainers and Independent Master Trainers. All of the personal trainers are

SIMPLY THE BEST

fully certified and highly qualified fitness professionals with a wide variety of specialty credentials and fitness experiences. For more information on the Independent Master Trainers, please speak with them individually. For more information on the Club Trainers, please contact the Fitness Manager or the Front Desk. Book your complimentary Fitness Consultation today and discover how you can become YOUR best.





Ben Brunkow
Tennis Director
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LOVIN' LA JOLLA

It was another unforgettable weekend. In early June we made our annual pilgrimage down to tennis paradise, aka La Jolla Beach and Tennis Club. There, we spent a wonderful weekend competing in an Interclub (our members vs. theirs), enjoying some R and R, and partying on the beach at sunset on a beautiful Saturday evening. While we didn't win the Interclub this year, it was a blast just the same. Pretty hard to feel blue when enjoying such a perfect setting, and such perfect weather! Jealous? Come join us next June, 2019!

top left: Sharon and Cortes: looking good and feeling good down by the sea! top right: Toluca Lake royalty: Norm & Reggie Perry (left, front) across from his brother Bob (a French Open Champion!) and wife Eileen; Tom & Kathy Brunkow; Hall of Famer Phyllis Adler surrounded by Rose Marie Smith and Cortes Alexander. bottom: Toluca Lakers and La Jolla Beachers enjoyed a 2-day Interclub featuring singles, doubles and mixed. The Tennis was exciting, the sportsmanship was divine. So we lost 5-13, but we'll get 'em next year!



CONGRATS TO THE #1 TEAM!

In June, the team of **Gianluca Brunkow** and **Sundeep Chakladar** became the new #1 Boys' 16s Doubles team in So. Cal. Thanks to their results so far in 2018, they have accrued enough ranking points to claim the top spot. The USTA has introduced a new incentive to doubles players called the "Bryan Bros. Race". Basically, the team that is ranked #1 at the end of the calendar year will win the race. Teams will get their names engraved on the perpetual trophy, and players will be recognized on court next March at the Indian Wells BNP Paribas. Not too shabby for a couple of 15-year-olds ... keep up the good work boys, and good luck the rest of the year.

The new #1 Boys' 16s Team in So. Cal.: GL and Sundeep.

INTRODUCING WINSTON RICE

Please join us in welcoming Winston Rice as a TLTFC Hitting Instructor!

Tennis has and always will be my greatest passion. Thanks to my older brother, I got into tennis because he needed someone to beat up on ... and he was pretty successful at it until I was 16, and I was finally able to beat him (still one of my biggest accomplishments). It's still the thing that bonds us, and I enjoy going to the US Open with him every year. As a kid, I trained at Brookhaven Tennis Academy in Dallas, TX. I played competitively throughout Texas most of my teen years, and I was #1 singles at my high school. In college, I joined SMU's club tennis team. There's a joy I get stepping out on the court and hitting. I would love to share that joy with all of you.

Please contact me at 469.766.2137 to set up a hitting lesson! I promise to make you sweat, get a good groove with your strokes, and most importantly have fun!



HITTING LESSONS

Members: \$45/hour
Non-members: \$50/hour



Wimbledon Woodie Classic

Sunday, July 8th at 9 a.m.

- ~ Wood rackets only!
- ~ Players dressed in their best Wimby whites
- ~ Strawberries and cream
- ~ Champagne and mimosas
- ~ Fish and chips

Come enjoy the show ... see you there!



Marie Landsberger
 Director of Group Fitness
 323.851.6000
 mlandsberger@pacbell.net

introducing
ALENA



Please join us in welcoming **Alena Yazeva**, Fitness Instructor and Health Planner, as a TLTFC Group Exercise Instructor!

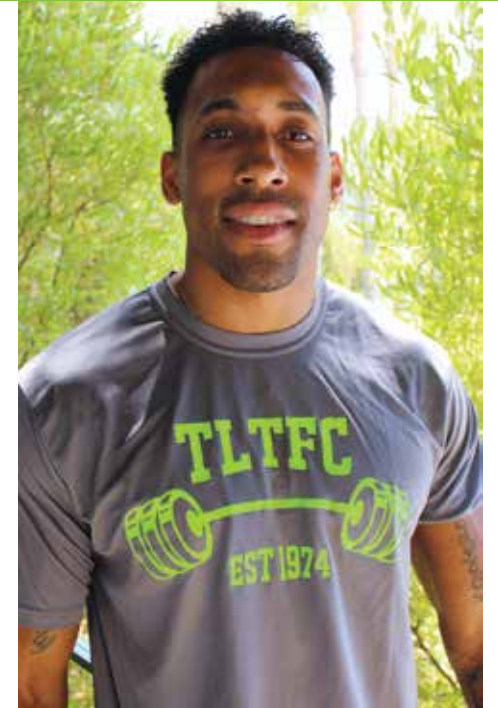
"I have over 5 years of experience in personal training and group exercise. I am originally from Belarus. My goal is to make people look and feel great and change their lives for the absolute best! Healthy Lifestyle = Happy Life!"

Alena is instructing the Full Body Workout class on Thursday mornings at 10 a.m. Give Alana 30 minutes and she'll change your body. The class includes short cardio bursts to burn fat & calories, strength training to tone upper body, resistance bands to sculpt lower body and crunches & plyometrics to tighten abs & core. All levels welcome.

**Join Alena
 Thursdays
 10-10:30 a.m. for
 Full Body Workout!**



INTRODUCING
**MYLES
 CRAWFORD-HARRIS**



Please join us in welcoming Myles Crawford-Harris as a TLTFC Club Trainer! Myles, a California native, has an extensive background in sports and fitness. After graduating high school, he earned a full scholarship to Southern Utah University, and successfully completed his bachelors in Exercise Science while participating as an collegiate athlete. Myles has

been a personal trainer for two years, and has helped transform dozens of clients bodies while assisting them in reaching their fitness goals. Along the way he has educated himself in the science of nutrition, and has a great understanding in the Three-W's (What, When, Why) of nutrition. Over the years, he has adopted some core fitness beliefs, such as; proper exercise form, correct fitness progression, nutritional importance and hard work. Myles will use his knowledge and experience to build a balanced and fun program that will fit your goals and give you the best results possible. *Myles can be reached at 925.212.5748*

THE TLTFC

summer SLAM

1 FITNESS CONSULTATION
AND
10 PERSONAL TRAINING SESSIONS

\$750
savings of \$50!

CLUB TRAINERS

Get a group together, save even more!
 (2-4 people required for semi-private option)
 1 Session: \$55/person
 5 Sessions: \$250 (\$50/person)
 10 Sessions: \$450 (\$45/person)
 20 Sessions: \$800 (\$40/person)

Ask a TLTFC Club Trainer for details!

TOLUCA LAKE
 TENNIS & FITNESS CLUB



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WEIGHTLIFTING...

A POWERFUL TOOL AGAINST DEPRESSION?

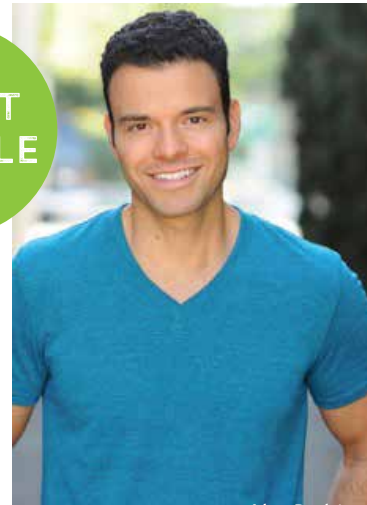
By Alex Bedria

I've often shared with clients my principal goal for every session we have together: that they will feel better at the end of our workout than in the beginning. Never is this goal more tested than when my client is enduring the symptoms of depression.

Yet my clients have consistently reported that they do feel better. Sometimes slightly, sometimes considerably. I couldn't quantify these experiences with existing data, but I sensed something extraordinary was happening.

This month, those stories got supported by science. Researchers from JAMA Psychiatry have found that weight training significantly reduces the symptoms of depression. This is a landmark discovery because the majority of studies on exercise and depression have been focused on cardiovascular training.

GUEST ARTICLE



Scientists aren't exactly sure of the mechanism, though there are likely many factors in play: Stronger muscles help your body send more oxygen and nutrients to the brain, social bonding with a trainer or training partner, or even the self-esteem boost as your body becomes more fit.

Incredibly, the study suggests that resistance training significantly lowered depression symptoms whether people lifted a couple of times a week or every day (and also whether or not their strength actually improved).

Add this onto the already massive list of why you should be weight training, including upping your body's ability to burn calories, reducing your risk of osteoporosis as you age, and improving memory.

I love that the science continues to validate what many of us in the fitness arena have intuited for years — the more care we give our bodies, the more care we give our minds.

If you're experiencing depression, please seek the care of a mental health professional.

Alex Bedria has been a fitness professional for two decades and a Master Trainer at TLTC for 13 years. He has held certifications from ISSA, ACE, AFAA, and NESTA. Contact him at alexbedriatrainer@gmail.com for a complementary consultation.



MEMBER SPOTLIGHT

Book Release - October 2018

In *Dance for Sports*, author, teacher, dancer, athlete, researcher and TLTC member **Margo Apostolos** offers a new training approach for athletes and coaches that synthesizes common techniques between athletics and dance. By utilizing this approach, in- and off-season athletes can improve efficiency and technique.



Photo by Rose Eichenbaum



Throughout the book, Apostolos shows the potential exchange between sport and dance in exercises that focus on overlapping physical components of both practices including flexibility, strength, coordination, agility, balance, and timing. She also demonstrates how dance serves sport as a cross training activity with additional opportunities for athletes to explore creativity, improvisation, and mindfulness. Discussion with athletes from several sports interweaves each chapter to expand the learning process and offer useful anecdotes. Based upon the author's decades-long career and extensive experience with athletes and coaches in a variety of sports such as football, basketball, swimming, tennis, track and field and more, *Dance for Sports* provides a fully integrative guide for students and instructors alike. **Order online at global.oup.com/academic with promotion code AAFLYG6 to save 30%!**

Margo K. Apostolos, PhD is Associate Professor of Dance at University of Southern California and co-director and co-founder of the Cedars-Sinai/USC Gloria Kaufman Dance Medicine Center. In addition to teaching and research in dance and sport, her research includes work in robot choreography, dance medicine, dance science and conditioning for dance. In Margo's new book, *Dance for Sports*, Margo offers a new training approach for athletes and coaches that synthesizes common techniques between athletics and dance. By utilizing this approach, in- and off-season athletes can improve efficiency and technique.

SUMMER SOCIAL EVENT

MARK YOUR CALENDARS for Friday August 24th from 6-8 p.m.

- Head Penn Demo Night featuring the new Speed Racket, the TLTC tennis pros and the Head So Cal Representatives
- Guinness World Record attempt by 7x record holder Ron Sarchian: the most tennis balls caught in one minute fired by a ball machine at 100kph standing within 20 feet (the current record is 47) at 6:30 p.m. on Court 1
- Fashion Show featuring Athleta and the TLTC Pro Shop at 6:45 p.m. on Court 1
- Dance class at party 7:30 p.m. on Court 1
- Complimentary appetizers and cash bar from Santuari restaurant
- Free event and open to members and their guests



pro shop

GRAND REOPENING!

To celebrate the Grand Reopening of the TLFC Pro Shop, we are offering:

**25% OFF everything in the Pro shop,
PLUS an additional 50% OFF
everything on the rack!**

Sale ends 7/31/18.



member business network

FEATURED BUSINESS:



Mediate ... don't litigate.

Joey Dashut, IDA

All family law matters

California Divorce Council
13273 Ventura Blvd., #101
Studio City, CA. 91604
818.784.8844

cadivorcecouncil.com

Exclusive offer for TLFC members*:
Free consultation to all TLFC members

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 TLFC Member Business Network, please contact:

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



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