



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS

SPORTSPEOPLE OF THE YEAR!



MATT EMERZIAN



LENA BOUTON

Congratulations to Lena Bouton and Matt Emerzian! Lena and Matt (*pictured above*) were named this year's Sportswoman and Sportsman of the Year as voted on by their fellow Tennis Members. We had more votes than ever this year, and I'm happy to report that many of our Tennis Members received votes, but Lena and Matt received the most, by far, earning them this year's honors.

They were recognized at the Holiday Party (*photos below*) and presented with plaques to commemorate the award. Their names also appear on our new perpetual trophy that will be displayed in the Member's Lounge listing past winners.

It was a big night for Lena and Matt as they were also introduced to the Club as our two newest Tennis Advisory Board Members, replacing Linda Abrams and Bruce Horowitz. Special thanks to Linda and Bruce for all their years of service, and we now look forward to Lena's and Matt's ideas, energy and passion for tennis.



HAPPY NEW YEAR, TLTFCL!



Ben Brunkow
Tennis Director
818.634.4402
bennybackhand@gmail.com

We have another action-packed year planned! Check out the **2019 Schedule of Events** on the following page and mark your calendars. Get set to ramp up your skills, have some fun, meet new people or simply try something new. If you are seeking skills development, check out the clinics schedule by clicking the quick link on the right hand side of our home page at tltennisandfitness.com or visit the Tennis tab to explore private instruction. Our Pros can teach anyone from beginners to advanced tournament players.

UPCOMING EVENTS

2019 ANNUAL CLUB SINGLES CHAMPIONSHIPS!

Who will be our 2019 Club Champs? Ready to wear the crown? Wanna sit atop the Challenge Ladder? It's time once again to begin our quest for the next Club Champions. Enter 3.0, 3.5, 4.0 or 4.5+ (Open). \$30 entry fee.

- Flexible Format (make your own schedule!)
- Round Robin (many matches guaranteed!)

Starts Saturday, January 26th. Ends Sunday, April 14th ... **SAVE THE DATE!**
Sign up in the Members' Lounge.

2019 LOVE FEST

The 10th Annual **love fest** will take place Saturday, February 9th. Member-Staff Round robin doubles! One-point tourney! 9 a.m.-3 p.m. Sign up in the Members' Lounge.

feel the love.



2019 SCHEDULE OF EVENTS

We are excited to release the TLTFC 2019 Schedule of Events for "most" things Tennis. The events highlighted in **RED** are our "can't miss" **FEATURE EVENTS**.

JANUARY

- 1 — (Tue.) New Year's Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 7 — (Mon.) Men's Monday Night RR begins ... thru February 4
- 21 — (Mon.) MLK Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 14 -27 — Australian Open!!!
- 26 — (Sat.) Club Singles Tourney begins (Finals on Sun., April 14)

FEBRUARY

- 9 — (Sat.) 10th annual "love fest", Member-Staff RR Doubles Tourney, 9 a.m. - 3 p.m.
- 11 — (Mon.) Women's Monday Night RR begins ... thru March 11
- 18 — (Mon.) Prez. Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.

MARCH

- 2 — (Sat.) Member-Guest Tourney ("Bring-a Ringa"), Doubles and Mixed Doubles; 9 a.m. - 3 p.m.
- 6-17 — BNP Paribas Open in Indian Wells
- 18 — (Mon.) Men's Monday Night RR begins ... thru April 8

APRIL

- 6 — (Sat.) Foothill Clubs Tournament & Cocktail Party! Men's & Women's Doubles (1/2 day p.m. Tournament with 4 other clubs)
- 13 — (Sat.) Club Singles tourney Semi-Finals
- 14 — (Sun.) Club Singles tourney Finals
- 15 — (Mon.) Women's Monday Night RR begins...thru May 6
- 21 — Easter Sunday Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.

MAY

- 3 — (Fri.) TLTFC Social Night & Head/Penn Demo Party @ 6 p.m.
- 12 — Mother's Day
- 13 — (Mon.) Men's Monday Night RR begins ... thru June 10
- 27-June 9 — French Open!!!
- 27 — (Mon.) Memorial Day Drop Ins @ 7:30 a.m.

JUNE

- May 31-June 2 — (Fri.-Sun.) Interclub @ La Jolla Beach and Tennis Club-TENNIS GETAWAY!
- 10 — Junior Tennis Camp starts (runs thru Fri., August 16)
- 16 — (Sun.) Father's Day
- 17 — (Mon.) Women's Monday Night RR begins ... thru July 15 (no RR July 1st)

JULY

- 1-14 — Wimbledon!!!
- 4 — (Thur.) Ind. Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 6 — (Sat.) The Wimbledon Woodie Classic! - One day RR (9 a.m. - 2 p.m.), wood rackets only! Got Wood?!
- 22 — (Mon.) Men's Monday Night RR begins ... thru August 12
- 27 — (Sat.) Annual Mixed Doubles Foothill Clubs Championships & Cocktail Party! (1/2 day only!) Competitive tournament, all levels, in conjunction with 4 other clubs.

AUGUST

- 16 — (Fri.) Last Day of Jr. Tennis Camp
- 23 — (Fri.) TLTFC Member Mixer 6-9 p.m.
- 26-September 8 — U.S. Open!!!

SEPTEMBER

- 2 — (Mon.) Labor Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 4 — (Wed.) Team Tennis Draft @ 6:30 p.m. (Captains only.)
- 7 — (Sat.) Team Tennis Charity Challenge Kick-Off Party
- 9 — (Mon.) Team Tennis Charity Challenge begins and runs thru Sat., September 28th. Social tennis event and fundraiser in which all levels compete together in this unique "team" competition. (Matches are played on Mon., Tues., & Wed. evenings.)
- 28 — (Sat.) Team Tennis Semis & Finals, and Silent Auction
- 30 — (Mon.) Women's Monday Night RR begins ... thru October 21

OCTOBER

- 21-22 — (Sat.-Sun.) TLTFC Club Doubles Championships
- 28 — (Mon.) Men's Monday Night RR begins ... thru November 18

NOVEMBER

- 2 — (Sat.) Interclub vs Valley Hunt from 2-5 p.m. @ TLTFC
- 28 — Turkey Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 29 — (Fri.) Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 25 — (Mon.) Women's Monday Night RR begins ... thru December 16

DECEMBER

- 7 — (Sat.) TLTFC Annual Holiday Party, 5-8 p.m.
- 24 — (Tue.) Xmas Eve Drop Ins @ 7:30 a.m.; Club hours: 7 a.m. - 7 p.m.
- 25 — (Wed.) CLUB CLOSED for XMAS.
- 31 — (Tue.) New Year's Eve Drop Ins @ 7:30 a.m.; Club hours: 7 a.m. - 7 p.m.



Marie Landsberger
Group Fitness Director
323.851.6000
mlandsberger@pacbell.net

new class, new instructor and new beginnings for a NEW YEAR!

NEW CLASS — TRX ON FRIDAYS

Welcome to Group Exercise, Alana! Alexis will now be teaching TRX on Fridays at 1:00 p.m.

Alana has been working at TLTC since 1999. She started in Group X and massage therapy. In 2000 she received her ACE Personal Training certification. In 2017 Alana received her ACE Health Coach certification. There have been many certifications in between including, Pilates and TRX. Her focus now is on function, fitness and overall good health for every decade of life. Alana says "Regardless of age, injuries or contraindications there is always a way to work out and improve health."

TRX, which stands for Total Body Resistance Exercise, is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. So whether you want to build strength, lose fat, improve endurance or flexibility, the TRX Suspension Trainer can be used to achieve any of these fitness goals.



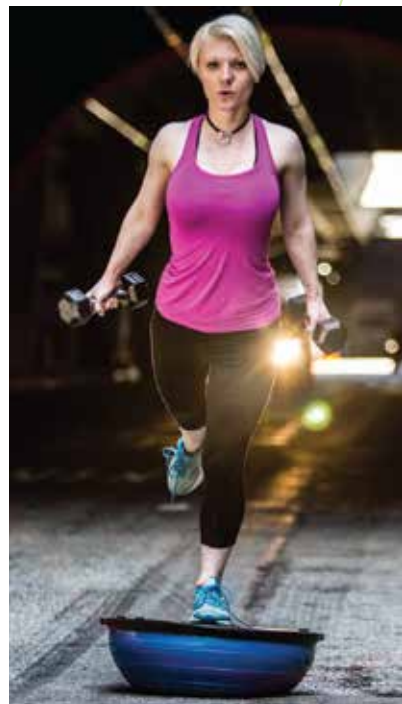
NEW INSTRUCTOR — WELCOME ALEXIS!

Alexis will now be teaching Bootcamp Style on Tuesdays at 6:15 a.m.

Alexis was trained in Russian Ballet for 12 years before finding her love of body-building and fitness. She also earned a Bachelor's in Psychology, which in her opinion, allows her to approach fitness and health from the inside out. She is currently a NASM-certified Personal Trainer, Mad Dogg Athletics-Certified Spin Instructor, and Group X Instructor. Her mission is to help all individuals achieve their best selves and have the happiest and healthiest lives possible.

NEW BEGINNINGS

Please wish Jade well as she takes time off to complete her final year of college and earn a degree in Kinesiology.



PLEASE WELCOME OUR NEWEST CLUB TRAINERS



Elijah Britton earned his B.S. in Business Management from Clemson University. He ran Varsity Track & Field as a student-athlete. He received All ACC & All American honors in the 110 meter hurdles as well as the 200-meter dash. He is also a signed and published Sports Lifestyle model. Having modeled for brands such as Under Armour, Asics and Nike. He specializes in strength conditioning training, endurance, speed HIIT training and improved flexibility. Elijah is NCEP and CPR certified. He currently is pursuing his masters in Business marketing. As a former college student-athlete Elijah brings motivation and special attention to details to all of his trainings and clients. Elijah, having prior collegiate experience, knows what it takes to get results. Elijah is a great fit for anyone looking to improve their health and make healthier life style changes. In his free time he tries to prepare future collegiate student-athletes for the next level both physically and academically.

TAKE ADVANTAGE OF OUR HOLIDAY SPECIAL. TALK TO A CLUB TRAINER TODAY!

Jake Burkhardt started out his professional career at Texas A&M University where he studied Bio-Medical Sciences. During his time in college, he did internships with University of North Texas Health Science Center and University of Nebraska Medical Center to study human biology and get hands on experience with patient care. Jake has always had a passion for health and fitness and has been certified through Aerobics and Fitness Association of American and is now certified with International Sports Science Association. Through his years of experience in health and fitness, he developed a passion for CrossFit Training as well as functional fitness. He has been able to show his clients how to start training smarter and stop "working out" by utilizing different energy pathways that are applicable for every day life. His training styles will help with weight-loss, sport specific fitness, strength, flexibility, mobility, core strength and endurance.





Brian Shiers,
MA AMFT CMF
Personal Training Director
818.568.3496
function360fitness@gmail.com

THE TOP 5 reasons to exercise 3 OR MORE TIMES A WEEK IN 2019

By Brian Shiers, MA AMFT CMF
Personal Training Director

It's that time of year. Back onto the seemingly endless treadmill of New Year's renewals of commitments, goals, change. Sometimes it feels like we're running in circles, and, in fact, sometimes we are. But other times it's more like we're on a circular path that, to be sure, returns to familiar endings and beginnings, but also travels upward, vertically. Like a spiral ascending rather than a dog chasing its tail.

Here are **5 Reasons** that come from the ascent which can boost our insight and our motivation to do what is our necessity, our calling, and our privilege: to begin again.

1. You'll have feel-good, encouraging responses to people at cocktail parties who make comments like, "Oh God, I've got to stop eating like this and get to the gym."
2. You'll wrestle with and master the battle between the nagging thoughts of sticking to your workout schedule and the feelings of inner resistance that say, "No!", or "Not today...", or "What's the point?" When you can do what's needed for yourself, whether or not you feel like it, you're all grown up!
3. You'll master the truth about emotion regulation and movement. **Fact:** If doctors could legitimately prescribe exercise to treat anxiety and depression (read: if it were reimbursable by an insurance carrier as a covered intervention), it would be the first choice for many. When we exercise when we're stressed, anxious, overwhelmed, or depressed, we trigger neurochemicals, hormones, and other stress response systems to regulate and balance themselves temporarily. And during that window, clearer thinking and resilience are more possible. Those experiences and insights build up!
4. You'll be a role model for the people you care about (Hint: your health and happiness is not just about you). Don't underestimate the power of this. Without role models - whether we have personal relationships with them or not - there's little we as individuals could accomplish. Who could taking great care of yourself influence?
5. You'll get strong legs. Leg strength is an independent predictor of everything from heart disease and dementia risk to all-cause mortality. That's why friends don't let friends skip Leg Day.

Here's to seeing you a lot more in 2019. If you need partners in fitness, well, that's why we're here. To work with one of our highly-experienced Master Trainers, email me at Function360Fitness@gmail.com.



PLEASE WELCOME THE GARRY MARSHALL THEATRE, OUR NEWEST MEMBER BUSINESS NETWORK MEMBER

There is great LIVE THEATRE right in your neighborhood! Did you know the Garry Marshall Theatre presents year-round entertainment in the heart of where Burbank meets Toluca Lake? The critically acclaimed and Ovation Award-winning 130-seat theatre was founded in 1997 as the Falcon Theatre by Hollywood legend Garry Marshall. Reestablished as the Garry Marshall Theatre in 2017, the theatre continues to produce exciting shows, concerts, and experiences for all ages. Go see a show in the New Year! Tickets are on sale now for the upcoming production of *THE MOUNTAINTOP*, by Katori Hall. A dramatic reimagining of the final hours of Dr. Martin Luther King, Jr.'s life and stunning new view of his dream for our nation. Playing February 6-March 10. *Entertainment Weekly* calls *THE MOUNTAINTOP* "...daring, rousing and provocative." For more information and tickets, visit www.garrymarshalltheatre.org or call 818.955.8101.



TLTENNISANDFITNESS.COM HAD A MAKEOVER!

In an effort to make our web site mobile responsive, leaner and stronger, we are excited to announce we launched a newly designed web site near the end of 2018! Highlights of our new site include:

- Simplified, cleaner layout makes it easier to navigate and find what you need, especially on mobile devices
- Events are now in a blog style format and include options to share on social media
- Upcoming classes feed on Home page for today's Tennis Clinics and Group X classes
- Quick links to Tennis Clinics and Group X schedules on Home page under the upcoming classes feed
- Quick link to the Member Business Network page so you can discover exclusive TLFC member benefits
- Tennis Clinics and Group X classes can be filtered by class type



Our social media links are easy to find on the Home page so if you are not already following us, please do! And if you have not already done so, please leave a review on Yelp, Google+ or Facebook. We will continue to make improvements as we grow with our offerings and your desires as our members. Don't hesitate to give us feedback or make suggestions for what you would like to see. Our contact information and hours of operation are at the bottom of every page on our web site.

pro shop



SUPPLEMENT SALE!

Protein powder and supplements are 75% off while supplies last!

NEW YEAR, NEW GEAR!

New merchandise arriving this month! Come and check out our new Club logo gear in the TLTFC Pro Shop.



member business network



Innovative Wealth Strategists

Bruce Horowitz
6767 Forest Lawn Dr. #120
Los Angeles, CA 90068
323.878.2500

iwstrategists.com

DO YOU HAVE A GUIDE FOR YOUR FINANCIAL FUTURE?

Preparing for retirement can be overwhelming. There's a seemingly endless maze of decisions you need to make in order to retire successfully. At Innovative Wealth Strategists, we help people navigate the potential landmines of retirement planning, combining time-tested principles with cutting-edge strategies. This approach helps you have the clarity and confidence you need to reach your retirement goals.

EXCLUSIVE OFFER FOR TLTFC MEMBERS:

FREE consultation; 20% off planning services.

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@tltennisandfitness.com



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