



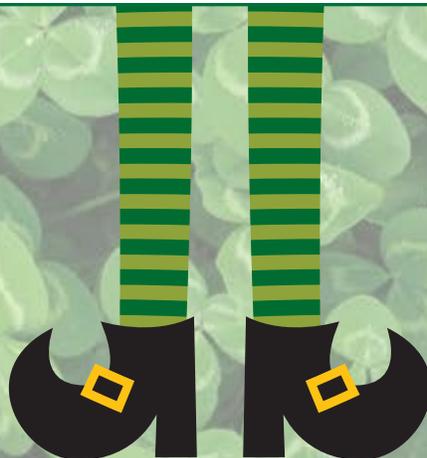
TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS



THE LUCK OF THE FITISH

March is the month to feel the LUCK of the "fitish". Time to find your journey's pot of gold at the end of the hard work and dedication rainbow. Add some charm back into your workout routine by hopping into one of our Group X classes offered daily. Get your jig on in Cardio Dance with Allie offered Mondays at 6:30 pm and Wednesdays at 7 pm. You can even add some extra St. Patrick's Green to your wardrobe by stocking up on some official TLTFC swag in our pro shop. While working hard to achieve your goals, don't let the LUCK of friendship and positivity pass you by. We are LUCKY to have each of you a part of our TLTFC family.





Ben Brunkow
Tennis Director
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TENNIS TIP(S) of the month

SINGLES

Wanna win more singles matches? Play smarter.

How? Think about percentages and don't go too big when it's not the right time. Sure, it's exciting to hit a clean winner. It feels good, it's a crowd-pleaser, but it should not be your goal. Your goal should be to induce more "forced errors" from your opponent, not for you to try to hit more winners. Going for winners usually means aiming for the lines, hitting harder than normal, ripping line drives just over the net, and thus in general, it means you're playing lower percentage, high-risk tennis. You can still play aggressively, but rather than going for that down the line winner right on the side line, why not aim two feet inside the line (bigger margins), and look to run your opponent side to side a few more times until he or she finally misses a ball that is unreturnable. On the stat sheet, forced errors are the best indicators of a player who will win a match. Just keeping the ball in play and waiting for unforced errors is also an option, and certainly is considered low risk tennis, but let's be honest, against a good player who can also keep the ball in play, you'll need more than just patience to win the match. Think "controlled aggression". Ideally, you are moving your opponent around the court, controlling the rally, and then, when an opportunity presents itself, when a large portion of the court is open, you go for a shot that will end the rally. Be patient and you'll be rewarded.

DOUBLES

Wanna win more doubles matches? Communicate with your partner. After every point! Be a TEAM!

Ever watch a pro doubles match? They talk. They high five. They support and encourage each other. After every point. You should be that same kind of "positive" doubles partner when you play. When a point ends, quickly come together (preferably on the base line so they can't hear you), high five, remind each other what the score is, then let the score dictate what you'll do on the next point. (Ex: "Great shot! Nice volley! Now we're up 40-15, so let's stay aggressive and poach.") ... or perhaps after your partner double faults...("No worries, it's OK, we'll get the next one! All right, since we're down love-40, let's play it safe and STAY, no poaching or faking on this one. We can do this!") Wouldn't you rather play with a partner like that than someone who rolls their eyes at you after you miss an easy shot or refuses to huddle up and communicate. It's doubles, you are a team. You are each other's life lines, each other's cheerleaders, each other's moral support. Not only will this influence your team in a positive way, it will have an effect on the other team, especially if they don't communicate.

tennis

MEMBER-GUEST/LOVE FEST!

Due to rainouts, the Member-Guest and love fest have been rescheduled for Saturday, May 11th. The events will happen simultaneously.



The Member-Guest/love fest!

Saturday, May 11th from 9 am - 3 pm
Both events will be happening simultaneously.
Choose one or the other. You may not play in both.
\$30 entry fee per team
Entry deadline is Sunday, May 5th
Two Tennis Members may not play together.
Enter one division only: A or B.
A = "all in", we are in it to win it!
B = "bar", as in, what time does it open?!



STAY TUNED! Registration for the Toluca Lake Tennis Camp will open Wednesday, May 1st. The camp will run Monday-Friday, June 10th - August 16th. Morning sessions will be geared toward beginners/advanced beginners and afternoon sessions will be geared toward advanced juniors (including tournament players, Varsity and J.V. team members).



Marie Landsberger
Group Fitness Director
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We Welcome Dallas TO GROUP EXERCISE

Dallas Malloy will now be teaching Boot Camp Style on Tuesday mornings at 6:15 am. Please join her! **BOOT CAMP STYLE** focuses on cardio, weights, plyometrics, TRX, drills and end with a relaxing foam roll stretch.

DALLAS MALLOY, Club Trainer, NASM-CPT, BCS Dallas has over 14 years of experience as a Certified Personal Trainer and Wellness Coach through the National Academy of Sports Medicine. She portrayed herself in the opening of the film Jerry Maguire, where Tom Cruise narrates her true story of making boxing history at 16 years old. She paved the way for women's 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. In addition, Dallas is an animal rescue volunteer, a classically trained pianist and she loves to uplift and inspire people at all levels - from beginner to professional athlete, teenage to senior.



FOCUS ON POLAR!

Check out the new Polar device to enhance your workout. The OH1 Optical Heart Rate Sensor is now for sale in the Pro Shop for \$79.99. You can wear this monitor on your upper or lower arm for accurate fitness readings.

If you're looking for a simple and affordable way to track your heart rate, Polar OH1 is the right choice for you. It's suitable for countless different sports, offering accurate, stable data in a remarkably comfortable and convenient form factor. Especially suitable for spin!

Polar OH1 works with Bluetooth-compatible Polar products. It's perfect if you're in search for an alternative for a chest strap. It connects to smartphones and works with popular fitness apps to enhance your workout.

Great news for those who prefer doing their training sessions without a phone or a watch but still want to capture their heart rate data: Polar OH1 also works as a standalone sensor. Just slip the armband on, start your workout and transfer your heart rate data to Polar Flow afterwards.

DESIGNED FOR COMFORT, CONVENIENCE, ACCURACY AND VERSATILITY!



POLAR OH1
Polar OH1 is an optical heart rate armband that combines versatility, comfort and simplicity. Track your heart rate and connect to your sports watch or fitness app. We offer several Polar devices in the Pro Shop, the A370 and the M200. Challenge yourself! Track spin and other fitness activity with a Polar Heart Rate Monitor.

NOT GETTING RESULTS? IT'S TIME TO MIX IT UP!

By Dallas Malloy

You can't do the same exercises all the time and expect to make change. Mind and body are completely aligned on this point; when the mind is bored, so is the body, and vice versa. You have to keep workouts fun, challenging and interesting. We thrive when we are tested both physically and mentally. We need obstacles to figure out, work through and overcome. Once accomplished, we are changed for the better. This goes for something considered great or small-whether deciding to run a marathon or trying out a new class (like my Tuesday 6:15 am Bootcamp!).

New obstacles keep the mind activated and interested, and require the body to adapt i.e. getting stronger, faster, more flexible, whatever is called for. If we aren't moving forward, we are sliding back-both mentally and physically. Keep in tune with the mind and body.

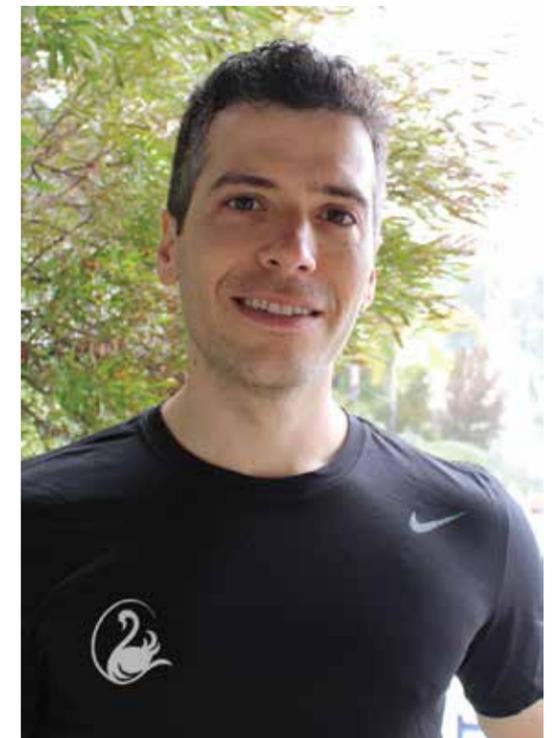
There are unlimited possibilities for breaking out of a rut, such as: introducing new types of exercise, styles, variations, mixing up the workout order, changing the number of reps or sets, changing the pace or rhythm of repetitions. Of course utilizing proper form and technique is essential for safe and effective workouts. Contact me about a complimentary training session!

Remember, new challenges = new opportunities for growth = fun, reaching goals, feeling better on all levels! Keep it interesting!

WELCOME DANNY LEE

Danny Lee is a certified personal trainer and specialist in performance nutrition, accredited by the International Sports Sciences Association. A native Angeleno, he has dedicated over half of his life to the study of nutrition and working out. While at UCLA, Danny worked with various trainers and nutritionists to hone his craft. Over the last decade, he has collaborated with various gyms and corporate environments, and has helped run the personal training and fitness programs at various stops in his continuous quest to promote wellness to a wide array of people. Currently, he spends a lot of his time in the gym discerning how to cheat gravity through distinctive workouts. Understanding the need to integrate fitness in a functional capacity, he prides himself on gearing the hour he spends with his clients towards preparing them for the other 23 hours in a day.

Contact Danny at 818.398.6649 for a complimentary fitness consultation or to inquire about personal training.



CLUB TRAINERS



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Personal Training Director
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WANT TO REDUCE YOUR RISK OF A HEART ATTACK?

Diet, exercise, and ...
SLEEP!

By Brian Shiers

When reporting on strategies to develop a strong cardiovascular system to ward off heart attack and stroke, the media is redundant with messages about nutrition, supplements, exercise, and stress-reduction. But rarely do we read about the connection between sleep and heart disease.

Now research from the prestigious Massachusetts General Hospital reveals one way good sleep protects the heart. They started from the body of work that suggests that disrupted sleep (fewer than the optimal 7-8 hours, or intermittent sleep of any duration) is correlated with atherosclerosis, the development of fatty plaques along the arterial cell walls of the blood stream. From there they theorized that sleep would play a definitive role in the inflammation that creates the opportunity for blood fats to aggregate along cell walls in the first place. They struck gold. Twice.

It turns out that sleep deprivation not only increased production in the bone marrow of inflammatory cells that lead to systemic inflammation, disrupted sleep also was found to negatively influence the production of a hormone called hypocretin in the hypothalamus, also resulting in increased inflammation. Not good!

How to improve sleep? Try this 10-point checklist:

1. Try to retire to bed at the same hour each night
2. Don't overeat, especially near bed time
3. Avoid alcohol too close (3 hours) to bed time
4. Make your bedroom only for sleeping and reading in bed, not work or TV
5. Keep your room temperature on the cooler side
6. Make sure your mattress is high quality and matches your structural needs
7. Make your room as dark as possible. Consider blackout curtains
8. Avoid blue light 2 hours before bed, or wear blue light blocker glasses
9. Off-load stress and write out your to-do lists before getting into bed
10. Just as you're falling asleep, review your day and practice gratitude for things well-done, for the things you enjoyed or appreciated about yourself and others



The Greater Toluca Lake Neighborhood Council is hosting its 8th Annual Earth Day Celebration featuring Taste of Toluca Lake! Bring the entire family and enjoy the Kids Corner, engage with our Environmental Booths and taste the amazing food while listening to live entertainment.



YOU ARE INVITED!

Our Club member **Christa Nannos** wrote, produced, and starred in this musical comedy series. Come party with her as she celebrates and screens all of Season 1!
www.youtube.com/supersingle

WHEN: Sunday, March 10th at 8:00 pm

WHERE: Bar Lubitsch in West Hollywood

WHAT: Red carpet photos, screening all 8 episodes, and an actor Q and A

SANTUARI

RESTAURANT

BRUNCH

Santuari Restaurant is now serving Brunch, featuring seasonal ingredient-driven California cuisine by Chef Brendan Mica and specialty Mimosas.

Open Saturdays and Sundays for Brunch 11 am - 3 pm
Open Tuesday through Saturday for lunch, social hour and dinner.

Reservations can be made at santuarirestaurant.com or by calling 323.902.9700.
Reservations are highly encouraged. Walk-ins welcome.
Complimentary valet parking.

santuarirestaurant.com

pro shop

PRO SHOP

We would like to hear from you!
Please e-mail us at tltcpshop@gmail.com
to let us know what you would like to see
in the TLTFC Pro Shop. Thank you!

*Your new Pro Shop Managers,
Kelsey & Winston*



member business network



SoCal Tutors, Inc. - Tiffany Forrand
6711 Forest Lawn Drive, Suite 209
Los Angeles, CA 90068
661.713.1610
socaltutorsinc.com

SoCal Tutors are an experienced team of specialist offering one-on-one tutoring in a nurturing setting. We focus on meeting educational needs for students in Kindergarten through College while empowering students to build confidence.

SERVICES INCLUDE:
*One-on-one Tutoring
Test Prep
College Prep*

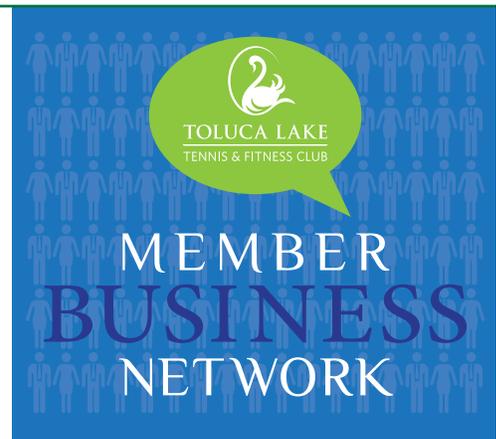
EXCLUSIVE OFFER FOR TLTFC MEMBERS:
*First session \$45 (\$30 savings); \$70 per session thereafter
All subjects. Open 7 days a week.*

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
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tltennisandfitness.com

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