



Tennis Zone Times

May 2010

451 California Rd. Quakertown, Pa 18951
215-536-7600 tennis@thetenniszone.us

www.thetenniszone.us

Summer is only a month away!



May Fitness Special Tennis Members get **FREE FITNESS** for the month of May.

Enhance your tennis game by working on your strength, stamina, and flexibility in one of our fitness classes or in our fitness room. (Kettlebell class is not included in this promotion but you are welcome to participate with a \$3 fee.) Please see front desk for a detailed schedule of our fitness classes.



Private Tennis Lesson Special

with Rob and Jerry
Get your game up a level for the summer

3 one hour lessons

for only \$135

for a savings of \$30

For a limited time only.

All three lessons must be redeemed by July 31, 2010.

New Fitness Classes Coming Soon!
Sports Agility Class starting May 24-June 28th (5 Weeks)
Mondays, 5:15-5:45pm.

Boot Camp Class starting May 23-June 27th (5 weeks)
Sundays, 9:30-10:30am.

No classes Memorial Day Weekend

Summer Adult and Junior Tennis Camp

Early Sign-up Gift

Sign up by June 1st and receive

a FREE Nike towel or Federer poster

District XI Champions

Singles Champion

Eric Perez

Congratulations to Eric Perez who captured the District XI Singles Title. He plays #1 singles for Southern Lehigh School District.

Foods That Fight Fat:

Add these items to your shopping list to curb your appetite, burn fat, and put you on the road to body fat and weight loss.

OATMEAL: A study found that fiber in the rolled grain curbs your appetite without a truckload of calories-the perfect combo to help you eat less and lose weight.

NUTS: Add a few small servings of your favorite variety to your diet—the fiber and good fat in nuts makes them very filling, so your weight stays steady.

FAT-FREE MILK: Several studies have shown a link between calcium and body fat: As calcium intake increases, body fat decreases. And one study showed that two servings of dairy every day may reduce the risk of gaining weight by as much as 70%.



Doubles Champions

Mike DiSanto

and

Brent Stevenson



Congratulations to Mike DiSanto and Brent Stevenson, who captured the District XI Doubles Title.

**Good luck at States
in Hershey, PA Memorial Day Weekend**

Congratulations Ellen Bishop!

Ellen Bishop, a tennis member, has qualified for the 2011 Boston Marathon by running 4.03 in the Poconos on Sunday, May 16th. This was 12 minutes faster than she needed to qualify!



Way to go Ellen!



TZ BIGGEST LOSER CHAMPIONS

Congratulations

Wendy Carroll

and

Margaret Kauffman

You look great!

French Open Starting Soon!

May 23-June 6

www.rolandgarros.com