

The Court Report

Volume 8, Issue 5

Huntsville Athletic Club

May 2009



L -R Byron Powers, Charles Murray,
Jennifer Lyons,
Rex Riddle, Phil Lindsey



Pro Shop News!

Demos for Sale!!!

Unstrung \$55

Strung \$75

Free Dues Winner
Ernest Young, Jr.

Are we playing tennis or flirting with the pretty girl?



L-R: Lisa Caprio, Gail Taylor, Kathy Lee, Mary Owen



L-R: Peggy Richardson, Angie Allen, Kim Mims, Cindy Manson

HAC's Hours
Mon. - Thurs. 5:30 am. to 10:00 pm.
Fri. 5:30 am. to 8:00 pm.
Sat. 8:00 am. to 5:00 pm.
Sun. 8:00 am. to 9:00 pm.

Nursery Hours:
Mon. - Thurs. 8 am to 7 pm
Friday 8 am to 2 pm
Remember: No nursery hours on the weekends!!

Restaurant Hours
Mon. - Thurs. 4:00 - 10:00 pm
Sun. 3 :00 - 9:00 pm
(All hours subject to change!)

Phone 256-881-0931

Fax: 256-881-0934

www.hsvathleticclub.com

Winter Adult Tennis League Results

9.0 Mixed

Winners: Donna Sellers/Dennis Simpson
Runner Ups: Angie Allen/Dick Allison

8.0 Mixed

Angie Allen/Ron Chesser
Leslie Dodgen/Larry Dodgen

7.0 Mixed

Winners: Cathy VanValkenburg/Ron Chesser
R - Ups: Mollie McCroy/Gary Marchenia

6.0-6.5 Mixed

MaryAnn/Ron Chesser
Cathy/Charlie VanValkenberg

7.5 Men's Doubles - 3 way Tie

Joe Akin/Ron Chesser
Chris Caudle/John Hughey
John Boyer/Tom Strickland

From the Net to the Vine!

The Art of Wine

The fourth lecture/tasting is the
Perfect Wines of Summer

Thursday, May 7th at 6:00 pm.

Enjoy tasting 6 different wines.

The perfect warm weather wines for your porch & Patio!

Special pricing on featured wines will be offered to HAC members.

We have a great group of wine lovers, come out - learn more about wines...

In a fun relaxing environment!

\$5 per person

Nursery will be open.

Cheers!

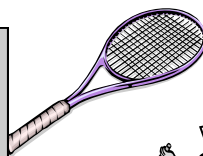
Offered by Lara Isbell, The Wine Source, 256.457.3819



May Junior Development

Starts: Monday May 4th
Ends: Thursday May 21st

3 week session



Drop In Clinics

Jennifer

Monday 7:30 - 8:30 pm

Chris

Eye Opener

Tuesday & Thursday
6:30 - 7:30 am

Beginner 2.5 - 3.0

Tuesday 6:30 - 7:30 pm

ALL DROP
IN CLINICS-
\$15 for
members,
\$21 for non-
members
(per hour)

Ladies Night

Margaritas & Tennis
Thursday, May 14

7-til ?

Price \$10

Must have a minimum of 8
players

Signup at the front desk



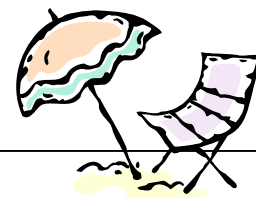
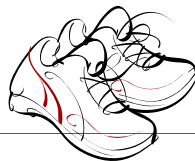
Junior Alabama Pre-Qualifying Camp

Tuesday May 26th - Thursday May 28th

Time: 3:30 - 5:30

\$60 members

\$75 non-members



“Getting Ready for the Beach”

We will start out this article with a question – “Who has less body fat a sprinter or a marathoner?” The answer I receive is almost always “a Marathoner”. The correct answer, however, is “a Sprinter”! In all the years I’ve been doing this, the amount of people who answered correctly I can count on 1 hand. You can understand why since the general public has been told over and over again that in order to burn fat you have to do continuous aerobic work. Sprinters do almost zero continuous aerobic work, yet they have less body fat.

How is this possible? The reason is rooted in the intense nature of their training. The higher the intensity (i.e. “Intensity” is the percentage of the maximum heart rate not the intensity of effort) the more calories per minute burned during the workout. In addition, and more important, calorie expenditure is increased for 24 – 48 hours post workout.

As a fitness/wellness professional for 12 years, I’ve had a chance to see many fitness enthusiasts workout at many gyms in areas that I’ve lived in across the country. At any given gym or fitness center, the one thing that I notice is you see the same people doing the same workouts month after month, year after year. The amazing thing is these people continue to look the same or they actually look worst aesthetically. This is especially true with the constant performance of continuous aerobic work.

What’s sad about this is that they feel like they are doing everything necessary to get the result they are looking for. They are resigned to the fact that this is how it’s going to be and there isn’t anything that can be done to correct their deficiencies. If you are were to ask them what results they would like to get out of their workout, the number 1 answer is “losing weight or getting thinner”.

(to be continued next month’s newsletter)

Contributed By: Thomas Amsden, a fitness professional with a background in strengthening and conditioning and post rehabilitation medical exercise. He has extensive knowledge in how the body was designed to function in order to obtain optimal balance. He has over 10 years of personal experience as a competitive body builder. Thomas is the owner and founder of Sports Pain Center located on the 2nd floor of Huntsville Athletic club.

MAY 2009 CLASS SCHEDULE

| TIME | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------|-------------|---|--|--|--|--|------------------|
| 5:45AM. | | Step Lenny | | Step Lenny | | Step Lenny | |
| 7:30 AM | | Qigong Practice Rebecca Zurn | | Qigong Practice Rebecca Zurn | | Qigong Practice Rebecca Zurn | |
| 9:00 AM. | | Pilates Express (upstairs) Rebecca Zurn <i>Zumba</i> Melanie | Muscle Pump Kat | Pilates Express (downstairs) Rebecca Zurn | Muscle Pump (upstairs) Kat | Pilates Express (downstairs) Rebecca Zurn | Step Lenny |
| 9:30 AM | | | | | <i>Zumba</i> Melanie | | |
| 12:00 PM | | | | | | | *Fencing |
| 2:00 PM | | | | | | | Fencing Practice |
| 4:00 PM | | | | | | | Fencing Practice |
| 4:30 PM | | Lenny's Ladies Circuit | Step Lenny | Lenny's Ladies Circuit | Body Shaping Anna Maria | | |
| 5:00 PM | Yoga Ann | | | | | Step Lenny | Closed |
| 5:30 PM | | Mat Pilates Tina Body Shaping Anna Maria | Yoga (restaurant area) Ann <i>Zumba</i> Melanie | Step Lenny | Yoga (restaurant area) Nirml <i>Zumba</i> Melanie | | Closed |
| 6:00 PM | | | | | | Fencing Practice | Closed |
| 7:00 PM | | Step Lenny | *Fencing Practice | Step Lenny | Step Lenny | | Closed |

*Fencing class is limited to 12 people ages 12 and up. Fencing cost—\$90 for 8 weeks.
For information, email blittle@hiwaay.net or visit www.huntsvillefencingclub.org.

Classes are no additional cost to members and \$7.00 per class for non-members.

**ALL TIMES
ABOVE ARE
SUBJECT TO
CHANGE.**



Shannon Jones L.M.T. #1737

Monday - Friday by appointment only

Techniques: Deep Tissue, Swedish, Prenatal, Chair, Shiatsu
Price \$1 per minute

To make an appointment call 527-5647

Note: Cancellations must be made within 24 hr. otherwise a charge will be made.

Gift Certificates Always Available