

For all junior clinics, please contact the following pros as to what each is offering during the winter:

The above clinics are held weekly. The cost per clinic is \$20.00 per person. To sign up for any clinic, please call the front desk at 988-5000
 * Saturday - Men's Clinic, open to 3.5/4.0 ratings only, will be held from 8:30 - 10:00a.m.
 * Thursdays - Advanced Clinic requires a minimum ranking of 3.5 for men and 4.0 for women, will be held from 1 - 2:30p.m.
 * Monday - Adult Clinic, open to all adults of all playing levels, will be held from 1 - 2:30p.m.
 The adult clinics will be scheduled as follows for 2012:

CLINICS

Now is the time to form our USTA teams for the upcoming 2012 adult league season, which begins at the end of March. Members will be allowed to form their own teams; however, each team must be comprised of a minimum of 12 El Gancho members in order to be accepted. People who wish to captain a team must let Michael know and include the names of the team members. It is important that before a captain asks members to be on their team, that they clearly discuss that players' role on the team - i.e., will that member play almost every match or will the player be used more as an emergency fill-in? These issues must be understood between the captains and each player on their team before signing up. For those who have not been invited to play on a USTA team, or have not been able to find a team, you may sign up at the front desk. If there are enough players in your division signed up, Michael will form a team for you.

USTA TEAMS—ADULT LEAGUE

Winter doubles leagues will begin on Monday, January 2nd. You can keep track of how you or other players are doing in the league by referring to the tennis notice board, updated at the end of each week.

WINTER DOUBLE LEAGUES

New indoor block time begins Monday, January 2nd and will run through Friday, February 17th. The next lottery will be held Saturday, February 11th at 10:00 a.m. on the indoor courts. Please note the earlier time!

INDOOR BLOCK TIME

Do you want to train like the pros? Ever wish you could increase the power and strength of your strokes or improve your court speed? Well now you can! Join us on and become a better athlete on the court. Kari Wilner, AFAA Certified Personal Trainer, will show you how to take your on-court performance to the next level in this efficient and effective cardio and strength circuit. You will learn exercises to not only build tennis-specific power, agility and control but to reduce your chance of injury as well. Two circuit classes will be offered, 10:00 a.m. and 10:30 a.m., don't miss out, you must sign up at the Front Desk - there is no charge.

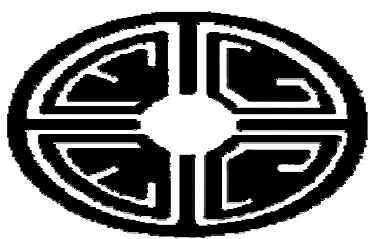
Tennis Specific Conditioning & Training

Often referred to as the most important shot in tennis, the serve is also one of the least practiced strokes. Join us for a free 15 minute evaluation and coaching on how to improve your serve. We will offer 2 clinics, one from 9:30 a.m. - 9:45 a.m. and the second from 9:45 a.m. - 10:00 a.m. Spots are limited - to reserve your place, please sign up at the front desk.

Serve Clinics

This year we will be offering 2 great tennis events which you can attend:

Welcome to 2012! **Resolution Day** will take place on Saturday, January 7th.



EL GANCHO
FITNESS SWIM & RACQUET CLUB

JANUARY 2012 NEWSLETTER

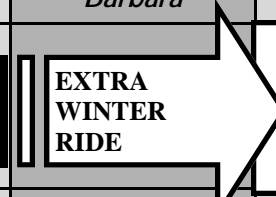
Web: www.elgancho.com Telephone: 505.988.5000 Fax: 505.983.1584
Club Hours: Wednesday—Monday 6:00am—9:30pm Tuesday 2:00pm—9:30pm

RESOLUTION DAY 2012

Saturday, January 7th 8:15 am—6:00 pm

8:15—8:55 am FITNESS MEDLEY YOGA SALUTATIONS—Greet the day with Tracey 9:00—9:50 am BODY SCULPT - Endurance & strength training with Barbara 10:00—10:50 am CARDIO MIX - Keep your heart rate up with Danny 11:00—11:50 am PILATES - Emphasizing core strength with Kristine 12:00—12:50 pm AQUA POWER - Non-impact & joint friendly workout with Barbara	RESOLVE TO RIDE 9:00—9:45 am “Take Control” with Jeff 10:00—10:45 am “Just Crusin-” with Bruce 11:00—11:50 am “Power Bursts” with Enita	TENNIS Serve Clinic/ Critique With Tennis Pros 9:30—9:45 —Session I 9:45—10:00 —Session II
		Tennis Fitness with Kari 10—10:30 am —Session I 10:30—11 am —Session II <i>See the back tennis page for more info</i>
FREE MOTION SUPER CIRCUIT This is the ultimate individual workout in a small group class. (Space Limited) 10:00—10:50 Session I with Barbara 11:00—11:50 Session II with Joseph	MIND-BODY RETREAT 1:00—1:50 pm YOGA FOR HEALTH with Susan 2:00—2:50 pm TAI CHI with Jeff	POWER CONDITIONING EVENT 12:00—12:50 BOOT CAMP with Joseph then go to 1:00—1:45 CYCLE POWER with Kim
	SPORTS STRETCH with Enita 1:00—1:15 pm Gym Stretches 1:20—1:35 pm Golf Stretches 1:40—1:55 pm Tennis/ Racquetball Stretches	
EQUIPMENT EXTRAVAGANZA 3:30—4:30 pm With Kari, Kelly and Hugh “On the Move” - Experience Cycling Rowing, Kranking, Kettlebells and more in a dynamic paced workout.	ZUMBA PARTY 5:00—6:00 pm with Kate	RACQUETBALL/ SQUASH 2—4:30 pm Round Robin Clinic with Butch

JANUARY FITNESS CLASS SCHEDULE

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Pilates Mat <i>Luna</i>	C L U B C L O S E D U N T I L 2 P M			T'ai Chi / Qigong <i>Jeff</i>		
7:15				Heart Zone Cycle <i>Kim</i>	Cycling <i>Lauren</i>		
8:20	Body Sculpting <i>Barbara</i>		Super Circuit <i>Barbara</i>	Dynamic Ball Training <i>Barbara</i>	Body Sculpting <i>Enita</i>	Kettlebells Fundamentals/ Conditioning (50 min. class) <i>Hugh</i>	T'ai Chi / Qigong <i>Jeff</i>
9:00			Body Sculpting <i>Pam</i>			Cycling <i>Bruce</i>	
9:35	ZUMBA <i>Danny</i>		Cardio Mix <i>Pam</i>	Step/ Sculpt Express (50 min. class) <i>Barbara</i>	Cardio Mix <i>Pam</i>	ZUMBA <i>Kate</i>	Cardio Dance <i>Sarah</i>
	Cycling <i>Lauren</i>		Cycling <i>Bruce</i>		Cycling <i>Lauren</i>		Cycling <i>Enita</i>
10:15						Cycling <i>Bruce</i>	
10:30							Aqua Power <i>Lauren</i>
10:45	Tone & Stretch <i>Danny</i>		Tone & Core <i>Barbara</i>	Tone & Stretch <i>Barbara</i>	Tone & Stretch <i>Pam</i>		
11:00						Mat Class <i>Kristine</i>	Yoga "Active Practice" <i>Tracey</i>
12:00	Aqua Power <i>Barbara</i>		Aqua Power <i>Barbara</i>	Aqua Power <i>Barbara</i>	Aqua Power <i>Luna</i>		
12:15	Express Cycle @ Lunch (45 min. class) <i>Dora</i>		Express Cycle @ Lunch (45 min. class) <i>Dora</i>		Express Cycle @ Lunch (45 min. class) <i>Dora</i>	Yoga <i>Susan</i>	
12:30	Yoga "Classical Asana" <i>Tracey</i>	Yoga "Poses, Posture, Props" <i>Susan</i>	Gentle Yoga <i>Luna</i>	Yoga for Health <i>Luna J.</i>			
1:45	Conditioning for Life <i>Kari</i>			Conditioning for Life <i>Kari</i>		Snow Delay Schedule: In the event of a snow delay, the 7:00 am, 7:15 and 8:20 am fitness classes will be canceled if schools are closed or on a 2-hour delay due to snow. The 9:00 and 9:35 am classes will continue as scheduled. Please call regarding cancellation of evening or weekend classes due to snow.	
4:45		Mixed Levels Yoga <i>Luna</i>		Classical Pilates <i>Lindsay</i>			
5:00	Cycling <i>Jeff</i>		Cycling <i>Kim</i>		Cycling "Race Day" <i>Jeff</i>		
			Kettlebells Fundamentals/ Conditioning (50 min. class) <i>Hugh</i>				
6:00	Winter Performance Conditioning <i>Barbara</i>	Pilates Mat <i>Kristine</i>		Boot Camp <i>Joseph</i>	ZUMBA® <i>Zamantha</i>		
		Cycling <i>Jan</i>		Cycling <i>Bruce</i>			
			ZUMBA® Toning Class <i>Kim</i>				
6:15	Cycling <i>Jeff</i>		Cycling <i>Staff</i>				

Instructors & Specialty Classes are Subject to Change

JANUARY EQUIPMENT ORIENTATIONS

This is an opportunity to meet a trainer and learn the equipment.



Saturday, Jan. 7th
@ 1:30 PM - Barbara

Wednesday, Jan. 11th
@ 10:00 AM - Joseph

Tuesday, Jan. 17th
@ 6:00 PM - Kari



Sunday, Jan. 15th
@ 11:15 AM - Enita

Friday, Jan. 27th
@ 9:00 AM - Pam



KRANKcycle®

Saturday, Jan. 7th
@ 11:00 AM - Kelly

Advance Sign Up: Please sign up at the front desk for attending an orientation. You must sign up no later than the day prior by 5:00 pm.