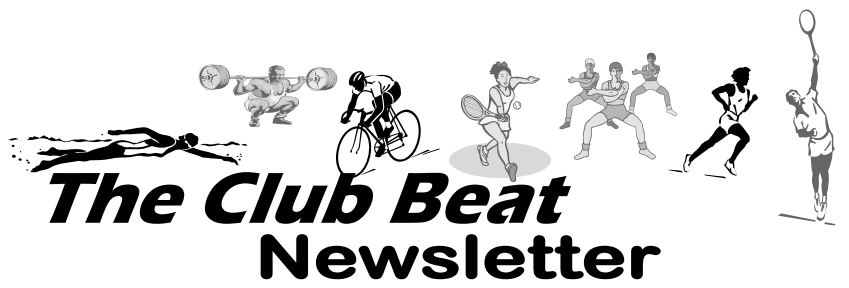


BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!



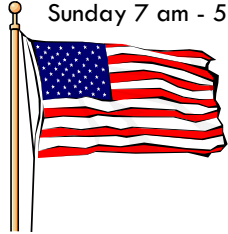
The Club Beat Newsletter

October 2010

2170 Robinhood Street Sarasota, FL 34231 941.921.6675 Pro Shop 941.923.8381 bathandracquet.com

Club Hours:

Monday thru Friday 6 am - 11pm
Saturday 7 am - 6 pm
Sunday 7 am - 5 pm



Up & Coming

- ☞ Free Friends & Family - October 2 & 3 after 1pm
- ☞ USTA Jr. 10 - 16 Rookie Tournament - October 2
- ☞ USTA Men's National 50's Tournament - October 3-10
- ☞ Make-A-Wish Doubles Tournament - November 6-7
- ☞ Free Friends & Family - November 13 & 14 after 1pm
- ☞ USTA Jr. 10 - 16 Rookie Tournament

PLEASE NOTE

Friends & Family has been moved to the second weekend of November due to the Make-A Wish Tournament

Just when you thought it was safe to have that bagel...it's back...

THE WEIGHT LOSS CHALLENGE IS BACK!

You will have four full weeks lose as much weight as you can!
Weigh ins must be supervised and initialed by Fitness Center staff
Weigh-ins are on Monday October 11th.
Contest is over November 8th
Winner gets a T-shirt, a pair of workout gloves and \$90 in "Club Bucks."
No Cost to enter! C'mon, be a loser!



Clayton's

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CH CH CH CH CHANGES?

OK, so you've seen the move of about half of our cardiovascular equipment to the mezzanine.

And by the time you read this we will have moved the fitness center around to make better use of the extra room.

We are making changes to fitness in every area. We have many new classes on the way and we have been regularly offering new programs to educate and entertain.

So, take a look at what's coming up in October and join in. There are a lot of no-charge activities available - take advantage!

TRX SUSPENSION TRAINING

TRX Classes are on the way!

Dates and times to be announced.
Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Done in a class setting, safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Look for more info.

**NEW
NEW
NEW**

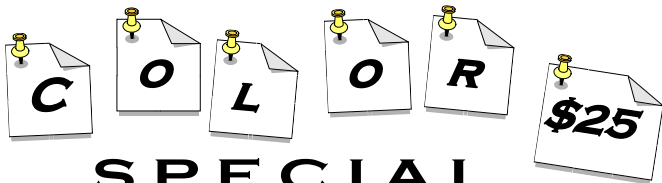
Now Available . . .

PERSONAL STRETCHING

A one-on-one session with a personal trainer, maximizing your stretch. We all know that we are supposed to stretch, but did you know the benefits of a extended, assisted stretching session?

IMPROVED
Posture
Performance
Blood Flow

REDUCED
Stress
Muscle Soreness
Risk of Injury



SPECIAL

WHAT??? You heard it... and not just any color. This is SCHWARZKOPF PROFESSIONAL COLOR for the unheard of price of \$25
Add a Cut for \$20
Add Low or High Lights for \$25

@
Sarasota Facials & More

Linda Lee Averett, Owner
921-6675 504-0592

NOW OFFERING:

GREAT LENGTHS
HAIR EXTENTIONS
100% Human Hair
Call for Free Consultation.

SAVE 50%:

BRAZILLIAN KERATIN
STRAIGHTENING
Reg. \$300
Now \$150

Winter Aqua Schedule

Starting November 1st, we will be switching to our Winter Aqua Aerobics Schedule.
Tuesdays & Thursdays @ noon.



Treat yourself To Treat others October is Breast Cancer Awareness Month

During the month of Oct., Massage therapists, Melissa Wabnitz LMT and Chris Scalzo LMT, will donate \$10 and all gratuities from all* regularly priced massage appointments. Money collected will go to health, education, screening, treatment and research in the Sarasota area. Call for more details.

* Hour appts and up, does not include tournaments

Appointments with
Melissa Wabnitz LMT ma21172

941-302-4581.

Chris Scalzo LMT ma 19308

941-302-4580

CONGRATULATIONS LEAGUE WINNERS

MONDAY - Mens

Division 1

1st - Peter Laughlin 2nd - Phil Mihm

Division 2

1st - Matt Kluding 2nd - Matt Peters

TUESDAY

Ladies

1st - Terry Costa 2nd - Cathie Hodgson

Mixed

1st - Carl Buck & Debbie Ford

2nd - Sergio Molinari & Fabiola Beckman

WEDNESDAY - Mixed

1st - Walter Jones & JoAnne DeMartini

2nd - Tim Gruters & Ashley Gruters

THURSDAY - Mens

1st - Wally Klein 2nd - Bob Iverson

FRIDAY - Ladies

1st - Michelle McGrath 2nd - Cheri Neary

MEMBER SPOTLIGHT



Last month, B & R Ladies took first place at the Women's 4.0 USTA Sectional Tournament in Daytona Beach. They are now heading to the USTA National Tournament in Tuscon, Arizona which will be held October 24th - 26th.

B & R member and team captain, Cindy Wilson-Snyder, has done a wonderful job all season organizing team practices, coordinating players and preparing team line-ups. Also from B & R: Donna Hannigan, Lenore Funes, Beverly Perez, Julie London, Lisa Meshad, Maria Dull, Betsy Laughlin, and Jodi Anderson.

Everyone is practicing hard, realizing they'll be facing the toughest 4.0 competition in the nation. The opportunity and challenge is something everyone on the team feels fortunate to be part of.

Congratulations Ladies and Good Luck!



SEC is coming!



Sign Up Party, Nov 12th
6 pm in the Courtside Grill



Players Party/Calcutta, Dec 3th
7 pm in the Courtside Grill



Tournament, Dec 4th - 5th

Look for details in the ProShop

MAKE-A-WISH®



**Men's, Women's & Mixed Doubles
Tennis Tournament
November 6th - 7th**

Entries open September. Online @ USTA.FL

Tournament ID is 153504810

REGISTRATION NOW OPEN!

**Men's USTA National 50's
Clay Court Championships**

October 3 - 10.

Courts will be limited.

Watch for more details!



Tennis Talk

By: Eric Davidson *Director of Tennis*

I would like to acknowledge both the 4.0 & 4.5 Ladies teams that won the Florida sectionals and now are heading to the nationals. These teams are loaded with B & R Ladies.

They have been working really hard to get there. Great Job & Good Luck!

A Heads Up to league players: Whoever signs up or is signed up as a partner is charged for the league. So, if there is a partner change, let your pro know so that we can charge the league fee to the correct person.

The last thing I would like to talk about this month is really a sad story. We all have been hearing about Waggie - Ken Wagstaff, the founder of the Bath & Racquet Club. He is struggling with Alzheimer's Disease and I would like everyone to know how hard he worked to develop this club. He would tell me that some days he would teach all day on the court and then go home and string racquets till midnight. He was so dedicated to tennis that he deserves a lot more recognition than he gets.

Penny and he are truly very special people to Sarasota tennis. Thank you Waggie!

Have fun,

Eric