



NEWSLETTER

WINTER 2010

INSIDE:

Reminders & Christmas Party.....	2	Adult Tennis	7
Fitness Classes	3-4	Junior Tennis	8-9
Studio Class Schedule	5	Aquatic Schedule	10
Cycling Schedules.....	6	Calendar of Events.....	11

Hello Members and Friends,

Hard to believe it's December - wasn't it just summer?? Our programs and classes have really picked up now that the cold weather has finally hit. We're happy to be operating as we are in this challenging economy and for that, we thank you. Your support enables us to grow and your loyalty makes you feel like friends as well as members.

Don't forget to take time to work out and keep the stress level down. It'll help with 'Christmas cookie calories' too! Whatever your resolution is for 2010...let's make fitness part of it, okay?

The entire staff at South Shore wishes you and your family a very happy and safe holiday season.

See you at the club! John Phillips, General Manager

Karen Dudiak, Assistant General Manager

Reader's Choice Award Winner

Thank you to all our members who voted for south Shore as your favorite health, Fitness & Racquet Club!!! We have received this award for the last 10 of 11 years!



HOLIDAY HOURS

Dec. 24th Christmas Eve - 8 am - 1pm
 Dec. 25th Christmas - closed, Merry Christmas!
 Dec. 31st New Years Eve - 8 am - 1 pm
 Jan. 1st New Years Day - Closed, Happy New Year!

Congratulations to our two winners of the October Workout Contest for 2009!

Mark Wortman & Vicki Armstrong
 Both tied with 36 workouts during the month!

REFER A FRIEND AND RECEIVE \$50 IN SHORE BUCKS

REFER A NEW REGULAR FULL TIME MEMBER & RECEIVE A \$50 GIFT CERTIFICATE good for programs and instruction!

UPGRADE Your Membership to the Full Family Level

- You Receive:**
- FREE tennis and racquetball court time (check for time limits)
 - FREE Nursery services
 - FREE Kids Club
- Maximum discounts on lessons (Check with the service desk for details)

Remember...

We are staffed over **100 hours each week** for your Safety, Information and Convenience!

Our professional tennis, fitness and aquatic staff are certified and highly trained.



GREAT CHRISTMAS IDEA!

12 Days of Fitness Passes are available!

(Punch card for 12 visits to the Club through 1/15/2010)

- GREAT for students home for the holidays
- GREAT for someone wanting to try the club
- GREAT holiday gift or stocking stuffer



Winter Hours of Operation

Beginning September 8

Monday – Thursday 5:00 am – 10:00pm
 Friday 5:00 am – 9:00 pm
 Saturday 6:30 am – 7:00 pm
 Sunday 9:00 am – 7:00 pm

South Shore Health & Racquet Club

3630 Tennis Court, St. Joseph, MI 49085

(269) 429-2101 • (fax) 429-6520

(e-mail) sshrc@qtm.net • www.sshrc.biz



5 GREAT REASONS

to Work out at South Shore

- Lose weight & feel better
- Enjoy visiting with your friends
- 40 Free Classes per week (fitness & aquatics)
- Private fitness, yoga & pilates studios
- Great staff



South Shore is a GREAT place to have your child's Birthday Party!!!

Contact Laurie at **429-2101**

PROGRAM SPECIALS

(Check out the cost savings special under each department)

- Fitness - \$5 off Personal Training packages - good through Feb.
- Aquatics - \$10 off Private swim lessons - good through Feb
- Tennis - Buy a series of 1 hour private tennis lessons and receive a FREE South Shore t-shirt - good through Feb.

MEMBERSHIP CARDS REQUIRED

Please help by carrying your membership card!
\$5.00 charge for card replacements



FITNESS

Karate Join this program at any time.

Session I: Jan. 9 - Feb 20
Session II: Feb. 27 - Apr. 10

Saturdays

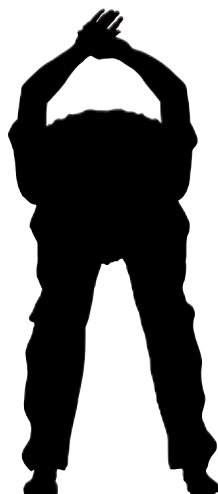
Kids Karate (8+ years)
10:30 - 11:30 am
COST: \$30M / \$40NM
Adult Karate (10+ years)

Wednesdays

(Starts Jan. 6th)
7 - 8:30 pm

Saturdays

10:30 - 12:00 pm
COST: \$45M / \$55NM



Group Exercise Class SilverSneakers I

Muscular Strength
& Range of Motion
This class is designed to increase strength, range of movement, agility, balance and coordination and to improve functional capacities, physical fitness level and sense of well-being. Class takes place on the aerobic fitness studio.

Fun - Fitness - Friends
Tuesdays and Thursdays
10:30-11:30 am

All levels are welcome.
FREE for Members
SilverSneakers II
Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscle endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support and stretching.

Wednesdays
8:30-9:15am
FREE for Members

FITNESS TRAINER TIP #1

Staying well hydrated even during the winter is very important.

How Much Water Do You Need to Drink?

A good estimate is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. If you are bored with plain water, add a bit of lemon or lime for a touch of flavor. Remember drinking some brands of flavored water may contain extra calories so BEWARE.



FITNESS TRAINER TIP #2

The holiday season is upon us. Remember to start out with healthy choices when at social events. Avoid wasting calories on alcoholic beverages. An average drink can contain 150-200 calories per glass (fruit mix drinks are even more calories).



PERSONAL TRAINING SPECIAL

Starts Jan. 2, 2010
Winter Chill-In
DISCOUNT

Save \$5 on any
12 Session Package

Offer Expires Jan. 31st.
Limit one discount. (Not valid with other coupons)



Personal Training NEWS

Check out our new personal training brochures and rates!

Sport Enhancement Training (Youth & Adult)
Personal Training (One-on-One Adult)
Team Training (Economic, fun, see results)



FITNESS continued

Junior Certification

12-14yrs

Private session scheduled with a Personal Trainer.

\$45 for a 60 minute session
Without this certification your child can not use the fitness center equipment if they are under the age of 14 years.

The Junior Fitness Certification is designed to educate and motivate your child to workout. Your teen will learn proper youth weight training techniques, how to use the cardiovascular equipment and about the fitness center rules and safety. Once your teen is accredited they will be able to use specified equipment without direct parental supervision.

BALLROOM DANCING

Dancing with the Stars at South Shore

Learn the West Coast Swing

Instructor: Rhonda Carter
Adults
(14 yrs. and older are welcome)

Come and join this class and be ready to have some fun.

Session I: Jan. 14 - Feb. 18

Session II: Feb. 25 - Apr. 1

Thursdays 6:45 - 7:45 pm

Once a Week

\$70 Couple Member

\$84 Non-Member

\$35 Single Member

\$42 Single Non-Member



BIGGEST LOSER Boot Camp Training

60 Minutes of taking your workout to the next level

Class format as follows: Warm-up, strength training, agility, cardio, cool down and stretching. Keep your heart-rate up and burn fat. YOU'LL LOVE THE FEELING WHEN YOU'RE DONE! Class members will be privately measured and weighed to see who the class winner will be. Who is this class for? Anyone ready to take it to the next level.

Session I: Jan. 4 - Feb. 17

Session II: Feb. 22 - Mar. 31

Mondays & Wednesdays
7:30-8:30pm

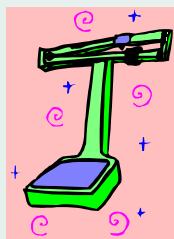
Session I: Jan. 5 - Feb. 18

Session II: Feb. 23 - Apr. 1

Tuesday & Thursday
7:30-8:30pm

Cost: \$45 M / \$55NM

Class size is limited to 10 participants.



ZUMBA

If you haven't tried Zumba yet you don't know what you're missing!

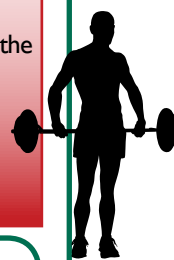
Certified Instructor:

Francine Jordan

WHAT IS ZUMBA?

It is a fusion of Latin and International music that creates a dynamic, exciting and effective fitness workout...no partner needed. High energy, calorie burning and body energizing workout. Zumba features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Check out the FITNESS PARTY!

COST: FREE /M
Tuesdays 5:35pm
Wednesdays 9:20am



Mondays
8 am, 6 pm

Wednesdays
6 pm

LAKELAND

Health Screening

(Test includes: Cholesterol total, HDL and LDL readings, glucose and triglycerides testing, blood pressure and body fat testing)

JANUARY 20th,
Wednesday
6:30 - 10:00 am

This program is offered twice a year and members can participate once a year. Sign up is required and will be posted two weeks before the test. Registration is limited. Cost is free for members.

DODGEBALL LEAGUE

Friday Co-Ed

Ages 16 and older

Bring your team or we can build your team.

6-8 players per team

Match play "best-of-three"

Yes, just like in school...but as adults it is even more fun!

Jan. 8 - Feb. 9

6:30 - 7 pm Start times

Cost \$30M / \$35NM

SPINNING CYCLING NEWS

Private Cycling Studio

Have you always wanted to try cycling class? Your first class is free. Introduction classes are available upon request.

Classes are \$2

(Registration is recommended)



BASKETBALL

Little Admirals - Skills / Drills / Play

Ages 6-7 yrs.	4 - 4:30 pm (30 min.)	\$25M / \$30NM
Ages 8-9 yrs.	4:30 - 5:15 pm (45 min.)	\$30M / \$35NM
Ages 10-12 yrs.	5:15 - 6 pm (45 min.)	\$30M / 435NM

Days to be announced.
Coaches to be announced.

Cost will include a water bottle and a game ticket to a Lake Michigan Admirals Professional Basketball Game.



WINTER 2010 STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Express 6am (60min) Studio 2		Morning Express 6am 6am (60min) Studio 2 Carolyn		TBA	
STUDIO PUMP (*) 8am (55min) Studio 2 Michelle	Morning Yoga 8:30am (90min) Studio 1 JoAnn	SilverSneakers Cardio Circuit 8:30am (45min) Studio 2 Jean			Cardio/Box/Glide 9am (60min) Studio 2 Rotation
Cardio Strength Interval 9am (60min) Studio 2 Carolyn	TONING Tuesdays 9am (60min) Studio 2 Carolyn	ZUMBA 9:20 am (60min) Studio 2 Francine	Pilates PLUS 9:15am (60min) Studio 1 Jean	Step & Sculpt 9am (60min) Studio 2 Carolyn	AB ATTACK 10am (15min) Studio 2 Rotation
Core Training 10am (15min) Studio 2 Carolyn	Fit After 50 (*) Circuit 9am (45min) Fitness Center	Gentle Yoga 10:15am (60min) Studio 1 Maria	Fit After 50 (*) Circuit 9am (45min) Fitness Center	Core Training 10am (15min) Studio 2 Carolyn	YOGA 10am (60min) Studio 1 JoAnn YOGA (Basic) 9:30am (30min) Jan. 9 - 30 4 weeks only
	Silver Sneakers 10:30am (60min) Studio 2 • Carolyn		Silver Sneakers 10:30am (60min) Studio 2 • Jean		Kids Karate (*) Ryu Kyu Kempo 10:15am (60min) Studio 2
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step N' Sculpt Intermediate/Adv. 4:30pm (60min) Studio 2 Leslie	TABATA Tuesdays 4:30 (60min) Studio 2 Leslie	Step BOSU 4:30pm (60min) Studio 2 Leslie	Triple Threat 4:30pm (60min) Studio 2 Leslie		Adult (*) Ryu Kyu Kempo 11:15am (90min) Studio 2
Ab ATTACK 5:35pm (20min) Studio 2 • Olivia	ZUMBA 5:35am (60min) Studio 2 • Francine				
STUDIO PUMP(*) 6:00pm (60min) Studio 2 • Gabrielle		STUDIO PUMP(*) 6:00pm (60min) Studio 2 • Gabrielle	Simple Step 5:45pm (45min) Studio 2 • Olivia		
	Pilates /Yoga 6:30pm (60min) Studio 1 • Jean		Pilates /Yoga 6:30pm (60min) Studio 1 • Carolyn		
		Karate Ryu Kyu Kempo 7pm (90min) Adult Studio 1 • Mike	Ballroom Dancing (*) 6:45 (60min) Studio 2 • Rhonda		
Biggest Loser (*) Boot Camp 7:30pm (60min) Studio 2 • Tom	Biggest Loser (*) Boot Camp 7:30pm (60min) Studio 2 • Tom	Biggest Loser (*) Boot Camp 7:30pm (60min) Fitness Center • Tom	Biggest Loser (*) Boot Camp 7:30pm (60min) Studio 2 • Tom	(*) EXTRA CLASS FEES	Class times and instructors are subject to change at anytime.

WINTER 2010 INDOOR CYCLING

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FITNESS AREA		Cycling 6am (60 min) Janelle		Cycling 6am (60 min) Janelle			
FITNESS AREA			Cycling 7:45am (60min) Instructor Rotation				
FITNESS AREA	Cycling 9am (60min) Tracey	Beginner Intermediate 9am (45min) Edie	Cycling 9am (60min) Maria	Beginner Intermediate 8:30am (45min) Michelle	Cycling 9am (60min) Edie	Advanced Cycling 9am (75min) Janelle	
FITNESS AREA	Cycling 5:30pm (60min) Maria		Cycling 6pm (60 min) Liz				

40 Minute Classes Beginner/Intermediate level
 60 Minute Classes All Levels Welcome
 70 Minute Classes Advanced 3 + Months of Riding

Class Times and Instructors
 are subject to change without notice.



Winter I 2010 Junior Tennis Program meets for 6 weeks

Winter I - Jan. 4 - Feb. 21 • Winter II Feb. 22 - Apr. 18 (NO CLASS APRIL 5- 10)
Spring - Apr. 19 - June 6

JUNIOR PROGRAM COMMITMENT

The South Shore Junior Tennis Program's philosophy is to help each child to reach his or her full potential in a well-structured and enjoyable environment. We want to help each child understand all aspects of tennis as a fun sport, including it's invaluable life lessons.

Tennis management STAFF

Mark Ficks - USPTA P-I

Director of Tennis

Mark is certified at a P-I level by the USPTA as well as at a P-I level by the American Platform Tennis Association. Mark has twice been a speaker at the Chicago Tennis Workshop as well as a speaker at the 2007 USPTA Midwest Convention in Indianapolis. In 2007 the United States Professional Tennis Association awarded Mark the "Michigan Professional of the Year" honor. He has had several articles on teaching techniques published, served as a vice-president for the USPTA Northern Indiana division, and as a Midwest USPTA Awards Committee member. Mark currently serves on the Western Michigan Junior Competition Committee.

Debbie Davidson - USPTA

Debbie is a certified USPTA Tennis Professional and she has been involved in South Shore's Tennis Department as a professional for 7 years. She regularly attends USPTA Seminars and specialty courses to further her education. Debbie is in charge of the men's and women's leagues and travel teams at the racquet club, and she coached at the high school level for 5 years.

Dave Zimmermann - USPTA

Dave makes the trek to South Shore from South Haven where he resides, and he is a certified USPTA Professional. In addition to teaching topspin forehands, Dave is also a professional artist, heads up South Shore's Junior Team Tennis Program, and runs the Palisades Park Summer Program in South Haven.

SESSION FEES (6 WEEKS)

	Member	NM.
*High School.....	159.....	184.
*Teen Class	118.....	139.
*Middle School.....	118.....	139.
*Superstars.....	118.....	139.
Little Stars	73.....	89.
Firecrackers	52.....	63.

Prices listed are for one day per week.

*These classes **include** a 30 minute private lesson!

Policies & Procedures

Receive \$10 off by registering 7 days prior!

Payment & registration must be received in order for your child's name to be put on a class roster.

No credits will be given. Make-ups are allowed with advance notice, **if possible**, but **are not guaranteed**. They must be made up within the current session.

Drop-ins must be approved ahead of time by the instructor.

Non-marking tennis shoes must be worn.

Ages are only a guideline and the tennis staff reserves the right to determine the grouping of the children as well as movement between groups.

Classes must have a minimum of 5 players.

REGISTER A WEEK EARLY AND SAVE \$10!!

PRIVATE LESSON RATES

- Mark Ficks USPTA \$48
- Debbie Davidson USPTA \$45
- Dave Zimmermann USPTA \$45

Rates listed are per hour and are scheduled through each individual pro. Semi-private lessons are also available. **There is no better way to improve your child's tennis game than by making private lessons a part of their tennis education. Group lessons accompanied by private lessons ensure that your child receives the one-on-one attention that they need!**



Adult Tennis Leagues 2010

WINTER I January 4 - February 21(7 weeks) \$56

WINTER II February 22 - April 18(7 weeks) \$56

(No league April 5 - 11 for Spring Break)

SPRING April 19 - June 6(7 weeks) \$56

Tuesday

Ladies Doubles 3.0-3.5+ 6 pm – 7:30 pm

Men's Inner Club Doubles 3.5+ 7 pm – 8:30 pm

Thursday

Ladies Rotating Doubles 3.0+ 10 am – 11:30 am

Ladies Beginner Doubles 9 am – 10:30 am

Wednesday

Men's Doubles 7 pm – 8:30 pm

Sunday

Mixed Doubles 3.0+ 5 pm – 6:30 pm

\$9 FF/\$14 NM each week (dinner included)

Adult Tennis Instruction 2010

WINTER I January 4 - February 21(7 weeks)

WINTER II February 22 - April 18(7 weeks)

(No league April 5 - 11 for Spring Break)

SPRING April 19 - June 6(7 weeks)

Tennis 201

\$126 M / \$157 NM

The Tennis 201 Class is the next level up for players who have graduated from Tennis 101. This level of programming is often appropriate for the player who used to play, but has been away from the game for awhile and wants to get back into it.

Friday 9 am – 10:30 am

Tennis 101

\$126 M / \$157 NM

The Tennis 101 classes are for players who have little or no experience with tennis. These classes will have a laid-back and fun approach to learning the awesome game of tennis.

Friday 10:30 am – 12 noon

Racquetball News

B League - Monday A League - Tuesday

13 Week Session - March 1 - May 30

**\$45 Includes random play
for league participants**

Junior Tennis Program Continued

The "TEEN STARS" program

The "Teen Stars" program is designed to give middle-school to high school aged kids the tools that they will need in order to be successful when competing for their high school tennis teams.

HIGH SCHOOL

Open to players who have played varsity or j.v. tennis.
Tuesday and/or Thursday 3:30 pm - 5 pm

TEEN CLASS

Designed for teens who are considering trying out for their high school tennis team.
Saturday 12:30 pm - 1:30 pm

MIDDLE SCHOOL

Tuesday and/or Thursday 5 pm - 6 pm
Saturday 11:15 am - 12:15 pm

PRIVATE LESSON INCLUDED!

Each participant in the Superstars, Middle School, and High School classes receives a 30 minute private lesson from one of our USPTA Tennis Professionals.
It's included!

The "Future Stars" Program

All Future Stars classes will stress the **fundamentals**. Small nets, foam balls, music, bubbles, stuffed animals and plenty of **fun** games will create lots of smiles! These classes will also challenge those children who have previous tennis experience.

SUPERSTARS (AGES 8-11)

Tuesday 5 pm - 6 pm
Wednesday 6 pm - 7 pm
Thursday 5 pm - 6 pm
Saturday 10:15 am - 11:15 am

LITTLE STARS (AGES 5-8)

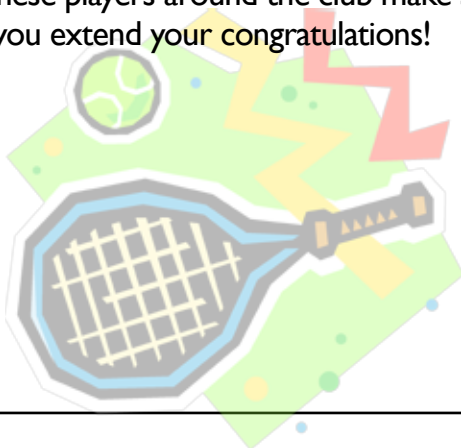
Tuesday 4:15 pm - 5 pm
Wednesday 6 pm - 6:45 pm
Thursday 4:15 - 5 pm
Saturday 9:30 am - 10:15 am

FIRECRACKERS (AGES 3-4)

Tuesday 4:30 pm - 5 pm
Wednesday 10:30 am - 11 am
Thursday 4:30 pm - 5 pm
Friday 10:30 am - 11 am
Saturday 9 am - 9:30 am

Saint Joe Boy's Tennis Success

The Saint Joe Boy's Tennis Team recently competed at the State Finals in Jennison, MI, and 3 of the members of the team made it to the finals! Vishal Arora was the runner-up at the #1 singles position and Alex Harbert earned the #2 Singles State Championship honor. At the #3 singles flight, Nick Artaev took home the championship. All three of these athletes are seniors, and their coach at Saint Joe High School is Pat Hoffman. If you see these players around the club make sure that you extend your congratulations!



AQUATIC SCHEDULE - Winter 2010

Learn to Swim

\$10.00 discount if registered and paid 7 days prior to first class.

Monday Evenings (All classes are 6 week sessions)

January 4 - February 8
 February 22 - March 29
 April 12 - May 17

Level 2 5:15 - 6:00pm
 Level 3 6:00 - 6:45pm
 Level 4 5:15 - 6:00pm
 Level 5 6:00 - 6:45pm
 Level 6 6:45 - 7:30pm

Sunday (All classes are 6 week sessions)

January 3 - February 7
 February 21 - March 28
 April 11 - May 16

Level 2 12:30 - 1:15pm
 Level 3 1:15 - 2:00pm
 Level 4 2:15 - 3:00pm
 Level 5 3:00 - 3:45pm
 Level 6 By Appointment



Aquacise

Members Free Non Members \$45.00

January 4 - January 30
 February 1 - February 27
 March 1 - March 27
 March 29 - May 1 *
 May 3 - May 29

***No class April 5 - 10 Spring Break**

Maximum Liquid

MW F 8:30 - 9:15am
 T Th 6:00 - 6:45am
 T Th 10:00 - 10:45am
 T Th 5:45 - 6:30pm
 Sat. 8:00 - 8:45 am

Silver Splash

T Th 9:45-10:30am

Lifeguard Training

Participants must be 15 years old and able to swim 300 yards continuously.
 Attendance at all classes is mandatory.
 Ages 15 and up.

Members \$200.00 Non Members \$225.00
April 2 - April 10

Family Float Night

Fridays 6 - 8 pm

Grab your kids and the floaties and join us for our Friday Family float night.

Hot tub temperature will be lowered these evenings only, so the kids can enjoy.



Swim Team

February 17 - May 5 (10 weeks)

Wednesday 4:30 - 6:00pm

Saturday 1:00 - 2:30pm

2 day per week

Member \$140.00 Non Member \$170.00

1 day per week

Member \$100.00 Non Member \$140.00

\$10.00 discount if registered and paid 7 days prior to first practice. Not valid for 1 day per week class



CALENDAR OF EVENTS



DECEMBER

- 21 - Jan 3....Holiday Break - No SCT, Leagues, Clinics
- 24.....Christmas E-Club Open 8 am - 1 pm
- 25.....Merry Christmas! - Club Closed
- 31.....New Year's Eve - Club Open 8 am - 1 pm



JANUARY

- 1Happy New Year! Club Closed
- 4.....SCT, Leagues, Lessons start back up;
Biggest Loser Boot Camp Starts
- 8.....Dodgeball League Starts
- 9.....Karate Session I begins
- 14.....Ballroom Dancing Session I starts
- 20.....Lakeland Health Screening, 6:30 - 10:00 am
- 31.....Personal Training Special ends



FEBRUARY

- 17Swim Team begins session
- 22.....Biggest Loser Boot Camp II begins
- 22.....Winter II Jr.Tennis Program starts
- 27.....Karate Session II begins
- 25.....Ballroom Dancing II starts



MARCH

- 1New Aquacise Session III
- 17.....Happy St. Patricks Day - Wear Green! :)
- 31.....Biggest Loser Boot Camp ends



APRIL

- 2.....Lifeguard Training starts
- 12.....Learn to Swim session starts
- 19.....Spring Tennis League session begins