



SPORTS COMPLEX

## Time for Tennis

Personal Instructor  
**NICK WILSON**  
is available for private  
and group instruction

By appointment only

nwilson0310@gmail.com  
(412) 860-2950

Fees paid directly to Instructor

Singles, doubles or against a backboard on your own, tennis is a great activity that can keep you in shape whether you're age 5 or 95. It keeps your cardiovascular and muscular system in top shape even as you age. Plus, you can't beat a strategic mental game that lets you enjoy the fresh air of the outdoors.

**Get a full-body workout** Playing tennis is a brilliant workout for the entire body. You use your lower body for running, stopping, starting, jumping, and crouching. The action of hitting the tennis ball means that your trunk does a lot of work as well, in particular your shoulders and upper back.

**Improved aerobic and anaerobic health** Tennis increases your oxygen intake while playing, increasing your heart rate and helping your blood deliver oxygen and nutrients to all your muscles.

**Burns calories and fat** Running, swinging, reaching, pivoting – tennis can be a real workout. You can burn a lot of calories because you're constantly on the move.

**Improves bone health** Playing tennis isn't good for your muscles alone. It has a positive impact on your bones as well. Exercising regularly can increase your peak bone mass and can slow the rate of bone mass loss over time.

**Heart healthy** Tennis great Bjorn Borg accurately characterized a tennis match as "a thousand little sprints." The quick anaerobic movements that the sport demands burns fat, increases your heart rate and promotes higher energy levels. A typical tennis match can last anywhere from one to two hours, and at intervals that are optimal for improving cardiovascular health, which is essential for lowering your risk of heart disease, heart attack and stroke.



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# Pilates Under the Pavilion

Personal Instructor  
**JUDY ELIAS**

Classes are every  
Tuesday at 8:30 am

Open to all members  
(bring a friend)

pilatesbodyj@gmail.com  
(412) 491-9456

\$10.00 per class,  
paid directly to Instructor

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Instructor Judy Elias can provide a **gentle strength training program or a challenging workout**. Most people would have no problem with this form of exercise. It is suitable both for beginners and for people who already exercise regularly.

The health benefits of Pilates include improved flexibility, increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body), and rehabilitation or prevention of injuries related to muscle imbalances.

**Please Note:** It's always good to check in with your doctor.



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## Water Aerobics

Personal Instructor

**JANETTE  
POPPENBURGH**

Every Tuesday & Thursday  
11 am to Noon

Open to all members,  
male or female (bring a friend)

jtpoppenberg@gmail.com  
(412) 417-7933

\$10.00 per class,  
paid directly to Instructor

Regular participation in water aerobics or water exercise classes can help improve heart health and cardiovascular strength. The water's pressure acts as your friend in the pool and helps circulate the blood in your body more efficiently. Plus, the resistance of water helps tone muscles and build strength.

Exercising in water requires more effort than the same exercise on land. The extra resistance of **walking in water allows you to challenge and strengthen your muscles** in ways you may not be able to with a land-based routine. It also helps you burn more calories!

**Water aerobics is excellent for losing weight.** It provides a good cardio routine, and, as we all know, cardio is very important for weight loss, while the resistance of water enhances all your weight-loss efforts.

**It's also GREAT FUN!!!**

Come on. Jump in with us!