



# The Falls Club Newsletter

The Falls Tennis &  
Athletic Club  
(806) 687-6080

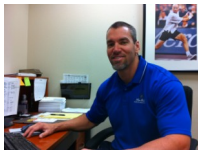
Fall/Winter 2011

Are you a creature of habit? It's time to get out of the same old routine!

## To Our Members

### New General Manager

Stop in and say "Hi" to our New General Manager Jeff Walker! Jeff has been employed here at The Falls for 4 years. He is a Certified Strength and Conditioning Specialist with over 25 years experience, and has an extensive background in the Health Club industry.



"I look forward to helping The Falls continue to be the preeminent Tennis & Fitness Club in Lubbock!"

Sincerely,  
Jeff Walker

### Fall and Winter Seasons

The Fall and Winter season is brewing up some new magic here at The Falls.



Be looking for improvements throughout the club including Tennis, Weight Room Facilities, and Aerobic Classes.

### Bring a Friend Days

During the next few months, we will be having special days where you can bring a friend for FREE! Look for more information in the coming weeks.

## Fitness News Kids' Corner

### TRY R.I.P.P.E.D!

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective! Check out all of the new classes on the group fitness schedule at our website: [www.thefallslubbock.com](http://www.thefallslubbock.com)



### Kid Fit

Mondays and Wednesdays at 9:30am. Be sure to bring a bike, scooter, or tricycle on Wednesdays!

### Zumbatonic!

Wednesdays at 10:30am and Fridays at 10:30am. "Kids love to shake it too!"

## Training

### Need an Extra Push?

We have personal trainers who would love to hurt... I mean HELP you push a little harder. Building muscle helps increase metabolism which will make you look and feel great!

## Tennis News

- Tennis Mixer**  
Halloween Tennis Mixer is right around the corner on Thursday October 27th. Wear Your Costumes! Log on to your Court-side account for more information.
- Cardio Tennis**  
Cardio Tennis will be held Mondays and Wednesdays at 11:15.
- Tennis for the Kids**  
There are three (3) programs we offer for kids who want to play tennis.
  - Quick Start
  - Super Saturdays
  - Munchkin Tennis
 Look for signups and more information at the Member services counter.

### ZUMBA

The Zumba Halloween party will be held on October 31st at 9:30am. It should be a "Thriller!"



### Special Thanks

Special thanks to everyone who joined The Falls team during Race for the Cure. We still have a few shirts left. Get yours for 20% off through October

For Up-to-date information, Go to our website: [www.thefallslubbock.com](http://www.thefallslubbock.com)

And on Facebook!

