



2626 W. Alluvial  
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[www.sierrasport.net](http://www.sierrasport.net)

# The Service Line

April 2012

Sierra Sport & Racquet Club



## April Activities

### Junior Development

Schedule Available  
at Events Table

### Pee Wee Tennis Training

Open to Ages 2 - 4  
Only \$40 per Month  
Reserve your spot with Teresa

### Ladies Night League

**Begins April 16th**

Want to Play or Sub?  
See Mike for Details

### Men's Night League

Want to Play or Sub?  
See Mike for Details

### Mike's

### \$10 Tennis Clinics

3.5 Men & Women  
Thursdays 7-8pm

Beginner Men & Women  
Saturdays 11-12pm

3.0 Men & Women  
Saturdays 12-1pm

**MUST CALL MIKE  
IN ADVANCE TO  
RESERVE  
YOUR SPOT!**

**779-3499**

## Wednesday Morning Ladies League

### CONGRATULATIONS WINTER SESSION WINNERS!!!

#### TOP SEEDS

Laurie Haberman  
Carla Grant

#### STRINGS

Marty McLean  
Jacqueline Lion

#### ACES

Karen Ferdinandi  
Jane Dilling

#### RACQUETS

Cindy Defendis  
Karen Diedrich



#### LUVS

Mary Sanchez  
Rose Marie Stockton



## Member Directory

*Would you like to be included in our new  
Electronic Member Directory?*

If you would like to be included in this directory and/or would like to be emailed a copy of the completed directory, email Kim your request at [kbeene@sierrasport.net](mailto:kbeene@sierrasport.net). Please include the name you want listed and what specific information you would like to appear. If you would like the completed directory to be sent to a different email address, please include that too. You may choose to list your address, home phone, work phone, cell phone and email address or any combination of there of. Please be clear in your email what information you are providing. This directory will be emailed to members only.

# Massage Matters

The Importance of Proper Posture - it may be the key to good health.

Does Posture Matter? Ever feel low on energy? Experience headaches, lower back pain, a stiff neck or sore shoulders? Do you feel less agile than you used to be? Your postural habits may be behind these symptoms.

For example, if a person sits hunched in front of a computer screen all day, it's likely the head sits too far forward of the body, the lower back has collapsed and the tail bone is supporting the weight. The muscles at the back of the neck have to remain contracted to hold the head up. Circulation becomes hindered, and oxygen and nutrients have a hard time flowing through the body. The tissue eventually becomes hard and fibrous.

Along with stretching and exercise, one of the key factors in correcting poor posture requires undoing this hardening, or fibrosis, of the muscles that have been habitually contracted, allowing them to relax and lengthen.

Swedish massage can help increase circulation. Deep tissue massage helps release chronically held areas, and reverses the fibrosis in the tissue. Other bodywork techniques can further precipitate postural adjustments causing an unwinding of tension that allow the body to realign.

Proper posture means that all the muscles work as they were designed to. On the other hand, poor posture leads to inefficient movement, causing the muscles to have to do extra work. As you progress with improving your posture, you will notice less joint and muscle pain, fewer headaches, more energy, and possibly better tennis.

For further information:

**Steve Clark**  
**CAMTC Certified Massage Therapist**  
**559 243-6834**



## Mobile Detailing

Just a reminder that we are now offering mobile detailing services at each of our facilities! The Royal Touch Mobile Detailing company provides everything from a basic wash to a full detail while you enjoy your time here at the Club! Here are the times you can expect to take advantage of these services at each location:

Alluvial	Wednesdays	8:00 am - 12:00 pm
Blackstone	Mondays	10:00 am - 5:00 pm
	Fridays	1:00 pm - 5:00 pm
Shapemakers	Fridays	8:00 am - 12:00 pm

Pick up a flyer at the Front Desk for package details and pricing. If you'd like to see more days and times offered, let us know!



## Club Hours

### *Club*

<b>Mon-Thurs</b>	<b>5:00 AM - 10:00 PM</b>
<b>Fridays</b>	<b>5:00 AM - 9:00 PM</b>
<b>Saturdays</b>	<b>6:00 AM - 7:00 PM</b>
<b>Sundays</b>	<b>6:00 AM - 7:00 PM</b>

### *Café*

<b>Mon-Thurs</b>	<b>5:00 PM - 10:00 PM</b>
<b>Saturdays</b>	<b>10:00 AM - 4:00 PM</b>

## Weekly Fitness Class Schedule

### Monday

<b>5:30 AM</b>	<b>Cycle</b>	<b>Janeen</b>
<b>8:30 AM</b>	<b>Sculpt</b>	<b>Bernie</b>
<b>9:30 AM</b>	<b>Zumba</b>	<b>Bernie</b>
<b>4:30 PM</b>	<b>Pilates</b>	<b>Erin</b>
<b>5:15 PM</b>	<b>Cycle</b>	<b>Jannah</b>

### Tuesday

<b>5:30 AM</b>	<b>Cycle</b>	<b>Nicole</b>
<b>8:30 AM</b>	<b>Pilates</b>	<b>Jackie</b>

### Wednesday

<b>5:45 AM</b>	<b>SCWT</b>	<b>Janeen</b>
<b>8:30 AM</b>	<b>Sculpt</b>	<b>Claudia</b>
<b>4:30 PM</b>	<b>Pilates</b>	<b>April</b>
<b>5:15 PM</b>	<b>Cycle</b>	<b>Jannah</b>

### Thursday

<b>5:30 AM</b>	<b>Cycle</b>	<b>Kirsten</b>
<b>8:30 AM</b>	<b>Pilates</b>	<b>Jackie</b>

### Friday

<b>5:45 AM</b>	<b>SCWT</b>	<b>Janeen</b>
<b>8:30 AM</b>	<b>Sculpt</b>	<b>Claudia</b>
<b>9:30 AM</b>	<b>Yoga</b>	<b>Debra</b>

### Saturday

<b>7:00 AM</b>	<b>SCWT</b>	<b>Gabby/Mishelle</b>
<b>8:00 AM</b>	<b>Mind/Body</b>	<b>Spencer</b>

Over 100 additional FREE Classes Available at Shapemakers & Blackstone Locations....

**Green - All Club    Blue - Intermediate    Red - Advanced**