

(For those not on Facebook there is a Facebook tutorial attached giving a step by step guide to get onto the Groups.)

Any Questions contact Paul Fothergill on 07825665794



Fitness

Another fantastic week of activity on the Energize Facebook page. Great to have popular sessions back such as Emma Berriman's Rehab and Injury Prevention Pilates on a Wednesday! Furthermore, we had 27 people doing Foggy's All in Fitness on a Monday Morning, a great way to start the week!

Things you love to see...



Mid week Circuits with Bren, Upper and Lower body pumps whilst firing the heart rate. Billy's Conditioning on a Wednesday as well as the Pilates. a great variety of sessions available. At least 1 session a day!

As it gets colder and the winter nights draw in, it is so important to stay active with over 200+ members in the [WLTSC System Energize Group](#) join now for free via Facebook.



@wltsc



@wltsc



@Wolverhampton Lawn Tennis and Squash Club

Catch up now on previous posts on Facebook with hashtags [#stayinaroutine](#) and [#wltsc](#)



Rackets

Another really productive week off the courts from our WLTSC coaching team, the challenges are being excellently received. These sessions provide some technical development, alongside a specific skill then a challenge. Just remember to comment in the comment section your efforts and see if you can beat them.

Secondly, it has been an important focus for us at WLTSC during this second lockdown to cater for all demographics at our expansive club. As a result Jake Lawley, who oversees mini performance and development at WLTSC has set some really fun and simple drills for our TOTS, with the idea of giving them a little something to do and interact with their coach. Look out for them on Wednesdays at 2pm!

Stay Healthy
Stay Active
Stay in a routine
with WLTSC



WLTSC Throwback Thursday...

WLTSC boasts a rich history, therefore it is only right we relive some of our memorable moments from the past. So, there will be a 'Throwback Thursday' post every Thursday. Please comment, guess the year and share some of your favourite moments at WLTSC



The WLTSC Weekly Round up.

Created by Taylor Penny