



21 Days until Outdoor Tennis
35 Days until Gym
70 Days until Squash & Bar

THE WLTSC UPDATE

8.03.21



The return to Tennis, Squash and Gym is fast approaching

The return to tennis is fast approaching, so how can you be in the best possible position to make the most of it?

Prepare the body for the physical demands of tennis by using our Energize team! The Energize team have over 11 weekly sessions as well as other yoga and Pilates sessions with weekly with Emma Berriman and Rebecca Jenks to ensure you can stretch out your tennis. Yoga and Pilates is a fantastic way to improve strength and flexibility particularly in the core which is essential when playing tennis.

- Emma's Rehab Pilates (Wed 11am-12pm)
- Advanced Pilates with Emma (Wed 7-8pm)
- Spiritual Yoga (Mon 11am-12pm & Sat 8:30-9:30am)

Use our online classes now free to all members when you join our WLTSC Energize Facebook Group! Ensure your staying active and are fully prepared to take back to the courts.



Fog's Food Challenge Pt.2



Part 2 has seen over 12 entries thus far, it has been great to see so many members let us into their kitchen and share some innovative dishes. Keep them coming before the challenge ends.

Remember all the meals will be added to the WLTSC Cook Book available on the website now. We will also share this as a PDF document with a more in depth version of each meal once this challenge has ended so watch this space!

See the Cook Book now: <https://www.wltsc.com/the-wltsc-cook-book/>



Tennis for one of our elite...

Although tennis does not return for us until march 29th - Member and National performance player Nadia Rawson has been participating in the UK Pro League in Loughborough, a league for all the best British Tennis players to compete at the highest level. Best of luck Nadia keep going and well done to one of our coaches Tom Welsh who has been working with Nadia over the last year. You have all of WLTSC's support! You can watch the matches live on YouTube and BT Sport.



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Catch up now using hashtags
#fogsfoodchallenge & #squashchallenge



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#WLTSC2021 for website images



@Wolverhampton Lawn Tennis
and Squash Club

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