

Some readers see this part of your email after the subject line in the inbox. Write something brief and catchy, compelling them to open the email.



Goodbye Summer & Welcome Back to Mountainside!



**FITNESS ON DEMAND!!
HAVE YOU TRIED A
PROGRAM YET??**



**FITNESS ON
DEMAND
WORKOUT OF
THE MONTH:
WAR**

WAR is more than just a class it's a way of life. WAR makes a full attack on obesity and inactivity. It gets you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility.

WAR is scheduled every Tuesday & Thursday nights at 5:30 PM But remember...You can try it anytime the studio is open!! Both 30 min and 60 min options are available!!

[Check out a Sample of WAR](#)



MRFC'S 21 DAY FALL WEIGHT LOSS CHALLENGE

70% of your fitness results come from your diet and your nutrition plan! This 21 Day Challenge will utilize the effective

and best-selling Portion Fix Portion Control System by Beachbody! Learn to eat the correct portion sizes of the correct types of food each day! You will find you eat a lot of food yet still lose weight!

**Weigh-ins and Body Fat Analysis Included.
\$20 Entry Fee with 100% of the cash going to the top TWO participants for % body fat loss and % weight loss!!**

BEGINS SEPTEMBER 26TH - OCTOBER 17TH

YOU choose the commitment level of your program!

You MUST own the Portion Fix Program Cost \$39.90

Optional Add-ons include dvd home workouts and/or a 30

day supply of Shakeology, a daily superfood dense nutrition shake for a daily meal replacement.

PLUS FREE...MRFC'S FIXERS PRIVATE SUPPORT GROUP VIA EMAIL!! You will receive daily posts with motivation, recipes and support from other participants~!

Contact Laura to participate in this challenge!!

Adult Tennis Events at MRFC

Rapid Fire Clinic

Sunday 9-10 AM Ongoing

Tennis Mbrs: \$13 Fitness Mbrs: \$15 Public: \$16

Follow the pro pattern, hit hundreds of balls.

Repeat..

Have fun! Max 6

Adult Beginner Tennis

Monday 5:30-6:30 PM Starting 9/19

Tennis Mbrs: \$14 Fitness Mbrs: \$15 Public: \$18

This class will focus on the basics of tennis, get off on the right foot with proper footwork, grips and technique. Tennis is a game for everyone and can be enjoyed at all stages of life!

Women's Doubles Strategy Drills

Monday 9:30-11 AM Starting 9/19

For 3.5 Level Players. From the volley to return of serve, movement and communication, these classes will focus on the fundamentals of doubles play. Max

6

Tennis Mbrs: \$18 Fitness Mbrs: \$20 Public: \$22

EZ as 123 Clinic

Wednesdays 9:30-11 AM

For 2.5-3.0 Level players (not for beginners)

This clinic will be broken down into three parts: drills, games and match play for 3x the fun! Max 6

Tennis Mbrs: \$18 Fitness Mbrs: \$20 Public: \$22

Burn Clinics

These classes are fun, fast and challenging! Our pros will guide you through an hour and a half of drill based games!

Max 8

Tennis Mbr: \$13 Fitness Mbr: \$15 Public: \$17

Mondays 6:30-8 PM 3.5+ level Co-Ed

Thursday 9:30-11AM 3.0 Level Co-Ed

Thursday 5-6:30 PM 2.5-3.0 Level Co-Ed

Thursday 6-7:30 PM 3.5+ Level Co-Ed

Thursday 7:30-9 PM 3.0 Level Co-Ed

Men's and Women's Singles Ladder

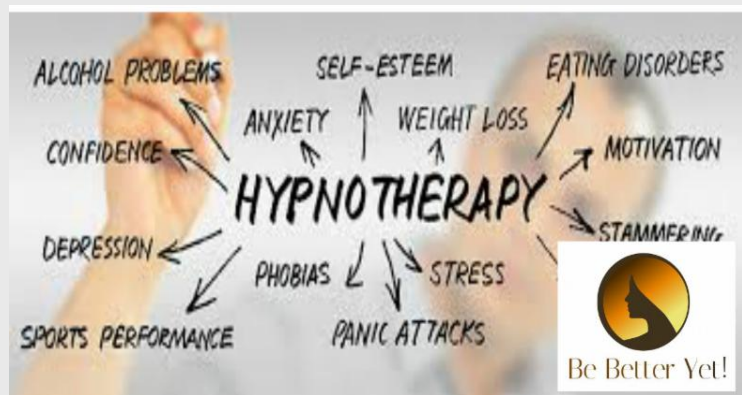
Starting 9/26 -11/21

The singles ladder is a fun and exciting way to challenge yourself and your tennis game. It is layed in a flex format, allowing you to arrange your own match times. It is a FAST FOUR FORMAT, with two out of three sets with sets being first to reach 4 games, no-ad scoring and a 5 pt tiebreaker at 3-3!

Should be fun, fast and unpredictable! Please contact Fred with any questions!

WELCOME TANYA HATHAWAY AND BE BETTER YET

Practioner:
Transformational
re-direct through
integrative
modalities such as
hypnotherapy, reiki, energy healing, coaching principles NLP



Through her business, "Be Better Yet!", Tanya focuses on the present and confidentially and mindfully discusses and assists with uncovering "obstacles" that may have presented themselves in an individual's life; a families' unit, a small business, and athletic teams to "Be Better Yet!". Those words themselves purposefully circumvent being broken and present the first steps to utilize all the greatness you have within you as an individual, family, small business, or team.

The initial consultation with Tanya is free and involves confidential discussion determining what it is that you want and your susceptibility to succeed with various modalities offered by the services "Be Better Yet" provides. Call Tanya at (603)738-3462 to schedule your appointment!

Mountainside Racquet and Fitness Club welcomes Tanya and hope that her services will help you reach your optimum potential!!

[CHECK OUT BE BETTER YET'S FACEBOOK PAGE!](#)



Junior Tennis Instruction Starting 9/13

These classes teach the basics of tennis with a focus on peer cooperation, movement and FUN!

Ages 4-5 Tuesdays 3:15-4:15 pm

Ages 6-7 Tuesdays 3:45-4:30 pm

Ages 8-9 Tuesdays 4:30-5:30 pm

Ages 10-11 Fridays 3:30-4:30 pm

Ages 12+ Fridays 4:30-5:30 pm

All junior tennis classes run in 8 week sessions!

PERSONAL TRAINING

MRFC is pleased to offer personal training. Both Richard King and Elizabeth Warner are available for either half hour or hour long training sessions. Whether you need the accountability, are working on a specific fitness goal, are training for a sport or event or want to learn a new fitness routine...Personal Training can help!

Members: 1/2 hr: \$20 1 hr: \$35

Public: 1/2 hr: \$25 1 hr: \$45

Packages discounts available!

*MRFC IS SO
PROUD OF
THE SUCCESS
OF ALL OUR
TEAMS THIS*

PAST SEASON!!

**SPECIAL
CONGRATS
TO:**



The following teams won their NH flights and competed strongly at District Championships:
Women's 18& over 4.5, Men's 18& over 3.5, Mixed 40& over 8.0, Men's 40& over 4.0

The following teams competed at the New England Sectional Championships:
Mixed 18& over 9.0, Men's 40& over 3.5

CURRENTLY TEAMS ARE ORGANIZING FOR MEN'S 40& OVER 3.0, 3.5 AND 4.0 TEAMS, WOMEN'S 18& OVER 4.0 DAY AND WEEKEND TEAMS AND FOR OUR WOMEN'S 55& OVER 7.0 TEAM!



Women's In-House Doubles Leagues: Signing Up NOW!

In-house leagues are a great way to meet new players and get another day of tennis each week!

3.0+ Level Tuesdays 7:30-9 PM
3.0 Level Wednesdays 11 AM - 12:30 PM

Sign up at the front desk.
Play will begin the week of Sept 13th!!

Mountainside Racquet & Fitness
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See what's happening on our social sites:

