

A logo featuring a brown heron standing in a green marsh with reeds and cattails. The heron is positioned within a green inverted triangle that is part of a larger green V-shape.

HERON CREEK
Golf & Country Club

2024 - 2025

TENNIS AND
FITNESS MANUAL



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Dear Members,

I would like to welcome you all to another exciting season of tennis activities at Heron Creek. With everyone's help this may be the Best season of Fun ever!

Since I first began developing the Tennis Program at Heron Creek, my goal has always been to offer a comprehensive tennis experience that embraces all abilities and levels. I am pleased to say we have accomplished that goal. What I have learned in the past few seasons is that our tennis community seeks more opportunities to grow the program based more on their vision for the Club and some of its events. I want you all to know I hear you! As such, I will work with your visions in mind going forward.

Be reassured, along with the Tennis & Fitness Committee, we will continue to be looking for ways to improve our facility, with the ultimate goal of a better tennis experience for all!

On-line reservations will be encouraged during season for ALL non-scheduled courts activities that occur OUTSIDE of regular organized play. Please note, that will not apply to Men's & Ladies Open morning tennis, League play, including Intramurals, Team practices/clinics, Special events, etc. Anyone needing help with access to the Court Reservation System, just contact the Tennis Pro Shop. Please also keep in mind that we welcome guest play at Heron Creek however, it is the responsibility of the host Member to notify the Pro Shop in advance when you have a guest and to pay the appropriate Guest Fee.

Rainouts, although rare during the Season, do occur. If you are planning on playing during a time in question and you are not sure of court conditions or possible delays, an answer is only a phone call away for an update!

MONDAYS-THURSDAYS CALL OR TEXT: 941-412-6143 (BILL ROUMY)

ALL OTHER TIMES (OR IF NO RESPONSE) 941-705-0776 (MIKE SMITH)

A seasonal calendar of events is included in this Manual for your convenience. We also have a printed version that is available for you to pick up from the Tennis Pro Shop along with "Sign-Up" sheets for each club sponsored event. In addition, event "Reminders" will be E-Blasted out to each member no less than two weeks prior to an event date. Look for any additional communications via "Email" or "Text".

As you can imagine, we are extremely excited to be getting back to business as usual when it comes to our calendar events.....Tennis Mixers and Bocce Ball are just two examples of fun times that will be returning to Heron Creek this season.

And on a personal note, I would like to thank EVERY tennis player who supported us! Thanks for continuing to play regularly! Thanks for supporting the events we were able to undertake! I truly believe we are a stronger Club now than ever before!

Finally, I would like to thank the Tennis & Fitness Committee for all their efforts and support throughout the year. I would also like to acknowledge all those members who Organize play groups, Captain or Co-Captain League teams, give time to Social Events, etc. Please keep in mind that as members we are benefiting from their selflessness,,,,,,Thank You!

Wishing you all the very Best for the upcoming Season!

Mike Smith USPTA Professional

Heron Creek Golf & Country Club

941-705-0776



Heron Creek Golf & Country Club Important Telephone Numbers

**Mike Smith Tennis Pro/Pro Shop:
941-705-0776**

Golf Pro Shop: 941-423-6955

Guardhouse: 941-429-0861

Administration: 941-240-5100

Information Center: 941-423-6755

Accounting: 941-429-3285

Cali-Harris Flores is available for equipment orientations upon appointment. If you have any questions or would like to learn how to operate any machinery, please contact her by calling 941-356-4335 or email at xoomfitness69@gmail.com

Heron Creek Management Staff Information

General Manager

Ron Robinson
GM@heron-creek.com

Tennis Professional

Mike Smith, USPTA, BSC
tennis@heron-creek.com

Club Controller

Wayne Brett
controller1@heron-creek.com

Director of Golf

Bart Cook, PGA
directorofgolf@heron-creek.com

Membership Director

Richelle Shindel
membership@heron-creek.com

Director of Golf Course
Maintenance

Tom Rainey
tom@heron-creek.com

Activities Director/
Administrative Assistant

Laura Evans
activitiesdirector@heron-
creek.com

Head Golf Professional

Brandon Grecco
headprofessional@heron-
creek.com

Food & Beverage Director

**Gustavo Arredondo, C.S.,
C.W.S.**
fbdirector@heron-creek.com

Advisory Board

John Cline - Chair
jcline99@hotmail.com

Eric Groen
Eric.groen@faegredrinker.com

Michael Benza
mike328425@yahoo.com

Ona Lee Swain
gilona66@yahoo.com

Paul Stebing
Paul.stebing@gmail.com

Tom Comella
tcomella5@icloud.com

Lisa Shea
lisshea1@gmail.com

Tennis & Fitness Hours Of Operation

Tennis Courts: Daily 8:00am-10:00pm
(Court lights must be turned off after play in the evening).

Fitness Center: Daily 5:00am-10:00pm

Pool: Daily Dawn to Dusk

Committee Members

Tennis & Fitness Committee

Tom Comella - Chair	tcomella5@icloud.com
Diana Missig	dmissig@gmail.com
Jim Vana	jimchiro@aol.com
Dick Brown	richardbrown@verizon.net
Helen Miller	helenrita.miller@gmail.com

Handicap Committee

Mark Carle– Chair	mscarle6@gmail.com
Mary young	youngdarrell@gmail.com
Art Dolben	adolben@gmail.com
John Fischer	silverfox51650@yahoo.com
Dave Thomann	davethomann9@gmail.com

Greens Committee

Ona Lee Swain-Chair	gilona66@yahoo.com
Ronal Webber	rtwebber1@gmail.com
Bob Burkart	rwburkart1@gmail.com
Patty Wegener	ladypaw@aol.com

Golf Committee

Paul Stebing– Chair	paul.stebing@gmail.com
Dave Reynolds	drtrtmnm@gmail.com
Fred Mitchell	okbman@aol.com
Catherine Sobecki	catsobecki@gmail.com
Art Dolben	adolben@gmail.com

Social Committee

Lisa Shea-Chair	lisashea1@gmail.com
Nancy Kutz	kutz1947@gmail.com
Laura Leblond	l1leblond@hotmail.com
Jill Cipolla	jill.cipolla16@gmail.com

Tennis Rules & Regulations

Professional Trainer, Cali Harris-Flores is available for equipment orientations upon appointment. If you have any questions or would like to learn how to operate any machinery, please contact her by calling 941-356-4335 or by email at xoomfitness69@gmail.com

1. REGISTRATION

All Members with guests must register guests before playing tennis. The Members are responsible for the payment of guest fees before play.

2. RESERVATIONS

Courts must be reserved online. All players names and guest names are required for court reservations. Play during unreserved times shall be on a first-come, first served basis, with the exception that those who have not previously played that day have priority over the Members who already have played. Courts are reserved for one and one-half hour increments. Under busy conditions, playing times may be limited to one hour to ensure fair distribution of court times. If the party who has reserved a court fails to show or register, the reserved court will be considered open to any waiting Members for play. Court cancellations must be made at least twelve (12) hours before scheduled playing time. Reservations are limited to two (2) play periods per Family, per day, with a different member of the Family playing each time. The Tennis Professional or General Manager must approve any additional court times.

Inclement weather may require cancellation or adjustment to normal play. Call the tennis pro shop for updated information. Courts may be closed from time to time as necessary for maintenance.

3. TOURNAMENTS AND CLINICS

The Club reserves the right to make the tennis courts available for tournament and promotional play, at which time use by the Members may be restricted. Except during special events, only members of the professional staff are permitted to render instruction at the Club. Lessons should be scheduled through the tennis professional. Lessons canceled twenty-four (24) hours in advance may be subject to charge.

4. ATTIRE

Proper tennis attire and regulation equipment are required at all times on the courts. Shirts must be worn at all times. Men's shirts must have sleeves. Halter tops for women are prohibited. Cutoffs, denim, jeans, bathing attire or bare feet are not acceptable. Soft-soled shoes designed for Har-Tru courts must be worn at all times.

5. CHILDREN

Persons under eighteen(18) years of age who are not playing tennis are not permitted in the court enclosures, and children are not permitted to play in the area of the tennis courts.

6. TENNIS ETIQUETTE

Members and guests are urged to familiarize themselves with the rules of tennis etiquette. Members are responsible for the conduct of their guests. No person shall enter or cross another court while a point is in play. All persons requesting the return of a tennis ball from another court should ask only when play on the court has halted. Players should not retrieve a tennis ball from another court themselves. Loud or quarrelsome conduct or profanity is prohibited on the tennis courts. No obnoxious behavior will be permitted. The tennis professional, any staff member, and the General Manager have the authority (i) to enforce all rules and regulations, (ii) to supervise the general conduct of all persons at the tennis courts, (iii) to maintain order, and (iv) to reprimand, restrict, discipline and evict any individual not complying with the rules and regulations. No person shall distract or interfere with players while a match is in progress. Spectators are expected to behave courteously.

7. PROHIBITED ACTIVITIES

- Smoking is prohibited on the courts. No game other than tennis may be played on the courts, except Bocce Ball as scheduled. Courts shall be vacated promptly after all reserved playing time is over.
- No food or beverages, other than water, are permitted on the courts. No glass containers are allowed on the courts. Non-member Personal coolers are permitted, provided that all food and beverages are purchased at the Club. Member personal coolers are permitted, provided that all alcoholic beverages are purchased at the club.

Frequently Asked Questions for the Online Tennis Reservation System :

Q. Why are we moving to an online reservation system?

A. To simultaneously increase fairness and overall court utilization.

Q. Must you have a Heron Creek website ID prior to accessing the tennis reservation system?

A. Yes.

Q. Is your Heron Creek website ID the same as the tennis ID?

A. No, the tennis ID is 5 digits: your member number followed by zero for a male or 1 for a female.

Q. If you already have a golf password, can it be used for booking tennis courts?

A. Yes

Q. If you don't have a golf/tennis password, how do you get one?

A. If you don't have a password, the Tennis Pro shop inputs a temporary password.

Q. Is there a fee for booking a court?

A. No, only for guests.

Q. Can you use the booking application from a cell phone?

A. Yes

Q. Will I be able to see all the entries of who has courts booked and when?

A. You will see blacked out times, plus your own and other people's bookings.

Q. How are scheduled recurring bookings handled for fall - spring tennis (including men's open tennis Tuesday and Thursday, Women's open tennis Wednesday and Friday, plus Fun Tennis, Saturday 9:00 AM and Sunday 9:00 AM mixed doubles)?

A. They show up in BLACK as bookings.

Q. Other than those scheduled bookings, are bookings on a first come, first served basis?

A. Yes

Q. When you make a booking or cancel a booking, will you get an email like you do for golf?

A. Yes. Any buddies who are listed on the reservation also get an email.

What if no email arrives? You will need to add your email address under the "Profile" tab on the system.

Q. If only three of the five courts are in use during an open tennis session, may I play on an open court?

A. In that case, you are considered a drop-in. Check in with the Tennis Pro Shop.

Q. Can I reserve a court to include guests?

A. Yes; the instructions show how to assign a guest to a member number, applicable guest fees apply.

Q. Can a person book for more than 90 minutes?

A. No.

Q. If someone books a court online, then shows up and finds someone else on that court, does the person with a reservation have priority?

A. Yes.

Q. How many courts can one person book for any given time slot?

A. One

Q. How can I book courts for a group event?

A. A second person in your group needs to reserve the second court, a third person the third court, etc. The system will send an email to all listed player (called buddies). Only the person who makes the reservation can alter it.

Q. What is the minimum number of players that must be identified in order to book a court?

A. One.

Q. If I want to input a buddy list but don't know the member number, how do I get it?

A. Input the first two letters of his/her last name; the system will search the database, or ask the Tennis Pro Shop.

Q. If I book a court with three buddies and the players change, do I need to revise the booking?

A. Yes.

Q. How many days or weeks out can I book a court?

A. Seven days

Q. Can I book a court for immediate use?

A. Yes

Q. What if I need to cancel a booking?

A. Delete the booking online or call the Tennis Pro shop.

Q. Can I create a recurring booking "automatically"?

A. No

Q. What happens if I book a court for 90 minutes starting at 8AM and the courts are not dry until 9AM?

A. Check with the Tennis Pro Shop.

Q. Who books the courts for league matches?

A. The Tennis Pro Shop

Q. Who books a court for warm-up with the Tennis Professional prior to league matches?

A. The Tennis Pro Shop

Q. Who books a court for lessons?

A. The Tennis Pro Shop

Q. Can I reserve a court then "assign" it to another player?

A. Yes, but let the Tennis Pro shop know.

Q. Can the Tennis Pro Shop override a booking?

A. Yes

Tennis Calendar 2024 - 2025

October:

- October 5 Free Clinic 8am
- October 23 Getting Golf Fit Class
- October 25 Halloween Mixer

November:

- November 2 Free Clinic 8am
- November 4 Bocce Ball 5:00pm
- November 8 Tennis Mixer 5:30
- November 16 Season Kick Off

December:

- December 2 Bocce Ball 5:00pm
- December 7 Free Clinic 8am
- December 11 Holiday Tennis Party/Gift Exchange
- December 17 Ladies Holiday Lunch

January:

- January 4 Free Clinic 8am
- January 6 Bocce Ball 4:00pm
- January 10 Tennis Mixer/5:30
- January 18 Aussie Open

February:

- February 1 Free Clinic 8am
- February 3 Bocce Ball 4:00pm
- February 14 Valentines Mixer

March:

- March 1 Free Clinic 8am
- March 3 Bocce Ball 5:00pm
- March TBD Annual Golf/Tennis Pro AM

April:

- April 5 Free Clinic 8:00am
- April 7 Bocce Ball 5:00pm
- April 7 Men's & Ladies Championships Week
- April 14 Mixed Doubles Championships Week
- April 19 Championships Awards Luncheon
- April TBD NP Tennis Championships
- April 23 Men's intramurals begin (5 weeks)
- April 25 Ladies Intramurals begin (5 weeks)

May:

- May 3 Free Clinic 8am
- May 5 Bocce Ball 5:00pm
- May 30 Annual Mixed Intramural (5 weeks)
- May TBD Tennis/Golf outings
- May 30 Annual Mixed Doubles (5 weeks)

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Tennis Mixer 8:00am
8	9 Bocce Ball 5:00	10	11	12	13	14
15	16	17	18 Holiday Party	19	20	21
22	23 Getting Golf Fit Class	24 Ladies Holiday Lunch	25	26	27	28
29	30	31				

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
	Bocce Ball 4:00				Tennis Mixer 5:30	
12	13	14	15	16	17	18
						Aussie Open
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	Free clinic 8:00am 8
	Bocce Ball 5:30					
9	10	11	12	13	14	15
					Valentines Mixer	
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						Free clinic 8:00am
2	3	4	5	6	7	8
	Bocce Ball 5:00					
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Men's & Ladies Doubles Championship Bocce Ball 5:00	8	9	10	11	12
13	14 Mixed Doubles Championship Awards Lunch	15	16	17	18	19 Champion- ships Awards Luncheon
20	21	22	23 Men's Intramurals begins	24	25 Ladies Intramurals begins	26
27	28	29	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
	Bocce Ball 5:00					Free clinic 8:00am
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Annual Mixed Intramurals begin	31

Fitness Rules & Regulations

Access:

The Fitness Center is open to Members and their guests from 5am-10pm daily. Your Member Card is required to access the building. Primary access is through the front door located off the parking lot near the Tennis Courts. All Members and guests are required to sign in once they enter the building.

To meet the demands of our Members first, all guests must be accompanied by a Member. Guest privileges may be limited during peak periods as determined in the sole discretion of the Club. Members may bring guests to the Fitness Facility, subject to registration. The host Member will be billed a \$10 daily guest fee for their guest. Please register your guests in the check in log. Guest fees will be billed to your Member account the following day.

Additionally, no guest is permitted to visit the Fitness Center more than 6 times in a calendar year.

Courtesy:

We strive to uphold a safe, clean, and enjoyable environment. As such, we expect proper, respectful conduct on the premises at all times. Members are urged to familiarize themselves with proper fitness etiquette as well as the proper method of handling and using weights and equipment to avoid mishandling and misuse. Equipment orientations will be held periodically for this purpose.

Cardio equipment (Bicycles, Treadmills, Ellipticals, Stair Climbers and Rowing Machines) is on a first come, first serve basis. We ask that you please limit use to 30 minutes, while people are waiting. During peak hours circuit exercise is limited to a maximum of two sets. While Members may have a circuit or workout they follow, we ask that at peak times particularly, you modify your work-out to allow others to work a set in as needed. Please return and rack all weights after use.

Please refrain from cell phone use while in the fitness center. If you need to use your phone, please step out into the hallway or outside. If you prefer your own music for workouts, we ask that you utilize a headset or headphones as your choice of music. Finally, we ask that you sanitize each piece of equipment, including the handles of free weights when you are finished with that piece of equipment. The health of our members is the Club's number one priority. If you will be showering, please remember to bring a personal towel and personal water bottle. There is a water refill station inside the gym and also at the pool area.

Profanity, horseplay, disruptive conduct and offensive behavior are strictly prohibited at the Fitness Facility. Please report any incidences to the Administration office.

The General Manager, Activities Director, Tennis Professional, and any staff member has the authority to (i) enforce the rules and regulations, (ii) supervise the general conduct of all persons at the Fitness Facility, (iii) maintain order, and (iv) hold accountable any individual not complying with the Club rules and regulations.

Dress:

Rubber soled athletic shoes must be worn. Open toed shoes, sandals or flip flops, street shoes or golf shoes are not permitted in the workout areas. Proper athletic or gym attire must be worn. Shirts and shoes must be worn at all times. Shoes worn on clay tennis courts must be cleaned prior to entering the Fitness Center.

Emergencies & Injuries:

Any Member who incurs an injury or becomes dizzy/ill while using the center should immediately call 911. A first aid kit is located in the Tennis Pro Shop for minor injuries and an AED (automatic external defibrillator) is located in the main entrance hall. Please inform the Administration Offices of any cases of injury or illness.

Food and Beverages:

Other than water bottles, food and beverages are not allowed in the center. Tobacco of any kind, and chewing gum are also not allowed. Please remember to bring your personal water bottle each time you work out to ensure proper hydration. A water refill station is located in the Gym and at the pool area.

Group Exercise Classes:

The Club offers a variety of fitness classes with a number of qualified instructors. Check the Heron Creek Newsletter or announcement boards outside the Fitness Rooms for the latest information on classes. Be advised that the Membership Number on your Member Card will be used to track payment for any classes offered through the Fitness Center. If you have questions regarding classes or payment, please contact the Activities Director at activitiesdirector@heron-creek.com or call 941-240-5100. Only personal trainers who are approved by the Club may provide training services to Members at the Fitness Facility.

Health and Safety:

If you have any contagious illness, please do not enter the Fitness Center. Sanitizing Wipes are available in the fitness center for cleaning perspiration from pads, benches and handholds of equipment and free weights. Please be courteous of fellow Members and use the supplies provided in the areas that you use. Any Member or guest with health or physical problems should first provide a Physician's clearance in writing prior to using the Fitness Facility. Members, family members and guests assume full risk of loss and responsibility for damage to their health.

Matrix Recumbent Bike

MATRIX

LIFESTYLE RECURBENT CYCLE

Offer low-impact cardio exercise to people of all ability levels with our streamlined recumbent design.

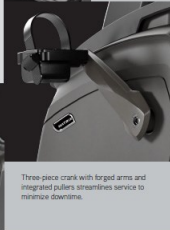


Our light-commercial Recumbent Cycle is ideal for multi-family housing, small hotels, corporate facilities and municipal buildings. A compact footprint helps you make the most of your space, while a recumbent design with an ergonomic seat and back distributes weight for superior support.

Contoured handlebars fit the hand naturally. Ergo Form seat and back pad make even long rides comfortable, and self-balancing pedals make it quicker and easier to get started.



Conveniently placed controls provide tactile feedback, and step-through design offers easy entry and exit. Includes bottle holder and accessory tray.



Three-piece crank with forged arms and integrated pulleys streamlines service to minimize downtime.

MATRIX

Leg Extension / Leg Curl VS-S711



- Angled pads and ideal pivot location promote full muscle contraction and alignment
- Back pad retracts forward for easy adjustment from the seated position
- Dual-action CAM enables a smooth transition between exercises

- Adjustments are easily performed in the seated position
- Clearly indicated adjustments for ease of use

Functional Trainer



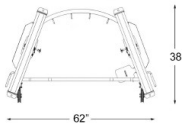
Shown with optional accessories

STANDARD FEATURES

- ✓ Two 150 lb. weight stacks, ten 10 lb. plates, and ten 5lb. plates per stack.
- ✓ 2:1 Cable pull.
- ✓ Integral step to help reach the chin-up bar.
- ✓ 24 Exercise heights to accommodate a wide range of users and exercises.
- ✓ 88" Overall height.
- ✓ Two nylon strap handles standard.

OPTIONAL FEATURES

- ✓ Steel shrouds powder coated and clear coated for a mar resistant and lustrous finish.
- ✓ Weight stacks can be upgraded in 50 lb. increments up to 300 lbs. each.
- ✓ 4:1 Cable pull to provide over 13 feet of travel and lower weight momentum.
- ✓ Five piece accessory kit with aluminum revolving long bar, ankle strap, triceps rope, short revolving straight bar, and functional exercise handle.



Visit www.inflightfitness.com to see our entire line of exercise equipment

Lifetime limited warranty on frame, welds and weights; one year on cables and moving parts. See warranty for details.

MATRIX

Lat Pulldown / Seated Row VS-S331



- Thigh pad easily adjusts to provide stability and comfort
- Elevated foot rests provide stability and comfort during heavy lifts

- Stainless-steel cable guides provide added protection for lasting durability
- Clearly indicated adjustments for ease of use

Matrix Treadmill

MATRIX

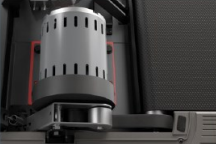


LIFESTYLE TREADMILL

Everything you need — and nothing you don't! — to give the people you serve a beautifully simple run.

Our light-commercial treadmill is ideal for multi-family housing, small hotels, corporate facilities and municipal buildings. Compact design and low step-on make a solid run accessible to everyone, even when space is at a premium. The durable drive and deck keep it running smoothly for years, and streamlined maintenance minimizes downtime.

4.2 HP AC motor with Dynamic Response Drive System flexes to user response based on footfall pattern for a smooth, consistent workout up to 19 km/h / 12 mph. Conveniently placed speed and incline controls provide tactile feedback with each adjustment.



Self-lubricating Ultimate Deck System with industrial-grade coating provides over 25,000 miles of proven performance.

An easy-to-open motor cover streamlines service and maintenance by helping technicians get in and out more quickly, minimizing downtime.

MATRIX



LIFESTYLE ELLIPTICAL

Offer your people a workout that's low-impact, natural and fits virtually any exercise space.

Our light-commercial elliptical is ideal for multi-family housing, small hotels, corporate facilities and municipal buildings. A compact footprint makes the most of your space, smart ergonomics fit the body and its natural movements, and convenience features improve the experience for users and facilities alike.

Patented suspension design in wheel- and track-free, reducing noise and minimizing friction to extend product life.



51 cm / 20" stride length, optimized pedal spacing and oversized pedals enhance comfort.

Convenience features include low step-on, rear entry, contact / telemetric heart rate tracking, water bottle holder and accessory tray.

TAG YOU'RE FIT!

Present

VERSA RACK™



ROCK-VERSA RACK™

- 2x2 Steel 12 Gauge Upright w/ Mounting Holes every 2" for Complete Adjustability
- Welded Endcaps
- Patent Pending
- Lifetime warranty, one year parts
- Size: 72" Wide x 170" Tall x 35" Deep - 120 lbs

Tag Versa Custom Functional Training Accessory Package - VERSA-CFP

Includes:

- Storage Rack
- 30-25lb Rubber Hex Dumbbell Set
- (3) Hanging Balls 24" x 7"
- (3) Stability Balls (55cm, 65cm, 87.5cm)
- (8) Rubber Medicine Balls
- (8) Rubber Coated Kettlebells
- (4) Resistance Tubes with Handles

MATRIX

Multi-Press VS-S131



- Designed for easy entry and exit
- Reclined position offers greater lumbar support
- Dual-position hand grips allow for greater training variety
- Smoothly transition between exercises with one simple adjustment
- Elevated foot rests provide stability and comfort during heavy lifts
- Clearly indicated adjustments for ease of use



Heron Creek Golf and Country Club
5301 Heron Creek Blvd.
North Port, FL 34287
www.heroncreekgcc.com