

CORPORATE EVENTS
CARDIO TENNIS
DYNAMIC DOUBLES
ROUND ROBIN SOCIALS
TENNIS BOOT CAMP

Let us design a fun, challenging program to engage your employees, mind, body and soul.

We can create a one-time corporate event or a series of offerings.

Align your company's wellness program with Atlanta's vibrant tennis culture.

Atlanta boasts the largest community tennis league in the world with over 80,000 members in the Atlanta Lawn Tennis Association.

Tennis is a lifelong sport that promotes the health and well being of all who participate.

One important key to success is self confidence. An important key to self confidence is preparation.

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THE SANDY SPRINGS TENNIS CENTER IS A FACILITY OF THE CITY OF SANDY SPRINGS MANAGED UNDER CONTRACT BY GROSLIMOND TENNIS SERVICES, INC.



Groslimond Tennis Services



corporate events
make an impact



Exercise increases productivity

EMPLOYEE WELLNESS IS A STRATEGIC IMPERATIVE

A recent study involving 19,803 people working at three major corporations confirmed that employees who exercise regularly have higher productivity in the workplace. Researchers at Brigham Young University concluded that infrequent exercise is linked with a 50 percent increase in low productivity. According to study researcher Ray Merrill, a health science professor at Brigham Young, "Total health-related employee productivity loss accounts for 77%

of all such loss and costs employers two to three times more than annual healthcare expenses." By creating opportunities for exercise and recreation, employers can lower healthcare costs, absenteeism and workplace stress. Dynamic exercise in a fun, recreational setting leads to increased productivity, improved morale, better time utilization and higher employee retention.



OFFERINGS

- **Cardio Tennis:** Full body aerobic workout focusing on footwork, conditioning and stroke production
- **Dynamic Doubles:** High energy drills emphasizing court position and communication.
- **Round Robin Social:** Fun, competitive format to test skills and team work while making new friends.
- **Tennis Boot Camp:** Intensive on court drills combined with resistance and fitness training.

performance equals success

TENNIS, THE SPORT FOR LIFE

WHAT WORKS?

Researchers at the Harvard Business Review studied wellness programs at 10 major corporations across diverse industries. They looked for the keys to impact and success and concluded that "passes to fitness clubs and nutrition information in the cafeteria are not enough."

Employers whose programs have the greatest impact

- Create a culture of wellness from the C-suite down.
- Align their program with the firm's aspirations.
- Sponsor programs that are comprehensive, engaging and "just plain excellent."
- Offer programs that are accessible and convenient.
- Partner with vendors who can enhance their offerings.
- Create a message that is exciting and compelling.

OUTCOMES

The ROI is impressive. Reviewing the data and interviewing CFOs and CEOs, Harvard Business Review researchers found that companies realize a \$3 to \$6 return on every dollar invested. The bottom line is lower costs, greater productivity and higher morale, "contributing to a vigorous organization."

SANDY SPRINGS TENNIS CENTER

Named by Tennis Magazine as "one of the finest public facilities in the country", the Sandy Springs Tennis Center is located in the heart of Atlanta's northern business district. We are home to more than 130 ALTA and USTA teams as well as the premiere tennis academy in the Southeast,

Tennis Academy of the South. SSTC hosts 10 to 15 USTA tournaments each year, drawing players from Georgia, the Southeast and the nation, as well as ALTA and T2 City Finals and numerous charity and corporate events.



IMPACTS

- Balance
- Fitness and Conditioning
- Stroke Production and Footwork
- Tactics and Strategies
- Teamwork and Life Skills

GAME FOR LIFE

SSTC's USPTA certified pros teach players of all levels, from beginner to advanced. We believe tennis is the life sport that builds strength and confidence through movement and dynamic play.



RETURN ON INVESTMENT

"A comprehensive, strategically designed investment in employees' social, mental, and physical health pays off." Harvard Business Review

HIGHER MORALE

"Employee pride, trust, and commitment increase, contributing to a vigorous organization." Harvard Business Review

GREATER PRODUCTIVITY

"Participants in wellness programs are absent less often and perform better at work than their nonparticipant counterparts." Harvard Business Review

