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June 2013

Hours of Operation  
Monday-Friday 5:45am-9:00pm  
Saturday-7:00am - 7:30pm  
Sunday 7:00am-6:30pm

### Manager's Corner

The club is now starting a new membership drive to continue the momentum that was started over a year ago. The new membership offers a six-month introduction single fitness rate of \$24 per month and a family membership for \$40 per month. The club will need to continue to offer these rates in order for it to maintain it's financially viability. Since the club is a member-owned club we are looking to all members to help promote these new memberships rates.

Thank you,

Leo, Valerie & Kimberley

### Welcome New Members

ATFC would like to welcome the following new and returning members: Donna Clark, Ruth Luce, Freesia Modica, Kaitlin Simmeth, Larry Slocomb, Deborah Theos, Brett Thompson, and Bill Walz.



### We are Looking for Front Desk Volunteers

First we would like to thank all of the wonderful members who have been volunteering at our front desk. We would not be able to keep the front desk running without their help. We would love to invite some new members to take a turn at helping out since a few of our current volunteers are retiring. Volunteers, in addition to providing a cheerful welcome, help save the club approximately \$2,000 a month! If you are interested please leave a note with your contact information at the front desk for Jane Van Dyke, the lead front desk volunteer.

### Congratulations to the Women's 55+ 6.0 Team!

The Team who had a season record of 7 wins and 1 loss is going to sectionals in Sunriver from June 20-23<sup>rd</sup>. The Team is comprised of SuAnne Cleveland, Tilly Gibbs, Bonnie Holstein, Vicky Huxtable, Marcia Martin, Liz Murphy, Liz Pischel, Aleta Stiers, and Cassandra Toews They will be competing against teams from Eugene, Corvallis, Salishan and Bend. Join us in wishing them the best of luck at the tournament!



### We Need Volunteers For The 4<sup>th</sup> of July Parade

We are looking for volunteers to help with our 4<sup>th</sup> of July float! We need people to help with the preparations and to walk/ride in the parade! A sign up sheet is located at the front desk. We are also looking for someone who can lend the club the use of their pick up or flatbed for the float. This is a great opportunity to showcase our awesome ATFC family and to advertise our amazing new membership promotion!

### Please Welcome Our New Board Members

We would like to extend a hardy welcome to our new Board Members Christie Chiang and Sidney Copilow. We would also like to thank the exiting members Mark Williams and Bonnie Holstein for their time and support during their term. Finally we would also like to recognize the dedication of the returning members Justine Bowen-Jones, Lee Schnitzer, Vicki Foley and Carolyn Kennedy.

#### **Board of Directors:**

**Justine Bowen-Jones - President**  
**Susan Fernlund - Treasurer**  
**Christie Chiang - Director**  
**Carolyn Kennedy - Director**

**Lee Schnitzer - Vice President**  
**Vicki Foley - Secretary**  
**Sidney Copilow- Director**  
**Linda Florin- Director**



Big Al's is just around the corner so make sure to register online @ [USTA.COM](http://USTA.COM)->[Tennislink->Tournaments](#) enter 600012713 into "Find the Tournament"->Search and you will go to our tournament information page which is where the online registration is located. You do not have to be a USTA member to participate. Each year the Oregon Shakespeare Theater offers 50% off on tickets for all plays during the weekend for registered participants!



**Congratulations to Gail and her Grizzlies on winning the State Championship!**

Ashland High's Grizzlies claimed their second-ever team title at Tualatin Hills Tennis Center in Beaverton. Ashland's perfect final day allowed the Grizzlies to pull away in the final team standings with 15 points, five more than runners-up Crescent Valley and Marist. The Grizzlies, who finished second last year, claimed their only other state championship in 1986, and that was a tie for first. "I tell my players, you've got to control the match – you control it with pace, with depth and with placement." Gail Patton said. (Taken from article by Joe Zavala in the Mail Tribune dated May 19, 2013)

**The Women's Spa has been fixed!**

It is with great pleasure that we announce that the women's spa is now finally fixed. It has been another long and frustrating process to get it working again. We needed to first determine the cause and then order the correct part and finally get it installed. We apologize for the length of time it took to resolve and we hope that it was worth the wait!



**Come try out the New Foam Roller Class**

This class will help eliminate and prevent muscle knots and enhance athletic performance. The classes are on Monday June 3<sup>rd</sup> 9:30-10:15pm, Tuesday June 4<sup>th</sup> 5:30-6:15pm and Wednesday June 6<sup>th</sup> 1:30-2:15pm. The cost is \$2 per class for members and \$10 per class for non-members.

**June Tennis Socials**

This month the Men's Night out social will be Tuesday the 25<sup>th</sup> from 7:30 – 9:00pm. Ladies Day will be Wednesday the 26<sup>th</sup> from 2:00-3:30pm. These are free events and there will be a sign up sheets at the front desk.

**Hunter Park Cleanup**

We apologize to Nancy Walz for not including her in our last addition of the newsletter thanking her for her participation in the Hunter Park clean up.

**June Fitness Class Schedule**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>Power</b> 8:30-9:30am Sofia	<b>Yoga</b> 9:30-11:00am Steve	<b>Power</b> 8:30-9:30am Sofia	<b>Tai Chi</b> 8:30-9:30 am Ben	<b>Power</b> 8:30-9:30am Sofia	<b>Strength Training</b> 8:30-9:30am Steven	<b>Yoga</b> 9:30-11:00am Sofia
<b>Pilates</b> 9:45-10:45am Richard		<b>Yoga</b> 9:45-11:00am Sofia	<b>Pilates</b> 9:45-10:45am Richard	<b>Yoga</b> 9:45-11:00am Sofia	<b>Gyrokinesis</b> 8:30 - 9:30am Avril	
		<b>Gentle Yoga</b> 4:30-5:30 Sofia	<b>Ballet Barre</b> 4:15-5:00pm Jami		<b>Pilates</b> 9:45-11:00am Richard	