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September 2013

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

### Meet John Souza Our New General Manager

John is taking over the management of the club from Leo who is going to take a well-deserved rest from the R club's day-to-day activities so he can concentrate on tennis again. John was self-employed for the last several years and is also a current co-owner of R&R Pet Resort. Prior to being self-employed, John was the Senior Program Director and Facilities Manager at the Ashland Family YMCA.

All members are invited to a Meet-N-Greet event happening at the club to welcome John and his family on September 13<sup>th</sup> from 5-7 pm. Refreshments will be served.



### Welcome New Members

ATFC would like to welcome the following new and returning members: John Baker, Katy Barnard, Selina Bernard, Dale Bibee, Patricia Bibee, Dan Brothers, Kadi-Ann Bryan, Alex Censor, Herman Edel, Susan Gabrielle, Beth Jandernoa, Susan Lantello, Paul Rowland, Elizabeth Tagami, and Adam Thompson.

### The Member Social is Coming!

On October 25<sup>th</sup> from 6 - 9 pm the club will be hosting a Member Social. All members, children and friends are welcome to participate. There will be live music and a pot luck dinner. A sign up sheet for the pot luck will be located at the front desk.



### Junior Tennis News

Junior lessons are now back on the regular schedule and will be starting on Monday September 9<sup>th</sup>.

The club will be hosting a one day junior tennis tournament on Saturday September 28<sup>th</sup> from 1:00 - 6:00pm. Boys and girls from 7 to 18 are eligible to enter. Entry forms are located at the front desk.

Congratulations goes out to Rox and Braden Rogers, Marie Louise Young, Alyssa Retiz and Carolina Dobiecka, some of our junior players who played in tournaments throughout Oregon over the summer.

### Men's Tennis Night and Ladies Day

This month Men's Night will be on Tuesday the 24<sup>th</sup> from 7:30-9 pm and Ladies Day will be on Wednesday the 25<sup>th</sup> from 1:15 to 2:30 pm. Sign up sheets will be located at the front desk



### New Tennis Social Event

On September 15<sup>th</sup> from 9:00-10:30 am there will be a fun tennis social for all levels players. The cost will be \$5 per person and it will be open to the first sixteen people who sign up. The sign up sheet will be located at the front desk.

### Equipment for Sale!

Send out the word that the club is selling a Body Masters Leg Press/Sled Unit in excellent condition. weights are not included. The buyer is responsible for moving it out the building. The cost is \$700.

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

**Justine Bowen-Jones - President**  
**Christie Chiang - Treasurer**  
**Carolyn Kennedy – Director**  
**Sid Copilow-Director**

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

## Check Out Our New Up Coming Fitness Schedule!

(Classes are estimated to start at the end of September to the middle of October.  
Current classes will remain on the same schedule until further notice)

Cardio KickBoxing	T/TH	6:15a.m.-7:00a.m
Power Lift	M/W/F	8:30a.m.-9:30a.m
Pilates	M/TH	9:45a.m.-10:45a.m
Gentle Yoga	M	4:30p.m.-5:30p.m.
Gentle Yoga	W	5:15p.m.-6:15p.m.
Hatha Yoga	T	9:30a.m.-11:00a.m
Aqua Fit	T/TH	8:30am-9:30am
Vinyasa Yoga	W/F	9:45a.m.-11:00a.m.
Teen Yoga	W/F	4:00p.m.-5:00p.m.
Beginning Pilates	TH	8:30am-9:30am
Strength Training	Sat	8:30a.m.-9:30a.m.
Gyrokinesis	Sat	8:30a.m-9:30a.m.
Pilates	Sat	9:45a.m.-11:00a.m.
Vinyasa Yoga	Sun	8:30a.m.-10:00a.m.
Women with Weights	T/TH	11:00am-12:00pm



### An October Sneak Peak

Join Sofia for a week of focused work on cleansing our bodies and our minds. Fall is a great time to set intentions and get back on track after the hectic summer season. Start your day with 6:30-8 am classes, Mon-Fri Oct 14-18th, working on building cleansing heat in our systems through yogic postures (Asanas) and breathing techniques (Pranayama). Program will also include goal setting, recipes, and journaling. The cost is \$7.50 per class. Please register by October 7th at the front desk.

In addition to the classes, Molly Romero L.Ac. will be offering an optional Acupuncture Detox program starting Oct 16th - 30th. Watch for more information to com

### Coming this winter...

**Ski Conditioning Class 2 x week**  
**Teen Strength and Conditioning**  
**Women's Self Defense**  
**Open Water Scuba Certifications**



### Current 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>Ballet Barre</b> 12:15-1:15pm Jami	<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>Pilates</b> 9:45-11:00am Richard	
		<b>Gentle Yoga</b> 4:30-5:30	<b>Ballet Barre</b> 12:15-1:15pm			