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A HAPPY  
NEW YEAR

January 2014

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



### Kelly Baker, ATFC's new Director of Tennis, has arrived!

Welcome to Kelly and Roan who landed in Ashland after a ten-day drive from South Carolina. Please take a moment to introduce yourself when you see them around the Club. Kelly will be offering some introductory specials through the end of January: Private Lesson: \$38; Doubles Lesson: \$20/pp; Cardio Clinic: \$10. Tennis players: Kelly would love to hit with you for five or ten minutes to begin to know you and your game! Kelly is looking forward to working with Leo and Gail to make our tennis program the best one this side of the Rockies!



# WELCOME

ATFC would like to welcome the following new and returning members: Kelly Baker, John Begley, Nicholas Benson, Vic Biondi, Chole Boucher, Isabelle Boucher, Olivia Boucher, Tara Boucher, Sean Carney, Rick Chalmers, Dan Coburn, Tobias Cook, Nancy Driscoll, Tamara Ellis, Scott Griessbach, Steven LaRose, Zaida LaRose, Melissa Maddox, Laura Marinelli, Lori Mason, Maya Moore, Russel Nahirny, Neil Nicholson, Renee Norman, Kathleen Olmsted, Kimberlee Olson, Vernon Pew, Tanja Rebhahn, Frances Rodgers, William Roussel, Lisa Rugg, MariAnne Sherr, Julian Sherr, Alex Spears, and Nicolae Toutjian.

### ATFC is Rocking!

During the last few months, our Club has been on a roll—a new energetic manager, lots of new members, significant improvements to our infrastructure, programs, and equipment.

**Tennis:** new lights and ballast, Tennis Director, Taz (youth tennis after-school program), restructured cardio tennis.

**Pool:** new pool heater, new quiet exhaust fans, fresh paint, new vacuum.

**Fitness:** 5 new classes added; wall removed for better use of space; new plyometric boxers, free weight plates, jump ropes and balance boards, additional elliptical) Like all change, these improvements have taken time, energy, and...yes...money!! In order to restore some funds back into our savings account, we'll be holding a Growth and Development Campaign during February. We'll be asking members to contribute to our campaign to replenish our coffers and to start the seed for the great things planned for the coming year. More information will soon be available; in the meantime, feel free to ask John or any Board Member for details.

### Fitness News

Molly and John are constantly trying to meet the needs of all ATFC Fitness and Combo members—new classes have been added during the last months. Come try out something different to incorporate into your fitness routine! How about giving Mae's early morning Cardio Boot Camp a whirl? All Fitness equipment was serviced on December 26, so all the machines should be running as smoothly as you do!

## Tennis News

Check the Tennis Board for information about the **Century Tournament** (February 7-9) - time to find a partner! (\$20 for one event; \$30 for two) Ask Kelly if you need help to locate a suitable mate!

We'll soon have a tennis **Flex League** operating: four courts, 16 players, lots of partners, tons of fun!

Also, the USTA schedule for winter/spring of 2014 is somewhat different from that of last year. Kelly will be holding a meeting for all folks interested in participating on a **USTA Team** so be sure to take a look at the Board before you walk onto the courts...

The **Winter Junior Tennis League** has begun—check the tennis calendar for the schedule and come watch some of our rising young stars!

### New Cardio Tennis Classes

Kelly will be offering two types of classes, beginning January 2: One will be a fast-paced, point-play class which will involve quick rotations, non-stop play, with some strategy involved; the other will be ball-fed, fast-paced, serious cardio work (with maximum calories burned).



### Check it Out!

A staff photo board will soon appear....

### Teen Fitness

We are now offering a teen fitness program (**first two weeks are for free!**) starting January 21<sup>st</sup> on Tuesdays and Thursdays from 7-8pm. The class is designed to develop **speed, coordination** and **power!** Jump rope, agility ladder, weight training, balance boards and much, much more. All girls & boys ages 13 -19 years are welcome to join the fun! The cost will be only \$30/month (members) \$40/month (non-members)

## Ms. Martina Mannerstilova

Dearest Ms. Martina,

I am counting on you here. To swipe or not to swipe???

Adoringly,

On the Fence

My Dear Fence-sitter:

I'm going to answer in two ways:

1) SWIPE!!!!!!

2) SWIPE! and here's why:

Management uses information collected in member swipes to determine when more staffing might be necessary; secondly, that you are part of the Club matters !! By paying your monthly dues you are keeping ATFC operating.; if a non-member (MMM isn't talking about guests - she LOVES guests!) walks on in, well... it's just not cricket! (Sneakers should be worn on the feet. Ha! Ha! ) Sometimes my wonderful sense of humor even cracks ME up!!!

With affection,

MMM

### Fitness Resolution

You know it's true...you ate one too many big meals over the holidays! Come in and work out with one of our dynamic, kick butt instructors like

*Mae for Cardio Bootcamp (T/Th 6:15-7am),*

*Molly for Aqua Fit (T/Th 8:30-9:30am)*

*Brandon for Cardio Kickboxing (offered 5 days a week).*

We promise you'll feel it!

