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December 2015

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

Holiday Hours

ATFC will close at 3pm on December 24 and also on December 31st. The Club will be closed on Christmas Day and on New Year's Day. On December 26th we will only be open from 9-4. Happy Holidays to all members and their families!

The Giving Tree



Tis the season for thankfulness and sharing! The Giving Tree is an annual tradition at ATFC, an opportunity for club members to contribute directly to local children who are in need. **Patty Knapp** and the Talent Elementary and **Jeanne Walcher** (representing the Kiwanis/Key Club) will again be placing names of Rogue Valley children on the beautiful tree in the lobby. Choose an ornament, purchase the listed items, and return (unwrapped) to the Club **with the ornament** by December 15th; if you prefer, a cash/check donation will be happily received. Your overwhelming generosity in the last dozen years has provided much for those who have so little.

Chief Cookie Elf



Barbara Vazquez is once again gathering cookies (and we mean LOTS of cookies!) for the annual Foster Children's Holiday Party in Medford. This is the 11th year of her efforts—so far more than 10,000 cookies have been baked with these kids in mind! If you would like to bake 2 dozen cookies for this fine effort (75 doz cookies are needed) please contact Barbara at bvasquez@ashlandoregon.org or 541/292-3134. Cookies need to be delivered to the Club on December 11th.

One Free Week at ATFC

"One Free Week" is continuing through December in case you know someone who is considering joining the best Club in town! Contact the Front Desk for more information.

Pilates Class Testimonial

Member **Tom Kennedy** wants to give a shout-out to **Richard Lawler**, long-time Pilates instructor at ATFC. Tom's been attending Richard's classes 3x/week for about 7 years and reports "I can now touch my toes while standing up, have lost 30 lbs, have gone from a 38" waist to a 32". My core is very strong, my back is strong and my body is pretty flexible, for an old guy. Our class consists of a group of members of varying beliefs and backgrounds and philosophies—this leads to a lot of fun, learning, and kidding conversation." He invites members to try out the class and promises that the veterans will be very helpful in welcoming new folks to the Pilates fold!

General Fitness Class Invitation

Come try out fitness classes during this holiday time. When regular teachers are away, the classes occur just the same with highly-trained substitute instructors. This can be a great opportunity to experience the class from a different teaching style. Names of subs are listed upstairs, at the front desk, and on the fitness bulletin board. See you in class!

How to Stay Fit during the Holidays

Yes, there will be eggnog and cookies and parties. It's great to have this holiday time to gather with family and friends. Try to remember this: "it's not what you eat during Christmas and New Year's that counts, it's what you eat between New Year's and Christmas!" That's true of exercise, as well! 1) Bend, don't break your exercise routine. The most successful gym rats are not perfect, but they show up—even if it's for a shorter routine. 2) Be realistic: Setting realistic goals will keep you motivated: under-promise & over-deliver!

Rogue Valley Junior Winter League

Sign-ups have begun for this valley-wide league that is played at ATFC and Rogue Valley Swim and Tennis. Ages 7 and up. Applicants must be able to rally, serve, and keep score. First match is in late January. Applications are at the front desk and the cost is \$45 per participant. The league contact is Tony Retiz at roguevalleywjtl@gmail.com or contact Kelly.

Junior Holiday Camp



December 28-30, 1:15-3:45pm Applications are at the front desk for this action-packed camp—drills, skills, games, and fun. \$90 member; \$105 non-member
Daily rate: \$45 member; \$50 non-member

Century Tournament, January 29-31

It's that time again! Look for the sign-up in the lobby. Need help finding a partner? Contact one of the professional staff. Men's, women's, and mixed doubles. You can play one or two events. Shy to ask a member his/her age? Here's a good approach: "I'm 30 and need someone 70 or older to play with—I know YOU couldn't possibly be old enough to be my partner, but I wonder if you happen to know someone else..." :) P.S. I've heard that this year there might be a prize for the partnership with the biggest age differential...

Thanks for Day of Giving

A trunk load of food was donated by club members for our day of giving in November. The Ashland Food Bank greatly appreciates the donation. Blaine would like to personally thank everyone who contributed for their great generosity. And thanks to ATFC professionals for donating their time and talents in exchange for food for those less fortunate.

December Personal Training Special

Buy a series of 5 sessions and receive one free session for yourself AND one to give away as a gift to a friend. Half-hour 5-series for \$135, Hour 5-series for \$225. Happy Hour Specials on Semi-private Fitness Sessions on Mondays, Wednesdays & Fridays from 4-6 pm. 1 hour session for \$15 per person for 2-3 people and \$10 per person with 4-6 people. This is a significant reduction off of our regular fees!

Drop and Shop - December 18, 6-9pm

Need to do some last minute holiday shopping? Drop the children off at the club for a shopping (or date) night on December 11th. Ages 7+ We'll have tennis, games, and snacks. \$10 per child. Please sign up at the front desk.

Ms. Martina Mannerstilova

Dearest MMM:

I am confused about apparent discrepancies in tennis etiquette. On the one hand, people introduce themselves to their opponents and even congratulate them when they make great shots or hit an excellent serve. (Coming from a background of pugilistic jousting, I have had a hard time taking to this level of civility.) On the other hand, however, some people just pounce onto the court at session change time with no apparent regard for the interruption of an amazing point. Just last week my opponent's and my 76 stroke rally was summarily terminated by the arrival of a rambunctious herd of players. HELP!

Signed, **May Politeness Prevail**

My dear MPP:

I feel for you, my friend. Tennis etiquette can be tricky. There are only a few of us who have truly mastered the nuances so you have come to the right place. The "rambunctious herd" really perceives itself as a jovial group of tennis-lovers, eager to play; though they have a technical right to the court at the exact time of changeover—e.g. 9:30, they must "hold their horses" (I put in a jousting reference for you—ha, ha!) and respectfully wait until you have completed your point before charging on to the court. Your job is to cheerfully relinquish the court as soon as you are aware of their presence. Here's to smooth transitions on the courts! Happy Holidays! xox, **MMM**

Blanket Purchase Opportunity

The ranks of the ATFC sip'n knitters have increased! Now there are 20 knitters—that's 40 needles—making blankets and wash-cloths! Over \$3000 has already been raised! It is not too late for you to order a blanket—you can even choose your colors from an array of 16 gorgeous hues. Baby blankets are \$100; afghan-size are \$150; large size are \$250. And we have a new offering: sock-monkey lined baby blankets. These are charming and are selling at \$150 (the club receives \$100 and the cost of having the blanket lined is \$50). For more information, please contact knitting captain, Vicky Huxtable at vicky@fcfbrands.com. Thanks to all the knitters!