

December 2018

Ashland Tennis & Fitness Club Tennis Class Schedule

Classes/Drop-in Fees

1-hr Class: \$20 Members (+ \$3 court fee for non premium members)
\$25 Non-Members (+ \$3 court fee)

1.5-hr Class: \$27 Members (+ \$3 court fee for non premium members)
\$32 Non-Members (+ \$3 court fee)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				3.5-4.0 Drop-in 10-11am Jared	Drop-in All Levels 10:30am-12pm Jared	
				3.5-4.0 Live Ball 11am-12pm Jared		
3.0-3.5 Live Ball 11am-12pm Gail				Skills Drop-in 11am-12pm Gail		
			4.0+ Drop-in 12-1pm Jared			
		4.0+ Drop-in 6:15-7:15pm Jared				

Live Ball: Requires 5 player minimum, 8 player maximum*

Live Ball was first conceived in the tennis mecca of Southern California around 2010. Since then it has redefined what a group tennis/cardio lesson is. Live Ball blends a flurried fast paced doubles cardio tennis environment with non-stop feeds, diverse stroke progression simulating one continuous doubles point. Players must be alert, focused, ready to sweat and enjoy a hilarious laughter in the process. ATFC is proud to be the first club in Southern Oregon to offer a Live Ball program.

*If numbers aren't met, a drop-in class will be held instead

Drop-in - All Levels: Fast paced and challenging drills designed to push players into and out of uncomfortable parts of their game and enhance strength and endurance.

Skills Drop-in - All Levels: Gail has been teaching tennis for over four decades. During her Drop-in "Skills" class you can take advantage of her experience and knowledge of shot making, stroke production and anything else you want to know about our great game. Come to class with all of your questions and leave with the answers that will make the difference in your game.

3.0-3.5 Drop-in: Class my focus on singles or doubles technique, strategy and cardio. Learn what it takes to refine areas of your game to advance to the next level, while getting a good sweat in the process.

4.0+ Drop-in: Fast paced an challenging drills designed to push players into and out of uncomfortable parts of their game and enhance strength and endurance.