

## ADULT CLASSES

REGISTRATION REQUESTED PLEASE: Online at [www.ashlandtfc.org](http://www.ashlandtfc.org) or by calling the front desk 541-482-4073.

**CANCELLATION POLICY:** 24 hours prior to each class.

If there are not a minimum of 3 players registered 24 hours before class time, the class may be cancelled.

Cost per Class:

Members **\$20 per hour (1.5 hour classes \$30)** (Plus \$3 court fee for non-premium member)

Non-Members **\$32 per hour** (All fees included)



<b>Gail's Doubles Clinic</b>	<b>Monday</b>
The class will include drills, games, strategy, and foot skills. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.	<b>11:00 am – 12:00 pm</b>
<b>Monday Cardio – All Levels</b>	<b>Monday</b>
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories...try Cardio Tennis!	<b>6:15 – 7:15 pm</b>
<b>3.0 - 3.5 Singles Clinic</b>	<b>Tuesday</b>
Class will focus on technique, singles strategy and cardio. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.	<b>1:00 – 2:00 pm</b>
<b>Beginner Clinic</b>	<b>Tuesday</b>
New to Tennis? Haven't played in a while? Need a refresher lesson? This is the class for you. If you're a beginner, we'll start with all the basics and teach you the proper grips and strokes, including forehand, backhand, volley, overhead, serve and return. You'll also learn to rally and keep score.	<b>6:15 – 7:15 pm</b>
<b>4.0+ Clinic (Wed)</b>	<b>Wednesday</b>
A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.	<b>6:15 - 7:15 pm</b>
<b>4.0 + Clinic (Thur)</b>	<b>Thursday</b>
A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.	<b>12:00 - 1:00 pm</b>
<b>3.5+ Clinic</b>	<b>Thursday</b>
Class will focus on technique, strategy and cardio. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.	<b>6:15 – 7:15 pm</b>
<b>Gail's Doubles 3.0 – 3.5 Clinic</b>	<b>Friday</b>
Class will focus on 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 workout in the process.	<b>10:00 – 11:30 am</b>
<b>Saturday Cardio – Beginner / Intermediate</b>	<b>Saturday</b>
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories...try Cardio Tennis!	<b>9:00 – 10:00 am</b>
<b>Saturday Cardio – Intermediate / Advanced</b>	<b>Saturday</b>
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories...try Cardio Tennis!	<b>10:00 – 11:00 am</b>
<b>Saturday Cardio – Advanced</b>	<b>Saturday</b>
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories...try Cardio Tennis!	<b>11:00 am – 12:00 pm</b>

## ATFC Tennis Staff

Len Spencer.....Director of Tennis  
Zach Matthews.....Head Teaching Pro  
Frank Inn.....Teaching Pro  
Gail Patton.....Teaching Pro  
Ronda Spencer.....Events Coordinator

## Ashland Tennis and Fitness Club Amenities

### Indoor Tennis:

Four newly resurfaced indoor Plexipave tennis courts.

### Swimming Pool:

Indoor 25 meter, 2-lane lap pool. Kept at 82 degrees. The pool is open to members year-round.

### Locker Room Facilities:

Spacious locker rooms with showers, sauna and spa. Lockers are available for monthly rental and day use.

### Pro-Shop:

We stock tennis rackets, tennis accessories, and pickleball paddles. We also have stringing services and demo racquets.

### Fitness Center:

A 2400 square foot facility filled with cardiovascular and strength training equipment. Personal trainer on staff.

### Group Exercise Room:

A 1000 square foot room dedicated to group exercise classes and other group activities.

Ashland Tennis & Fitness Club  
735 Jefferson Ave.  
Ashland, OR 97520



## ADULT TENNIS PROGRAM 2022



Ashland Tennis & Fitness Club  
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Ashland, OR 97520  
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