

## ADULT CLASSES

REGISTRATION REQUIRED: Register online at [www.ashlandtfc.org](http://www.ashlandtfc.org) or by calling the front desk 541-482-4073.

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

### Cost per Class:

Members: 1 hour class **\$20** plus \$3 court fee for non-premium member / 1.5 hour class **\$30** plus \$4.50 court fee for non-premium member

Non-Members: 1 hour class **\$35** (All fees included) / 1.5 hour class **\$46.50** (All fees included)



### CANCELLATION POLICY:

Please cancel at least 24 hours in advance to allow other players to sign up.

Cancellations less than 4 hours in advance and no shows will be charged for the class and applicable court fees.

### 3.5 + Clinic

**Monday 6:15 – 7:15 pm**

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. **Max 8 players.**

### 3.5 & Below Singles Clinic

**Tuesday 1:00 – 2:00 pm**

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. **Max 4 players.**

### Beginner Clinic

**Tuesday 6:15 – 7:15 pm**

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. **Max 8 players.**

### Cardio – All Levels

**Wednesday 12:00 – 1:00 pm**

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. Cardio tennis is a healthy, new way to get in shape and to burn calories. **Max 8 players.**

### 4.0 + Clinic

**Wednesday 6:15 – 7:15 pm**

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. **Max 6 players.**

### 3.5 - 4.0 Clinic

**Thursday 12:00 – 1:00 pm**

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. **Max 8 players.**

### 3.0 + Clinic

**Thursday 6:15 – 7:15 pm**

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. **Max 8 players.**

### Gail's 3.0 – 3.5 Doubles Clinic

**Friday 10:00 – 11:30 am**

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. **Max 8 players.**

### Cardio - Beg. / Int.

**Saturday 9:00 – 10:00 am**

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. Cardio tennis is a great way to get in shape and to burn calories. **Max 12 players.**

### Cardio - Int. / Adv.

**Saturday 10:00 – 11:00 am**

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. Cardio tennis is a great way to get in shape and to burn calories. **Max 12 players.**

### Cardio – Advanced (4.0+ suggested)

**Saturday 11:00 am – 12:00 pm**

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. Cardio tennis is a great way to get in shape and to burn calories. **Max 6 players.**

## ATFC Tennis Staff

Len Spencer.....Director of Tennis  
Zach Matthews.....Head Teaching Pro  
Gail Patton.....Teaching Pro  
Cian O'Neil.....Teaching Pro  
Ronda Spencer.....Events Coordinator

## Ashland Tennis and Fitness Club Amenities

### Indoor Tennis:

Four recently 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 2023



Ashland Tennis & Fitness Club  
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