

735 Jefferson Ave
Ashland, OR 97520
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www.ashlandtfc.org



October 2023

Hours of Operation
Monday-Friday 7:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm



Dues & Private Tennis Lessons to be Increased November 1st

An email will also be sent out to all members notifying them of these increases.

DUES*

Individual memberships - \$3 a month

Couples memberships - \$6 a month

Family memberships - \$6 a month

* The increases apply to all membership types except "**fitness only**" ... dues for "fitness only" memberships will remain the same.

PRIVATE TENNIS LESSONS

Len Spencer - \$70 an hour

Zach Matthews - \$65 an hour

Gail Patton - \$65 an hour

Cian O'Neil - \$60 an hour

Lexi Packer
Owner

Congratulations to ATFC's Women's 8.0 Team

The women's 8.0 65's team represented Southern OR well as they made it to the Sectionals semifinals before succumbing to the eventual winner in a close match that saw the team lose 2 of 3 matches in third set tiebreaks. All team members Kate McInerny, Ellie Miller, Lexi Packer, Gail Patton, Nancy Walz, Dana Yearsley and Carol Yirak won at least one match during the tournament in the tri-cities, Washington.



Focus on Fitness

Aqua Fit is led by Janine Smith who grew up in California and started swimming competitively when she was 10. She moved to Ashland in 1991 to raise her children. She has been a lifeguard, taught swimming and coached for the last 35 years.

The classes are on Tuesday and Thursday mornings from 8:00 -9:00 am and are open to swim, fitness and full access members for free and for tennis members for a \$5 drop-in fee.

Aquatic exercise classes are a valuable and effective alternative to “land” programs. Aquatic exercise reduces the impact on joints, increases strength and improves flexibility.

These classes can be hard or easy because you can adjust for any limitation you might have. For me, I love having a challenging workout in water where my arthritic knees do not hurt! It is an all-around exercise experience that develops strength and flexibility. Practicing balancing in the pool is nice because falling in the pool does not hurt! Since taking this class I have developed arm strength as props are used to give a healthy upper body workout. Not only is it a good exercise experience but it is a lot of fun talking in the pool and in the hot tub afterwards. Why not give it a try?

Contributed by Shannon Rio



New ABC Fitness Class with Jane

The Stretch and Balance class has been revamped and is now the ABC Class Abs, Balance, and Core. It will be on Tuesdays/Thursdays from 11:30 -12:30. It will focus on strengthening the core for stability, improving muscle balance and agility and will condition the lower back and hips to prevent injuries in addition to relieving tight muscles and increase flexibility.



Susan's Gentle Hatha Yoga Class Continues into October!

Whether you are wanting to add to your Yoga practice, or are interested in starting up a Yoga practice, this class is for you. It has been designed with the belief Yoga can be practiced by anyone! Classes are instructed at a slow and gentle pace, including Yoga postures, breath work and deep relaxation. Wear comfortable loose attire. The class is on **Tuesdays from 9:15am-10:30am.**



Snacks and Drinks



Hungry or thirsty after a workout? The club offers a variety of refreshing drinks and healthy snacks. Recently added items include Nature's Garden organic trail mix, almonds, peanuts and cashews and Body Armor Lyte drinks and of course we still have string cheese and Tillamook cheese, various protein bars, jerky and Gatorade, bottled water and sparkling waters.

Recycleballs Efforts Featured on Morning in America



Research shows that the average tennis ball takes 400 years to decompose, and users should adequately recycle the material to improve the environment. The club has contributed over 10,400 tennis balls so far! Thank you for your contribution to help save the planet!



Riddle Me This

This month's riddle: Why do ninety percent of bald people own a comb?"

Last month's riddle: Fred's wife asked him to take the spider out of the house instead of

killing it. What happened next?



Answer: The husband returned and said, " I took him out and we went to a bar; had a few drinks. Nice guy - turns out he's a web designer." (Groan...)

