

ADULT CLASSES

REGISTRATION REQUIRED: Register online at 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.

Please call the front desk to cancel.

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

Wednesday 12:00 – 1:00 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.

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 + 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.

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.

Beginner Clinic

Saturday 8:00 – 9:00 am

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 - 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 14 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 14 players.

ATFC Tennis Staff

Len Spencer.....Director of Tennis
Zach Matthews.....Head Teaching Pro
Cian O'Neil.....Teaching Pro
Gail Patton.....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 lap pool - 3 private lanes. 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 racquets, 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. Including yoga, gentle yoga and pilates.

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



ADULT TENNIS PROGRAM WINTER/SPRING 2024 Jan 2 – Jun 15



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735 Jefferson Ave.
Ashland, OR 97520
Phone 541-482-4073
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