

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org



February 2025

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



February is the shortest month of the year, but there are a ton of things to celebrate and acknowledge during these 28 days like Valentine's Day, Presidents' Day, Groundhog Day, Super Bowl Sunday, and its also American Heart Month and Black History Month.



ATFC Bids Farewell to Kathleen

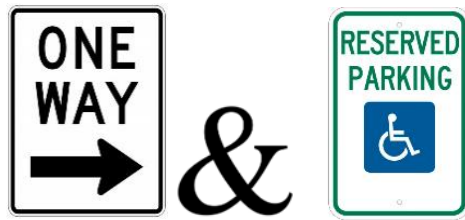
The club bids farewell to Kathleen who has been a presence at the front desk since February 24, 2022 and wishes her all the best in her new business venture with her sister.



ATFC Welcomes Ashley Spencer

You'll see Ashley both at the front desk and on the courts. Ashley was born and raised in Eugene and Salem. After attending college in Portland, she settled in Central Oregon for a decade after which she moved back to Eugene and worked as the Front Desk Supervisor at Eugene Swim and Tennis Club where she loved getting to know the members. Ashley grew up with a passion for and participated in a variety of sports. During high school tennis, she won 6A district championships all four years and statewide championship her junior and senior years. Ashley went on to play Division 1 tennis. She's passionate about helping others reach their goals and loves the game of tennis. She's thrilled to be part of the ATFC team, both on the court teaching and at the front desk.

To schedule a lesson with Ashley please contact her directly at 541 777-1307.



Friendly Reminders about the Parking Lot

Please remember that our parking lot is one-way only. For your safety, please follow the designated traffic flow. Also please remember to leave the handicapped parking spaces for those who truly need them. Thank you!



Fitness in February

February is here, and winter is still going strong. While many may opt to stay indoors and cozy up by the fireplace, it's important to remember the benefits of staying active during this time of the year. Exercising in February not only helps you maintain a healthy lifestyle but also keeps those winter blues at bay.

If the cold weather isn't your cup of tea, there are plenty of indoor workout options to keep you active and motivated throughout February. Whether you prefer hitting the gym, attending fitness classes, swimming, or playing tennis, they can keep you active and motivated. Also, if you prefer a quieter workout, yoga or Pilates can help improve flexibility and strength. For those who need an extra push or some expert guidance, a personal trainer can be a game-changer. They have the knowledge and expertise to develop personalized exercise programs that align with your goals. Whether you want to lose weight, build muscle, or enhance your athletic performance, they are here to support you every step of the way. Having a personal trainer by your side not only ensures you stay accountable but also maximizes the efficiency of your workouts. They can provide valuable feedback, correct your form, and adjust your program as needed, helping you reach your fitness goals faster.

Written by: Vision Fitness Performance

The club offers all these different opportunities, and you can talk to the front desk about them or you find them on our website at:

<http://ashlandtfc.org/wp-content/uploads/2025/01/Fitness-Schedule-1-1-25-1.pdf>

<http://ashlandtfc.org/wp-content/uploads/2024/12/ATFC-Adult-Program-2025.pdf>

<http://ashlandtfc.org/wp-content/uploads/2025/01/Junior-Development-Winter-Spring-2025.pdf>

If you are interested in personal fitness training contact Jane at 208-452-1883

If you are interested in swimming lessons, contact Janine at 541-821-1829

Ronda's Roundup



Upcoming Dates for Junior Friday Night Play: February 14

Ascension 1 & 2 (Beginner & Intermediate)

This date will be a bit longer, 6:30-9:00, to allow parents/guardians a chance for a night out on Valentines Day.

March 14 Ascension 1 & 2 (Beginner & Intermediate)

Riddle Me This

This month's riddle:



Question: What do you get when a grand piano falls into a mine shaft?

Last month's riddle:



Question: What do you call a paternity testing facility in Indiana?

Answer: "Hoosier daddy?"