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July 2025



FUN FACTS FOR JULY

Independence Day Fireworks: The 4th of July, American Independence Day, is celebrated with over 15,000 fireworks displays across the United States, as reported by the American Pyrotechnics Association. This tradition dates back to the first anniversary of the Declaration of Independence in 1777.

Death Valley Temperature Record: On July 10, 1913, Death Valley, California, recorded the highest air temperature in the United States at a scorching 134°F (56.7°C).

Tour de France: The Tour de France is a prestigious and grueling three-week cycling race covering approximately 2,100 miles (3,380 km) across various terrains in France.

Wimbledon Championships: The Wimbledon Championships, held over two weeks in late June and July, is the oldest and is the only one out of the four 'Grand Slams' that still takes place on grass.

FOCUS ON FITNESS

As the temperatures rise during the summer months, finding ways to stay cool while maintaining your fitness routine becomes a top priority.

Group Fitness Classes: Join our dynamic and engaging group fitness classes like our Yoga and Pilates classes to experience the energy and camaraderie of a supportive fitness community.

Indoor Rowing: Row your way to a great workout with our indoor rowing machines. Indoor rowing not only burns calories and improves cardiovascular endurance but also provides a low-impact workout that's gentle on your joints.

Strength Training: Whether you prefer using free weights, resistance machines, or bodyweight exercises, our facility provides all the tools you need to strengthen and tone your muscles. Jane our knowledgeable trainer can assist you in creating a personalized strength training program that targets specific muscle groups and helps you reach your goals.

Circuit Training: Elevate your heart rate and build strength with circuit training workouts. This form of training combines strength exercises with short bursts of cardiovascular activities, providing a full-body workout that improves both muscular endurance and aerobic capacity. Create your own circuit by alternating between exercises such as push-ups, squats, jumping jacks, and burpees.

Indoor Swimming:

Dive into our refreshing indoor pool to beat the summer heat and work your entire body. Whether you choose to swim laps or participate in a Janine's aquafit class, the water's buoyancy will help alleviate stress on your joints while providing a challenging and effective workout.

[Click here to see our Class Schedule](#)



INTRODUCTION TO STRENGTH TRAINING CLASS STARTING ON FRIDAYS

Get stronger safely with **Intro to Strength Training**! Starting July 11th, join Certified Personal Trainer Jane Mullowney, I.S.S.A. on Fridays from 10:15-11:15 AM in the fitness area. You'll learn how to confidently use equipment and master basic resistance exercises with proper form and technique.

COURT REPORT

BIG ALS

Celebrating
50 Years
of Tennis
in Ashland

BIG AL'S
50th Annual
Tennis Tournament

July 10-13, 2025

DIVISIONS

- Adult Men's Singles & Doubles - Level Based Draws (18+)
- Adult Women's Singles & Doubles - Level Based Draws (18+)
- Mixed Doubles - Level Based Draws (All Ages - Juniors and Adults Combined)
- Open Singles - UTR 5.0 and above (All Ages - Men and Women Combined)
- Junior Boys Singles & Doubles - Level Based Draws
- Junior Girls Singles & Doubles - Level Based Draws

HIGHLIGHTS

- Complimentary T-shirt for Every Player
- Complimentary Saturday Night Dinner for Every Player
- Complimentary Goodie Bag for Every Player
- Exhibition Match During Dinner (players TBA)
- Food Trucks Friday, Saturday and Sunday
- Face Painting on Saturday

Register

To register and for more information about the tournament, please scan the QR code or go to:
<https://tenniscircuits.com/tournament-register/Nzc=>

Hosted By
ASHLAND
TENNIS & FITNESS
CLUB

Contact Ronda Spencer for more information
541-517-9764 Events_atfc@mind.net
Ask about sponsorship opportunities.

"It all began in 1975. According to Al Carver's daughter Kathy Sager: "The idea for a tournament came from Dan Jackson, a retired Ashland dentist. Dan and my dad played tennis with several friends and always enjoyed getting together to play doubles.

The two of them went for a jog one day (may have been the only time my dad went running!) and Dan proposed the idea of starting a local tennis tournament and Big Al's Drive In could be the sponsor by giving each entry a free Heymaker! My dad thought it was a great idea. Fifty years later it's still going!" Big Al's grew to become one of the largest community tennis tournaments on the West Coast during the 1980s and 1990s. Mike and Marilyn Horton ran the tournament for 20 years. They regularly had 350 to 400 entrants during those years."

From the Ashland News

RIDDLE ME THIS

This month's riddle: Why did Fred Savage, the inventor of the carousel, and George Ferris, the inventor of the Ferris wheel, not know each other?



Last month's riddle:

Question:

This is the famous "Harvard" riddle: I turn polar bears white, and I will make you cry. I make guys have to pee, and girls comb their hair. And I make celebrities look stupid, and normal people look like celebrities. I turn your pancake brown, and I make your champagne bubble. If you squeeze me, I'll pop. If you look at me, you'll pop.

Can you guess the riddle?

Answer: There is no answer