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September 2026

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



THINGS TO KNOW ABOUT SEPTEMBER

- September 1—the first Monday of the month—is [Labor Day](#).
- September 7 is [Grandparents Day](#) this year. Honor your grandparents today—and every day!
- September 11 is [Patriot Day](#), held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.
- September 17 is [Constitution Day](#). This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787.
- September 21 is recognized as the annual [International Day of Peace](#).
- September 22 marks the [Autumnal Equinox](#) which occurs at 2:19 P.M. EDT.
- September 23 starts [Rosh Hashanah](#), a Jewish holiday that marks the beginning of the new year.

OUTDOOR PARADISE – AN UPDATE ON THE OUTDOOR COURTS

by Kelly Sacks

After playing tennis this past Saturday morning I had the good fortune of running into and chatting with Lexi who then offered a tour of the new tennis pavilion to me and fellow member, Konny Knecht.

If you haven't had a peek through the fence since last Friday, be sure you do and hold onto your hats! As we three walked along the track that envelops the courts, Lexi gave us a commentary on her vision for the project while pointing out what has been accomplished and explaining the work yet to be done. We took in the stunning views from the back side and oohed and aahed over the newly painted courts.

This space is being filled with so much thought and attention to every detail. From the court colors to the wetland, the gorgeous rock walls to the social and viewing areas. A player's paradise, indeed! What an amazing gift to not only the existing members, but to our community at large.

Thank you, Lexi. It was one thing to save this club from death by a thousand cuts and quite another to take on this incredible enhancement!

NEW TIMES FOR FITNESS CLASSES STARTING SEPTEMBER 1ST



***Susan's Yoga classes on Tuesdays, Wednesdays, Fridays and Sundays will all start at 9:45 am and end at 11:00 am.**



*** Sarah's Pilates class on Mondays will keep the same starting time at 11:00 am and ending at 12:00 pm. Her class on Wednesdays will now start at 12:00 pm and end at 1:00 pm.**

[Link to updated fitness class schedule](#)

WHY SEPTEMBER IS THE PERFECT MONTH TO RESET YOUR FITNESS GOALS

After a summer full of travel, BBQs, and flexible schedules, many people notice their fitness routines take a backseat. September offers a fresh start. With kids going back to school, holidays still a few months away, and a return to regular routines, it's easier to establish consistency. Plus, early fall is a key time to build strength and endurance before the indulgent holiday season. Laying the groundwork now means you'll feel better, perform better, and enjoy better energy throughout the end of the year.

Best Types of Gym Workouts for September

To maximize your results this month, focus on building strength, improving endurance, and developing consistency.

Strength Training

Build muscle, support your metabolism, and improve functional fitness. – link to our strength training classes

2. Cardio Conditioning

Boost endurance and burn calories with high-intensity and steady-state options.

- Tennis cardio clinics – [link to our available clinics](#)
- Swimming laps – [link to our available swim options](#)
- 30–45 minutes of steady-state cardio (running, elliptical, rowing machine)

3. Mobility & Recovery

Incorporate flexibility training to prevent injury and improve movement quality.

- Yoga – [link to our available classes](#)
- Pilates-[link to our available classes](#)

Recovery is just as important as lifting — don't skip it.

Credit to Club Fitness

TENNIS TRIP TO MALLORCA/PARIS 2027

Are you starting to think about your vacation plans for next spring? Come join Gail and other ATFC club members for a Wild West Tennis vacation on the Spanish island of Mallorca May 17-24, 2026.

The package consists of a nine hour tennis camp on clay over 4 days, including a Wild West Camp Team Tournament. In addition you will visit the world famous Rafael Nadal Tennis Academy where we enjoy a museum tour, gourmet lunch and exclusive training with the Nadal Academy professionals.

Breakfast and dinner are included in our stay at the ProTour Playa Resort and it is a short walk to the beach and shopping area. In addition to our Camp Welcome and Bon Voyage parties there is nightly entertainment at the hotel.

If you have a spouse or friend who is not a tennis player there is an optional adventure package of tours and golf for their enjoyment. Wild West Tennis is the only tennis travel company that includes a tennis camp on clay with Spanish and US professionals, a visit to the Rafael Academy and an option to take in Paris and Roland Garros,

For more information contact Gail at 541 601-5129, check the brochures on the ATFC bulletin Board or visit www.wildwesttennis.com. Also take a look at the photo albums from previous trips on the table in the ATFC lobby.



RIDDLE ME THIS



This month's riddle:

How does a seaweed look for a job?

Last month's riddle :

"And when you're done grilling us to perfection, we insist you serve us on a hard roll with sauerkraut, onion, and Dijon mustard...and absolutely NO ketchup!" Who's speaking?

Answer: Spoiled Brats

