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ASHLAND TENNIS & FITNESS CLUB

December 2026

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



THINGS TO KNOW ABOUT DECEMBER

It is known as the National Human Rights Month & Month of Giving

- **Hanukkah — Begins December 4 and ends December 12**
- **St. Nicholas Day — December 6**
- **Pearl Harbor Remembrance Day -December 7**
- **Winter Solstice (Start of Winter) — December 21**
- **Christmas Eve — December 24**
- **Christmas Day — December 25**
- **Kwanzaa (Start) — December 26**
- **New Year's Eve — December 31**

CHRISTMAS AND NEW YEARS WEEKEND HOLIDAY HOURS

Closing early, at 5 PM, on **Thursday December 24** (Christmas Eve)

Closed Christmas Day Friday **December 25**

Open regular hours Saturday and Sunday **Christmas weekend**

Closing early at 5:00 pm on **Thursday the 31st** (New Year's Eve)

Open for 4 hours, from 8:00 am -12:00 pm, on Friday January 1st (New Year's Day) for those who may want to kick off the new year with some tennis or a gym workout or a swim!

THE ANNUAL GIVING TREE



The Giving Tree is a cherished tradition at ATFC. It's a chance for club members to give directly to local children in need. This year, ornaments from two organizations—Talent Elementary School and Walker Elementary School—will be displayed on the tree. Each ornament will include the age and gender of a child, along with a list of requested items**. Please select a gift tag, purchase the requested gifts (unwrapped), and return both the tag and the gifts to the club by December 15th**. Your generosity will make a meaningful difference in the lives of children who have very little. Thank you for your kindness!

Give the Gift of Ashland Tennis & Fitness Club This Holiday Season!

The holiday season is just around the corner, bringing with it the annual quest for the perfect gift. This year, skip the stress and give a gift that is always the right size, color, and fit: a Gift Certificate.

Our gift certificates are available in any amount and can be for members or non-members.



RIDDLE ME THIS

This month's riddle: 

What do you call Santa's little helpers?

Last month's riddles: 

1. What do you call a turkey the day after Thanksgiving?
2. Why didn't the turkey eat the pumpkin pie?
3. If the Pilgrims were alive today, what would they be famous for?

Answers:

1. Lucky
2. Because he was stuffed
3. Being very old



FITNESS FOR DECEMBER

- Maintaining Strength Training - December is crucial for maintaining strength training despite constant disruptions. The muscle you've built over twelve months decreases surprisingly quickly without consistent stimulus.
- Short Workouts During Busy Days - December schedules are unpredictable and chaotic. Rather than skipping exercise entirely when full workouts aren't feasible, embrace short sessions that maintain consistency.
- Travel and Fitness - December often includes travel for holidays. Maintaining any fitness routine while away from home requires creativity and realistic expectations.
- Cold Weather Exercise Reality - December brings the coldest weather of the year so far in most places. Exercising outdoors requires serious cold-weather gear and mental toughness.
- Indoor Exercise Variety - Many people primarily need indoor exercise in December. Having varied indoor options prevents boredom and maintains engagement when outdoor activity isn't practical.
- Managing Holiday Stress - December brings significant stress through financial pressure, social obligations, family dynamics, and general holiday chaos. Exercise provides crucial stress management during this intense period.
- Seasonal Affective Disorder Management - December's minimal daylight and cold weather intensify seasonal mood challenges. Exercise helps manage these symptoms, but maintaining motivation becomes harder.
- Preventing Complete Abandonment - December is when many people completely abandon fitness with the "I'll restart in January" mentality. This all-or-nothing thinking destroys the momentum you've built over the past 12 months.

By Nicke from the Calendar Year

RECYCLE BALLS

FOR OUR PLANET · OUR SPORT · OUR COMMUNITIES

Thanks to all of our amazing tennis players, who have helped keep 27,800 tennis balls out of US landfills! Isn't that incredible?

Your commitment to the environment and passion for tennis truly make a difference. You are making a positive impact!