

The Court Report

Volume 5, Issue 8

Huntsville Athletic Club

August 2006



Paul Robin
& his tennis students from Girls Inc.

He has been working with these girls for 5 years.



HAC's Hours
Mon. - Thurs. 5:30 am. to 10:00 pm.
Fri. 5:30 am. to 9 pm.
Sat. & Sun. 8:00 am. to 9 pm.

Nursery Hours:
Mon. - Thurs. 8 am to 7pm
Friday 8 am to 2 pm
Remember: No nursery hours on the weekends!!

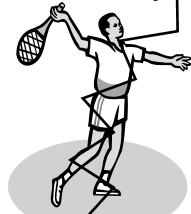
Restaurant Hours
Mon. - Thurs. 8 am - 9 pm
Fri. 8 am - 3 pm
Sun. 2:30 pm - 8 pm
(All hours subject to change!)

Phone 256-881-0931

Fax: 256-881-0934

www.hsvathleticclub.com

Drop In Clinics



Jennifer

Monday 7:30 - 8:30 pm

Paul

Early Bird - Friday 7:30 - 8:30 am Nooner - Thursday 11 am - 12 pm

Chris

Eye Opener Tuesday & Thursday 6:30 - 7:30 am Ladies Only, 2.5 - 3.0 Tuesday 6:30 - 7:30 pm

ALL DROP
IN CLINICS-
\$15 for
members,
\$21 for non-
members
(per hour)

Swingers
Friday, August 18
6:30 - 9:30
\$15 members
\$21 non-members



Come, play and enjoy the cookout!!

August Junior Tennis Development

4 weeks

Starts Aug. 7
Ends Aug. 31

Tennis Reservation and Cancellation Policy

Court Reservation Policy:

Court Reservations for the morning hours may be made at 7:00 am the previous morning.
Court Reservations for the evening hours starting at 5:30 pm may be made at 1 pm the previous day.

Court Cancellation Policy:

Courts may be canceled 3 hours in advance without a charge.
When courts are in demand, if a court is not canceled within 3 hours of the reserved time you will be charged for the court unless it is sold.
An individual may not have two courts reserved at one time.

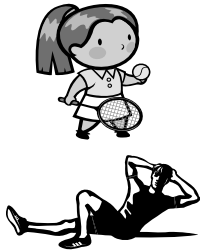
Lesson Cancellation Policy:

If you cancel a tennis lesson less than four hours in advance you will be charged for the lesson.

Sports Training Info

**FITNESS
NEWS**

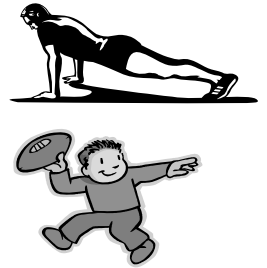
Summer is still here. Enjoy this weather while it lasts. Make working out a part of your daily routine, not just a seasonal thing.



CAMP! CAMP! CAMP! AT HAC

The 3 Sports camp ended on a good note. The kids had fun. Late fall is the next expected camp. Watch your newsletter for details!!!

D.Knott



Moms, You are beautiful!



Kids are back in school. Drop them off and come join us for one of our fitness and/or tennis classes.

D. Knott

Thanks!!

From the Front Desk!!

You are doing a good job scanning your membership cards when coming in the club. Keep it up and thanks for your cooperation.

Free Dues Winner
Mike Barnes

August 2006 CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
5:45 AM.		Step Lenny		Step Lenny		Step Lenny	
7:45 AM.		Pilates INT. (downstairs) Rebecca Zurn		Pilates BALL (downstairs) Rebecca Zurn			
9:00 AM.			Cardio Sculpt Anna Maria				Step Lenny
9:15 AM		Beginner Pilates (downstairs) Jana		Beginner Pilates (downstairs) Jana		Beginner Pilates (downstairs) Jana	
12:00 PM							** Fencing
2:00 PM							Fencing Practice
4:00 PM							Fencing Practice
4:30 PM		Ladies Circuit Leigh Anne	Ladies Circuit Leigh Anne Step Lenny	Ladies Circuit Leigh Anne	Ladies Circuit Leigh Anne Body Shaping Anna Maria		
5:00 PM	Yoga Nirml					Step Lenny	
5:30 PM		Body Shaping Anna Maria	Yoga (restaurant area) Ann	Step Lenny Ballroom Dance Neal Reisel	Kickboxing Rebecca Yoga (restaurant area) Nirml		
6:00 PM						Fencing Practice	
7:00 PM		Step Lenny	Fencing Practice	Step Lenny	Step Lenny		ALL TIMES ABOVE ARE SUBJECT TO CHANGE.

Classes are no additional cost to members and \$5.00 per class for non-members.

***Fencing Class. Limited to 12 people ages 12 and up. *Fencing costs—\$90 for 8 weeks. *For information email blittle@hiwaay.net or visit www.huntsvillefencingclub.org.

