

The Court Report

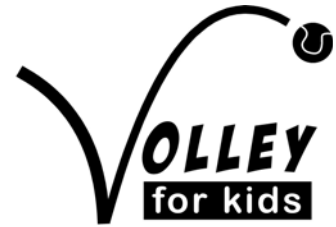
Volume 5, Issue 2

Huntsville Athletic Club

February 2006

The annual Volley for the Kids tennis tournament,
February 2-5!

Volley for the Kids Tennis Tournament will be Feb. 2 -5, 2006 at HAC to benefit the children at the Huntsville Child Care Center. Come by and watch some great local tennis. Also there will be a silent auction on Friday and Saturday in the Pilates room upstairs.



The Huntsville Child Care Board would like to thank HAC, its staff and Dr. and Mrs. Robert Williams for their sponsorship of the tournament.



*How about a different fitness challenge?
Do you want to Dance?
Now you can at HAC!!!*

Come learn the basic elements of ballroom dancing. The dances included are :

Waltz Swing Tango Foxtrot Cha-Cha Salsa

Sign up at the front desk. Dress comfortably and meet at the front desk at 5:30. The classes started January 23rd and will continue every Wednesday night. Direct any questions to Neal Reisel, neal@uab.edu.

HAC's Hours
Mon. - Thurs. 5:30 am. to 10:30 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
Sat. 11 am - 2 pm
Sun. 2:30 pm - 8 pm
(All hours subject to change!)

Phone 256-881-0931

Fax: 256-881-0934

www.hsvathleticclub.com

February Junior Development
Starts Monday February 6th
Ends Thursday March 2nd.

NOTICE



Block time ends Feb. 26. HAC members be sure to dust off your tennis game and get rid of those cobwebs. Spring is almost here and the outdoor courts are going to be available March 1st. Keep up the good play and happy hitting.

If you are not receiving information about tennis by EMAIL, Steve does not have your email address. Steve sends out a broadcast message addressed to "Tennis Folks" when HAC is having tournaments, when an open court is available for play and other tennis news. If you would like to receive this information send an email to sales@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+

Pat

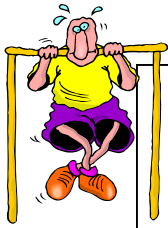
Eye Opener
Tuesday & Thursday
6:30 - 7:30 am

Chris

Ladies Only, 2.5 - 3.0
Tuesday
7:30 - 8:30 pm

ALL DROP
IN CLINICS-
\$14 for
members,
\$19 for non-
members
(per hour)

*Bangers is Back!
Come and drill to
your favorite music!
Friday, Feb. 17th
5:30-6:30*



CONGRATULATIONS!!!
Pull-up contest winner is
Walker Cagle!

New Fitness Contest is
Jump Rope for Time
See Fitness Staff for details



O.K., You got my attention! Stop feeling sorry for yourself and get in shape. When you come to HAC and I and my staff say hi and smile it's because we care.



D. Knotts



Welcome

HAC would like to welcome back Jenny Freeman! We love you and are so glad to have you back. You are in our prayers.

HAC would like to welcome Neal Reisel ! He is instructing the new dance class that is taking place Wednesday's on the basket ball court. Dances include the cha-cha, swing, salsa, tango, waltz and foxtrot.

Coming soon - Latin Cardio Classes



ATTENTION

Members, please check the front desk regarding any lost items! Our lost and found is getting pretty full.

Free Dues Winner
Piper McDonald

Guest Policy Reminder...

This is the time of year when all of our members start getting calls from long lost tennis friends about playing tennis. It's kind of like owning a beach house in the summer. Just a reminder- guests may visit the club three times a year at the \$10 charge. After that, the fee increases \$10 per visit. This means \$40 on the fourth visit, \$50 on the fifth, etc. This policy is to protect our members. If a guest has the same privileges as a member, why would they want to join and pay dues? Why buy the cow if the milk is free?

Dues Increased Jan. 1st

Due to increased cost of operations and continued improvements, HAC's new dues structure is as follows:

Fitness		Tennis	
Single	\$45	Single	\$75
Couple	\$65	Couple	\$92
Family	\$75	Family	\$105

Family includes children 8 - 21 years of age living in the household.

FEBRUARY 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	
10:30 AM							Step Lenny
12:00 PM							** Fencing
2:00 PM							Fencing Practice
4:00 PM	Step Lenny						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	Kickboxing Leigh Anne Yoga (restaurant area) Ann	Step Lenny Ballroom Dance Neal Reisel	Pilates (downstairs) Jana 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 call Brian Parker at 881-5957.

