

The Court Report

Volume 5, Issue 1

Huntsville Athletic Club

January 2006

Fitness News...

START THE NEW YEAR OFF RIGHT!

2005 was great but 2006 is going to be better. So everybody get started off on the right foot. Whether it is in the fitness room or on the tennis court, set aside some time to workout, play tennis or do both. Our tennis pros and fitness trainers are here to help you keep your New Year's Resolutions!

I also want to say- THANKS! The fitness department has made improvements over the past year and a half since I started here. The owners here CARE- this gym has a solid foundation built up from love! Dr. Bob, Sandi, Lynda- WE APPRECIATE YOU!

-D. Knott and Staff

Happy New Year!



CONGRATULATIONS!!!

November's push-up contest winner is

Ramsey Nuwayhid!

HAC Fitness- It Changes Lives!

Read this testimonial from a satisfied member!

"So the Doc told me to get in shape, or... have a stroke at 45. I chose the former. Beginning on Feb. of '05 my wife and I started 3 days a week, 11:00- 1:00. Monday- 20 minutes stairs and incline treadmill then an hour of weights Monday and Friday. Wednesday is all racquetball. Gone is pasta 4 nights a week; hello to egg white omelets and cabbage salad. It's now December and I'm down 43 pounds from 307. I'm sure it's more fat than that- my bench has doubled and my squat is x 5!"

-Doug Strange

HAC's Hours

Mon. - Thur. 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

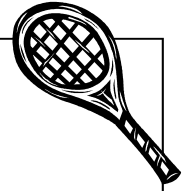
(All hours subject to change!)

Phone 256-881-0931

Fax: 256-881-0934

www.hsvathleticclub.com

Congratulations to our HAC Holiday Tournament winners!



Sr. Men's 4.0 Doubles

Frank Craig/William Herron - winners
Ralph Lauder/Bruce Schrimsher - 2nd place

Sr. Men's 3.5 Doubles

David Brown/Joe Mitchell- winners
Carl Case/Charlie Ross- 2nd place

Sr. Women's 3.5 Doubles

Millie Harris/Arlene Taylor- winners
Debbie Kean/Georgia Schneider- 2nd place

Combo Open Mixed

Patrick Curry/Callie Schweitzer- winners
Christopher Shearburn/Sybil Shearburn- 2nd place

Combo 8.0 Mixed

Charles Cornelison/Keleste Sherrill- winners
Beth Witt/Saul Ginsburg- 2nd place

Combo 7.0 Mixed

Jim Bostick/Deborah Butler- winners
John Boyer/Thanh Boyer- 2nd place

Men's Open Doubles

Paul Robin/Jason Selman- winners
Rusty Dinwiddie/Nick Lioce- 2nd place

Men's 4.0 Doubles

Frank Craig/William Herron- winners
Aditya Bedekar/Kapil Pant- 2nd place

Men's 3.5 Doubles

Ken Adams/Paul Williams- winners
John Boyer/Neal Reisel- 2nd place

Women's 4.0 Doubles

Tamera Balch/Laurie Roberts- winners
Joan Bell/Rekha Vankineni- 2nd place

Women's 3.5 Doubles

Thanh Boyer/Pam Chandler- winners
Sylvia Dea/Sherry Rehfeld- 2nd place

Women's 3.0 Doubles

Susan Kerr/Patty O'Reilly- winners
Cindy Reaves/Pamela Vickroy- 2nd place

Adult Tennis Leagues

Begin week of January 7, 2005

Sunday:

3:00-4:30	Open Mixed Doubles
4:30-6:00	8.0 Mixed Doubles
6:00-7:30	7.0 Mixed Doubles
7:30-9:00	6.0-6.5 Mixed Doubles

Monday:

8:30-10:00pm	7.5 Men's Doubles
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*Bangers is Back!
Come and drill to
your favorite music!
Friday, Jan. 13th
5:30-6:30*

**MARK YOUR CALEN-
DARS for the annual
Volley for the Kids tennis
tournament,
February 2-5!**

FEBRUARY

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)



NOTICE

**MORE
TENNIS
NEWS**

If you are not receiving information about open courts or tournament information, send your email address to sales@hsvathleticclub and we'll make sure you start receiving them!

January Junior Development starts Mon. Jan. 9th and ends Thurs. Feb. 2nd.

Congratulations to HAC members Joe Zenk and Jim Daniel for being part of the State Champion 3.0 Super Senior Men's Team!

NEW CONTEST for January is DIPS!!! Hurry to the gym and get started- this contest guarantees to strengthen and tone those triceps!

**FITNESS
NEWS**



ATTENTION

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

Thanks,
Front Desk

Free Dues Winner
Mary Compton

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 Increase Jan. 1st

Due to increased cost of operations and continued improvements, HAC's new dues structure will be 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.

JANUARY 2006 CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
5:45 AM.		Step		Step		Step	
7:45 AM.		Pilates INT. (downstairs)		Pilates BALL (downstairs)			
9:00 AM.			Cardio Sculpt				Step
9:15 AM		Beginner Pilates (downstairs) Ladies Circuit (Ladies Only Studio)		Beginner Pilates (downstairs) Ladies Circuit (Ladies Only Studio)		Beginner Pilates (downstairs)	
10:30 AM							Step
12:00 PM							** Fencing
2:00 PM							Fencing Practice
4:00 PM	Step						Fencing Practice
4:30 PM		Ladies Circuit	Ladies Circuit Step	Ladies Circuit	Ladies Circuit Body Shaping		
5:00 PM	Yoga					Step	
5:30 PM		Body Shaping	Kickboxing Yoga (restaurant area)	Step	Kickboxing Yoga (restaurant area)		
6:00 PM						Fencing Practice	
7:00 PM		Step	Fencing Practice	Step	Step		

**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.

