



# Newsletter

October 2025

## Tennis Updates

### Bo's Clinics

Monday-Thursday:

Juniors 3:30-4:30 & 4:30-5:30

Fridays:

3.5 & 4.0 4:30-6:30

Saturdays:

2.5 & 3.0 10:00-11:00

Sundays:

4.0 + 1:00-3:00

## Swim News

### Private and Group Swim Lessons

Build confidence and improve your swimming skills with personalized instruction! Hiroe Bell, experienced swim instructor and coach, offers private and group lessons tailored to each swimmer's needs. Lessons are available for children and adults, from beginners to advanced swimmers.

Private: \$80

Semi-Private: \$45

Group: \$35

For scheduling and inquiries, contact

Hiroe at [hbswimming@gmail.com](mailto:hbswimming@gmail.com)

*In 2022 I turned 70...it was time to add a new dimension to my life. Having a mother that painted portraits in acrylic, and exposed me to the world of art, I found my interest was in the world of watercolor. Seeing paintings with fine details done in watercolor was intriguing.*

*Purchasing inexpensive paints, brushes, and paper I signed up for a class at College of Marin, thus my journey began.*

*I hope you enjoy my paintings. If you are interested in purchasing one, please text me at 415 250-7114.*

Sue

### Line Dance Party

Saturday, October 4  
7-9pm

### This Month's Self Defense with Al

Wednesday, Oct. 22, 6:00

Tai Chi, Saturday, Oct. 25 11:30.

These classes are free for all members, and guests are invited for a one-time free visit.

### Columbus Day

October 13

Normal hours except  
NO FITNESS CLASSES  
Café Closed

All reservations, except for the gym (not needed), are made through our App: MyClubLives.

### Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday - Friday 10:30am - 5pm,

Saturday & Sunday: 10:30am - 4pm

Address correspondence to:

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email: [info@MtTamRC.com](mailto:info@MtTamRC.com)

[www.MtTamRC.com](http://www.MtTamRC.com)

<http://www.facebook.com/mttamrc>

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## Fall Fitness Updates:

No excuses! Something for everyone! Ski season is upon us!

HIIT classes weekly for back to school  
M/W 8:30-9:15 a.m. and T/Th 9:00-10:00 a.m. plus Saturday 9-9:45 am.!

Caren and Marta, our two outstanding HIIT instructors, always offer modifications-all levels welcome! Classes are scheduled to accommodate school morning drop-off. A full body workout including weights, cardio, bodyweight exercises, mobility drills, core work and stretching in 45 minutes.

WATER AEROBICS Mondays, Wednesdays and Fridays with Sherri and Linda in the outdoor pool 11-12 pm. Offers a great workout including resistance exercise and non-stop no-impact cardio in the sun!

NEW GENTLE WATER AEROBICS with Paige meets Saturdays 11-12 pm and offers a modifiable workout perfect for post-rehab or re-entry to exercise.

SPIN with Angela Lynette  
T/Th 7:30-8:30 a.m. Saturday 8-9am

in the basketball court includes weighted circuits and sprints on the bike, plus Spin with Lynette meets Saturday 8:00-9:00 am in the outdoor area behind childcare. When the weather changes, we will meet indoors in the basketball court 7:45-8:45 a.m. (to be announced).

TAI CHI with Master David Bearden  
Tuesday/Thursday 8:00-9:00 am.

Yoga Studio. A great way to energize and relax, and learn to control muscle movement by slowing down martial art exercises.

### PILATES

Pilates with Beth Sundays 9-10 am

Barre with Judi M/W/F 11-12pm,

Stretch and Align with Judi T/Th 11-12 pm, and Power Pilates with Jodie M/W/F 9:30-10:30 am.

All of our Pilates classes are fusion meaning they combine classic Pilates with equipment such as gliders, tubing, rollers, weights and bands plus bodyweight exercises and yoga stretches. Classes are multi-level and include modifications; all levels are welcome! A bonus: all Pilates classes are included in monthly membership dues.

### YOGA FLOW

is now offered six days a week; Mondays 5:30-6:30 pm with Maya; Tuesday, Wednesday, and Thursday 5:30-6:30 pm with Jin (Tuesday and Thursday evenings feature a Sound Bath experience); Saturdays 12:00-1:00 pm with Jin; and Sundays 10-11 with Rachel and 11-12 with Jin. We also offer an athletic YOGA FIT class with Kevin Saturday 11-12 pm.

In addition to our Fitness classes, we offer Personal and Small Group Training (gym training as well as private Pilates and yoga).

Pickleball clinics, privates and groups with Juan and Kevin. Clinics are offered Mondays, Wednesdays, Fridays and Saturdays by appointment; please pre-register either at the Front Desk or contact Juan or Kevin directly to schedule. Please see the Fee Schedule available at the Front Desk for pricing.

We hope you enjoy all of these fun ways to get and stay in shape.

Jodie, Fitness and Swim Director