



Newsletter

December 2025

Happy Holidays!

As we make plans for the holidays to join friends and family, let's make a special effort to support our larger community by donating to our less fortunate neighbors.

Sign up for the Holiday Party!

December 20

Save the day!

Bo will host a Round Robin outdoor tennis event starting at 2pm, weather permitting, for anyone that shows up. Come play, shower and party. We have a DJ lined up and will have tables on Courts 12 & 13 ready to go. Dinner will be served at 6. Feel free to bring a Guest...but sign them up. Space will be limited and we are counting on you signing up to have appropriate preparations.



All Tennis, Swim, Pickleball, Class reservations are made through MyClubLives. Not needed for Gym use.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday-Friday 10:30 - 5pm

Saturday-Sunday 10:30 - 4pm

Indoor Courts closed Monday mornings

Holiday Hours

Christmas Eve

7am-2pm

No Fitness Classes, Café Closed

Christmas

Club Closed

New Year's Eve

7am-2pm, Café Closed

No Fitness Classes

New Year's Day

7am-7pm

No Fitness Classes

Café Closed

Line Dance Party

December 7

With Dolly Urquhart

Join us on the first Saturday of each month... featuring a social hour/mixer 6:30-7:00 pm with instruction and dancing from 7-9:00 pm. Join Dolly for a fun evening of dance, cardio and socializing! Free to members, non-members, \$15.

Self Defense with Al

Self Defense, Wednesday, Dec. 17 at 6:00 Tai

Chi, Saturday, Dec. 20, at 11:30.

Holiday Party

December 20 Club Closes at 4pm.

Tennis Round Robin 2pm

DJ & Cocktails 5pm

Dinner 6-9pm

Limited space. Sign-up required

Address correspondence to:

Mt. Tam Racquet Club,

P.O. Box 116, Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

Fitness Updates

POWER PILATES with Jodie
Monday/Wednesday/Friday 9:30-10:30
a.m.

This class is a combination of classic mat Pilates exercises with stretches, resistance training, banded exercises, weighted exercises, mobility drills and functional training for a full-body workout.

Modifications are always offered and all levels are welcome! Cueing is in the classic Pilates style, with a modification/beginner, intermediate and advanced variation offered and demonstrated for every exercise so that everyone can complete the exercises and enjoy the benefits while progressing without injury. Expect a stronger core, improved flexibility and increased strength after three weeks of regular attendance. As Joseph Pilates said about his method you will feel a difference after the first class and see a difference after 21 days.

Fitness Class updates:

All classes are included in your membership. Other clubs cost \$30+/class. Every week we offer daily Pilates, seven yoga classes, five HIIT classes, four water aerobics classes, three spin classes, two Tai Chi classes, a FREE specialized Parkinson's class taught by medical professionals, plus monthly special FREE workshops. Our goal is accessible, quality Fitness for everyone. Feedback about our classes and schedule are welcome-please contact me, Jodie Hawley (Fitness Director) at jodie@mttamrc.com with any questions, comments, requests, concerns, and compliments.

Personal Training at Mt Tam Racquet Club is available in private, duet and small group formats with our outstanding training staff, all of whom have at least 10 years experience. Contact Jodie for sessions.

Judi Durham, Egoscue Certified trainer, Yoga, Pilates Instructor;

Kevin Michaels, CPT, Pickleball, HIIT, Spin and Yoga Instructor;

Angela Downs, NASM CPT, Spin Instructor and League tennis champ

Tennis Updates

Winter Rules Reminder

During inclement weather CHALLENGE COURT Rules are in effect.

After 11:30 Indoor Courts 11 and 12 are challenge courts. Only Members may play on Challenge Courts. The waiting list for the Indoor Challenge Courts is in the Café. You can sign up one person at a time and either the person before or after your name will be your partner. Play one set no-ad, tiebreaker at 6-all. If fewer than 4 Members are waiting, winners stay for a second match. If 4 or more are waiting, all 4 players exit. Must update Score Cards at the Net.

Pre Christmas Party Round Robin
Saturday, December 20, 2:00pm.

Bo's Drop-In Clinics

This program is for players 4.0 and better. Rapid feeding and extreme footwork challenges. Be prepared to be tested. Must register with Bo.

Thanksgiving Tournament Fun

