



# Newsletter

January 2026

Happy New Year!

Christmas Party was a blast!



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

## Martin Luther King Day

Monday, January 19th

Club Hours 4:45am-9pm

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, January 28 at 6:00 Tai Chi, Saturday, January 31, at 11:30.

## 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

Address correspondence to:

Mt. Tam Racquet Club,

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

(415) 924-6226

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

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## Fitness Updates

### POWER PILATES with Jodie

Monday/Wednesday/Friday 9:30-10:30

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.

### HIIT with Caren

Mondays at 8:30 am

Saturdays at 9:00

Wednesday class has been removed from our schedule. Caren's HIIT class is a mix of bodyweight, resistance and weighted exercises performed in circuits with 'breaks' of cardio in between-a full body workout in 45 minutes!

### Maya's Yoga Flow

Wednesdays at 5:30 p.m.

**beginning January 7<sup>th</sup>**. She also teaches Monday evenings at this same time. Her class is a relaxing yoga class with flowing transitions, ending in restorative poses. A great way to finish your busy day and prepare for a good night's sleep.

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 is welcome-please contact me, Jodie Hawley (Fitness Director) at [jodie@mttamrc.com](mailto:jodie@mttamrc.com) with any questions,

## 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.

## Guest Policy Reviewed

We made some changes in our guest policy over the past year but seems it may still be a bit confusing. All guests must be checked in and have a liability waiver on file to be on the property. You may have as many guests as you would like, but no guest can come to the club more than once a month, for tennis. No guest can come more than four times a month for swim and fitness. This can be difficult for some because they may not be aware that the person they invited has already been a guest that month with another member. The best approach is to ask your guest prior to inviting them to the Club if they have been a guest that month, so they are not turned away.

Tennis guests are allowed once per month. The indoor tennis guest fee is \$40/person. Outdoor tennis guests are free. Tennis guests must play on a reserved court and are not allowed to use the challenge courts. Often you will see people with their guests move to an open challenge court when their reservation has ended. This only causes issues as you never know when there might be a sudden demand for the challenge court by members, so we discourage this at all times. Easy to remember... guests on reserved courts only.

Swim/Fitness guests are allowed up to four times per month. The first visit is complimentary and the next three visits are \$10 a visit.