



Newsletter

September 2026

Tennis Updates

Drop-In Tennis

Sundays 1-3pm: 4.0-4.5

Fridays 4:30-6:30: 3.5-4.0

For those just getting into the game, or players that are not comfortable playing competition, we are hosting a drop-in tennis program. Just come down to the Club and meet on the teaching court #9, where you'll be given some tennis tips and paired up to play. Please contact Bo for availability.

Tennis Tip of the Month

Sustaining your interest in tennis requires staying fresh. This means new friends, regular practice to improve, and friendly competition. That's why Bo's "tournaments" are so popular...FUN!

Fall Junior Tennis Clinics

Sessions start September 7:

Ages 5-14

Monday through Thursday at 3:30 & 4:30.

Compatible groups of 3 to 12 per class. Choice of one to four days per week.

Additional information available at Reception.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday – Sunday 10:30am – 5pm

Saturday - Sunday 10:30am - 4:00pm

Indoor Courts are closed Monday mornings.

Labor Day

Monday, September 7

Club Hours 4:45am to

9pm Café Closed

No Fitness Classes

This Month's Schedule with AI Self Defense:

Wednesday, September 24 at 6:00.

Tai Chi:

Saturday, September 27 at 11:30.

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

Staff outing to Giants game!



Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

Fitness Updates

This month we return to school and the weather changes! If you are looking for indoor fitness opportunities be sure to review our Fitness Schedule which includes daily Pilates (mat/Power with Jodie, barre and stretch/align with light weights with Judi and mat/yoga hybrid with Kevin); daily yoga (flow/restorative with Kevin and Maya) and including new Friday and Saturday evening restorative/sound bath classes with Jin; six cardio classes (three spin and four HIIT); three water aerobics classes which can be indoor or outdoor depending on weather; two Tai Chi classes with master instructor David Bearden; weekly Pickleball clinics on Saturdays with Kevin and a very special Parkinson's exercise class with Dr. Lisa Oie on Tuesdays. All of these classes are included in your membership. Modifications are always offered and all of our classes are multi-level. All of our instructors hold multiple certifications and many offer private instruction as well (arranged upon request at an additional fee). We strive to offer the highest quality fitness instruction at a competitive price, with the goal of providing a friendly, welcoming learning environment which supports your fitness goals and needs. Feedback is always welcome and is shared anonymously in an effort to address member needs and requests. We appreciate your support and look forward to seeing you in class! Please note we ask that members reserve space in classes on the MyClubLives app, so that we can prepare in advance to offer you adequate and well-maintained equipment for every class.

MEET OUR FITNESS TEAM

Jodie Hawley NASM CPT/WLS, STOTT Pilates certified, Fitness Director. Power Pilates M/W/F 9:30-10:30 a.m.; personal Pilates and Fitness Training by appointment.

David Bearden, Master Instructor. Tai Chi T/Th 8:00-9:00 a.m.

Maya Daniels, Yoga certified. Gentle Flow/Restore yoga M/W 5:30-6:30 p.m.

Angela Downs, CPT, Spin certified. Spin T/Th 7:30-8:30 a.m., personal Fitness Training by appointment.

Judi Durham, CPT, Egoscue Certified Personal Trainer. Stretch and Align (T/Th 11-12 p.m. and Saturdays 9:30-10:30 a.m.), Barre (M/W/F 11-12 p.m.), personal Fitness Training by appointment.

Marta Kaltreider, CPT and Pilates certified. HIIT T/Th 9:00-10:00 a.m. and personal Fitness Training by appointment.

Lynnette Kling, Spin certified. Spin Saturdays 7:45-8:45 a.m.

Linda Kuper, Water Aerobics, Pilates and Yoga certified. Water Aerobics, Wednesdays and Fridays 11:00-12:00 p.m.

Caren Lopez, CPT, HIIT certified. HIIT Monday 8:30-9:15 a.m. and Saturday 9:00-9:45 a.m. Personal Fitness training by appointment.

Kevin Michaels, CPT, HIIT, Spin, Yoga certified, certified Pickleball coach. Heart Space yoga T/Th 5:30-6:30 p.m., Yoga Fit Saturday 11:00-12:00 p.m., Pickleball clinic Saturday 2:00 by reservation on MyClubLives, Pilates/yoga hybrid Sunday 9:00-10:00 a.m. and Yoga Flow Sunday 10:00-11:00 a.m.; personal Fitness Training and private Pickleball coaching by appointment.

Jin Malley, Yoga certified. Restorative Sound Bath yoga, Friday evening 5:00-6:30 p.m. and Saturday 5:30-7:00 p.m.

Dr. Lisa Oie. Parkinson's Exercise medical certification. Parkinson's Exercise, Tuesdays 11:00-12:00 p.m.

Sherri Sabin, Zumba, Yoga and Water Aerobics certified. Water Aerobics Mondays 11:00-12:00 p.m.

