

**FROM ME TO YOU**

Kelli Hinchey, General Manager/Owner



Happy Spring! (and I say this with tongue in cheek...)

I hope everyone had a great March break – whatever that looked like for you, be it enjoying time on a beach in a tropical destination or spending time at the Ice Castle at home. The good news is the increased daylight is a blessing and really does help us move through this frigid period.

We have been very busy planning events for you this month and we hope that you take in as much as you are able. **Intro to Barre** workshop, **Yoga Feature Class**, our **Staples TAG (Together Achieving Goals) Challenge** is back, **Club Championships** and the **Grand Opening of RC 2.0**. Please check out our schedule of events so that you can plan your month accordingly.

Part of my Vision/Mission for RC 2.0 is to provide an atmosphere/environment where my staff and members can grow into their greatest selves. To provide programming that motivates you to do better, to be better, to experience different things and to move into uncharted territory. Life is ever changing, we are always changing, growing and learning. Don't let **FEAR** (False Evidence Appearing Real) keep you stuck. Know that we are here to support and guide and that your successes motivate and prop us up!

I look forward to seeing as many of you as possible (non-members/guests also welcome!) at the Grand Opening of RC 2.0, which will be held on Saturday, April 28<sup>th</sup> from 1:00-4:00 p.m. We anticipate the completion of our men's changeroom within the next few weeks (awaiting the arrival of lockers!) and look forward to celebrating with you. We will have hourly draws, tours of the Club, lovely food and drink. It has been a process and I am so grateful for the ongoing support and patience of our members and look forward to celebrating with you!

Have an incredible April everyone and know that **"Every day our best gets better"**.

**APRIL EVENTS**

**MONDAY, APRIL 2<sup>ND</sup>**  
**EASTER MONDAY** CLUB CLOSED

**TUESDAY, APRIL 3<sup>RD</sup>**  
**NEW FITNESS SCHEDULE STARTS**  
Check out our early morning Yoga classes!

**APRIL 10<sup>TH</sup>**  
**SQUASH LEAGUE CONTINUES**

**APRIL 12<sup>TH</sup>**  
**THIRSTY THURSDAY CONTINUES**

**SATURDAY, APRIL 14<sup>TH</sup>**  
**INTRO TO BARRE WORKSHOP WITH KELLI HINCHEY. 12:00-1:00 P.M.**

Free for members and NON-MEMBERS – Bring your friends and take in this workshop and then stay after for Power Barre (no charge for non-members).

**MONDAY, APRIL 16<sup>TH</sup>**  
**STAPLES TAG CHALLENGE**

Pick up your TAG card at the front desk and get moving! Great prizes to be won (3 levels) and a fun way to challenge yourself!

**MONDAY, APRIL 16<sup>TH</sup>**  
**SQUASH HIIT**

Resumes with Devin and Melina. Sign up at the front desk!

**TUESDAY, APRIL 17<sup>TH</sup>**  
**FEATURE CLASS HATHA YOGA WITH MELISSA CHUNG – 7:45 PM - 8:45PM**

Draw prize, snacks and drinks after class.

**TUESDAY, APRIL 24<sup>TH</sup> – FRIDAY, APRIL 27<sup>TH</sup>**  
**CLUB CHAMPIONSHIPS SQUASH TOURNAY**

\$50.00 + gst entry fee – includes tournament souvenir and dinner on Friday evening.

**SATURDAY, APRIL 28<sup>TH</sup>**  
**GRAND OPENING RC 2.0**

1:00-4:00 p.m. – Join us as we celebrate the completion of the first phase of our renovation. Members and Non-Members welcome. Tours, hourly draw prizes, drinks and lovely snacks will be provided.  
2:00 p.m. – Welcome and introductions.

*Intro to Barre*  
with KELLI

**Saturday April 14<sup>th</sup> 12:00-1:00pm**

**Haven't tried BARRE yet?  
Now is the time!**

**Join Kelli for a FREE intro to BARRE!**

This FREE workout is open to members and non-members but is limited to 25 participants.

**Please call the Racquet Club at 920-2224 to secure your spot!**

## FITNESS NOTES

Catherine Ardiles, Fitness Director



WOW! Is it ever going to get warmer out! Well – while we are waiting – the month of April will bring on some new and fun challenges for the RC!

This is the first time we will offer morning yoga classes on Monday/Wednesday/Friday as part of our regular schedule! From 7:00-7:45 am come and give **Morning Flow** a try and wake up with one of our energetic instructors! This starts Wednesday April 4<sup>th</sup>!

Have you tried **BARRE** yet? Have some friends that you would like to bring with you? Well this is your chance! Saturday April 14<sup>th</sup> come to an intro to BARRE from 12-1pm where Kelli will show you all the moves and what to expect in a BARRE class. Then STAY FOR POWER BARRE from 2-3 and practice what you learned or maybe hang out at our other 'bar'. This is FREE for Members and NON-MEMBERS – so you can bring your friends along! Classes are capped at 25 so please call the club or sign up at the front desk to avoid disappointment. Tours of our new space will be given upon request.

Next up is our TAG challenge running from April 16<sup>th</sup> – 29<sup>th</sup>! Pick up a TAG card at the front desk later in the month and go to as many classes as you can! It's time to try some of our new classes – and earn chances to win some great prizes. Watch for more information on this challenge coming soon.

We are having a **FIT-A-THON** on Saturday May 5<sup>th</sup> to raise awareness about the benefits of exercise and Mental Health, with all donations going to the Stanton Foundation to aid in Northern Mental Health Programs. Pick up a fundraising form at the front desk, collect \$\$, then come back on May 5<sup>th</sup> with your donations and participate in a great lineup of fitness classes (a 1/2 hour up to a 3 hour spinathon, a 1 hour fitness class, or a yoga class). This is open to members AND non-members.

As always, I would love to hear your feedback, please email me anytime at: [catherine@ykracquetclub.com](mailto:catherine@ykracquetclub.com)

**CHEERS TO SPRING AND WARMER WEATHER**

# SQUASH ORIENTATION FOR NEW MEMBERS

Second Wednesday of Every Month  
7:00 to 7:45pm

Sign up at the front desk.  
Racquets available to borrow.



# Lunches at the RC

Sandwiches ... \$6.60

Wraps ... \$7.50

Salads ... \$6.75



## WEIGHT ROOM ORIENTATION FOR NEW MEMBERS WITH DEVIN MADSEN

EVERY WEDNESDAY FROM 7 TO 7:30PM

SIGN UP AT THE FRONT DESK, OR CALL 920-2224

racquet  club

YELLOW KNIFE

[ykracquetclub.com](http://ykracquetclub.com) 867-920-2224

