

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



LAUGHTER IS THE BEST MEDICINE

I typically start each work day with a call to my Member Services Manager, Karen Depew. Shortly after 9:00 a.m. we connect. You may think that the purpose of this call is work related. Nope. It is our daily dose of endorphin release that results from gut wrenching laughter. You see, although Karen and I are not related, we are connected in a way that is unexplainable. I think she is hilarious and fortunately she thinks the same about me. Within minutes into our call, we have concocted some ridiculous scenario (that usually involves a clown on a unicycle with a monkey on his shoulder playing cymbals) and we are laughing so hard that snorts escape and our belly's ache. Nice visual right?!

I am grateful for this ritual as it assists with setting the tone for my day. I feel awesome after our conversations, as silly as they may be. The point I am trying to make is that something as simple as laughter can affect how we view the world. I realize that we all have busy lives and are dealing with a multitude of things – family matters, health problems, children and their activities and issues, work deadlines, mortgages and financial concerns. However, if we can stop taking ourselves so seriously, even just for five minutes and be playful and laugh, we are better for it. And laughter, truly is contagious. Laugh loud and laugh often and be mindful of how you feel after. Aside from the ab workout you didn't realize you would get, you will release stress and tension and just feel happier. So my friends, I encourage you to laugh.

Kelli

FITNESS NOTES

Catherine Ardiles, Fitness Director



It's April! We have a lot of things going on at the club the next few months and we hope you try out a few new classes, get rolling, or help raise money for our community.

A few of our instructors were certified in **Functional Foam Rolling** in February, and I can't say enough about this course and how it has changed how I feel before and after exercise.

"Foam rolling is an excellent self-massage strategy in the sports and clinical setting. It has become a therapeutic exercise used to speed recovery and address injuries. Foam rolling can maximize muscle function, recover from injury, complement treatment, release tight muscles and allow athletes to perform at their best."

APRIL EVENTS

FRIDAY, APRIL 5TH & 12TH

SHINE FITNESS

With Jocelyn Apps – 7:00-8:00 p.m. Come check out this new dance fitness class in the Solstice studio!

SATURDAY APRIL 6TH, 13TH, 20TH & 27TH

LADIES WHO LIFT

With Kevin Tam and Caroline Newberry from 2-1:15pm. Register and pay at the desk to confirm your spot – there is only room for 10 participants.

TUESDAY, APRIL 16TH

FEATURE CLASS – SPIN 45

With Mel Williams. 5:30-6:15 p.m. Drinks and snacks after class. Draw prize. Sign up at the front desk.

FRIDAY, APRIL 19TH

GOOD FRIDAY – CLUB OPEN

9:00 a.m. – 5:00 p.m. Classes are cancelled.

MONDAY, APRIL 22ND

EASTER MONDAY

Club open, regular hours. Classes as scheduled.

TUESDAY, APRIL 23RD - FRIDAY, APRIL 26TH

CLUB CHAMPIONSHIP SQUASH TOURNAMENT

All levels of play welcome. Visit our website at <http://ykracquetclub.com/squash/tournaments/club-champs-2019>, or see Jeff to register. Dinner included on Friday evening (bbqed burgers and salad) and tournament souvenir.

SUNDAY, APRIL 28TH

FEATURE CLASS

Hardcore with Catherine Ardiles – 9:00 a.m. Drinks and snacks after class. Draw prize. Sign up at the front desk.

MONDAY, APRIL 29TH

10K TRAINING WITH TONYA HUCK.

Please see front desk staff to sign up and for further more details.

(Taken from <http://www.travelroller.com/education/course-1-functional-foam-rolling-level-1/#hh2lxQbA5Hirs3WW.99>). Watch for roller courses in April and May, specific for runners, squash players, and specific injuries.

I would like to welcome 2 new instructors this month, Jocelyn Apps who will be teaching a **SHINE** dance class on Friday April 5th and 12th, and Kera Love who will teach an Ashtanga yoga class on Thursday evenings at 530 beginning April 4th.

If you didn't secure a spot for the **Spinathon** on May 4th, you can still raise money for the Stanton Territorial Hospital Foundation. The top 8 fundraisers will receive a gift from one of our sponsors (you don't have to be spinning!), and all the money stays here in town! Pick up a form at the desk and start collecting!

Make yourself a priority this month, enjoy the sun and stay active!

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager

April and Spring are here, which means...more squash!

To start, a bunch of our High Performance Juniors are off to Edmonton from April 10 to the 14 to compete at the **Canadian Junior Nationals**. We have high hopes for all of them so wish them luck as they play against Canada's best.

Our second most important tournament is also up in April, the **Club Championships**. You've played against your friends for fun, played in league to sharpen your skills, now it's time to see who will come out on top in your division! Open to all levels of play, the Club Champs includes supper on the Friday night, a tournament souvenir and guaranteed three matches all for just \$50. Sign up online at <https://sportyhq.com/xgys9>, or let me know and I'll register you.

League continues this month with playoffs starting on April 9th. Finals will be played on May 7th. All teams play in the finals.

Squash HIIT will be coming back in May on Wednesday nights! Squash HIIT is a great way to get squash-fit while working your squash skills. Keep an eye out for more information over the next couple of weeks.

As always, **Thirsty Thursday** continues. If you're not on my list of contacts, send me an email at jeff@ykracquetclub.com. Don't forget, every Friday night is **Drop In** starting at 6:00pm to 7:30pm and get on court with people you may not normally play.

Finally, even though we're still in April, it's time to start thinking about the **NWT Squash Territorials** coming up in May. This is our biggest squash event of the year and features exhibition matches from some of Canada's top pros, Steak and Lobster night, and more. Make sure to book off the week of May 27th to June 2nd in your agenda!

See you all on court!

Jeff

Online Schedule

Visit our website at ykracquetclub.com/fitness-and-yoga/schedule for descriptions of all of our classes and to download a printable version.

CLUB CHAMPS 2019

APRIL 23RD TO 26TH

\$50+GST

INCLUDES DINNER ON FRIDAY NIGHT AND A TOURNAMENT SOUVENIR.

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Hardcore

Feature Class
With Catherine Ardiles

Sunday, April 28th
9 to 10am

Complimentary refreshments
and draw prize after class.
Sign up at the front desk, or
call 920-2224.

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