

RC NEWS

DECEMBER 2020

racquet  club
FITNESS • YOGA • SQUASH

MANAGER MUSINGS

Devin Madsen, Manager



Ohhh the weather outside is warm?! What a lovely beginning to December we're having. It's the perfect time to get outside and enjoy it because you know it won't last long. I've been out at Bristol pit doing some snowboarding and it feels like spring riding.

It's great to see how many squash bubbles we have signed up. I'm seeing more and more people on the courts and hopefully come June we'll be able to have a Year End Tournament. If your bubble is here over the Holidays sign up for our Bubbles Cup Tournament that we will be hosting. You know I'll be there in my new Lululemon outfit that someone got me for Christmas.

People's competitive sides are in full bloom for our fun December fitness challenge. This is a fun but competitive way to keep track of your fitness over the next 20 days. For me it's making me try different fitness activates to make sure I'm getting my team as many points as possible. Let's have fun and may the most dedicated team win!

This year instead of doing our Hope's Heaven Donations we are sponsoring 3 families through the YWCA Sponsor a Family for Christmas program. We feel that this program is a good way to give back to the community during the holiday season...if you would like to donate please do so by December 15th.

Lastly we have our RC 12 Days of Giveaways starting on December 9th – 24th, Monday-Friday. The more time that you're at the Club the better chance you have to win a prize for that day!

Happy Holidays

FITNESS NOTES

Catherine Ardiles, Fitness Director



The first **RC December Fitness Challenge** is off to a great start with 11 teams and 13 individual participants. The goal is for people to keep moving and have fun doing it. When tallying your points, **EVERYTHING COUNTS!** Shovelling, skiing, walking, sliding on hills, anything is game! If you are not exerting yourself, then it's a 1. Heart pumping fast/hard to carry on a conversation is a 3!

The top 8 teams will have an opportunity for a private class over the holiday between Dec 22-Jan 4. I have 8 instructors that have offered to do this! Cheryl Houweling, Natasha Ramm, Skylar Urshal, Ken Eng, Grace Chambers, Inemesit Graham, Nikki Johansen and myself. Prizes will be awarded for the top 3 individuals including a personal training session with Inemesit Graham, and a stretch therapy session with Ken Eng. Thank you to these amazing people for doing this and promoting their love of fitness!

Welcome to Lisa Moody who is joining our personal training team! Lisa moved here from

DECEMBER EVENTS

SUNDAY DECEMBER 13

CHRISTMAS BARRE AND BUBBLES

Join Kelli from 2 to 3pm for this traditional, holiday Barre class. \$20 per participant. Sign up at the front desk. For members only.

MONDAY DECEMBER 28

CHRISTMAS SQUASH BUBBLE CUPS TOURNNEY

Come out with your bubble mates and hit some cups on court. Sign up by December 24th at the front desk to participate.

TUESDAY DECEMBER 29

FOAM ROLLING WORKSHOP

Contact catherine@ykracquetclub.com to register.

JANUARY 12 - FEBRUARY 4

MOMMY AND ME POSTPARTUM FITNESS WITH INEMESIT

Contact Inemesit at mummyfitness@live.com to register.

Holiday Hours

DECEMBER 24TH – 6AM TO 4PM

DECEMBER 25TH – CLOSED

DECEMBER 26TH – 9AM TO 5PM

DECEMBER 31ST – 6AM TO 4PM

JANUARY 1ST – CLOSED

Alberta with her partner over a month ago and has experience training all age ranges, with a focus on corrective and functional exercise. She is a CSEP-CPT certified trainer and has also worked with those who have injuries and stable chronic illnesses. She will be available over the holiday season, and we will post all trainers availability at the front desk.

Even MORE fitness!! Watch for a post about some additional programming between December 19th and 31st. A few of these include a special yoga class with Cheryl Minkoff, an extended spin RIDE with Heather, double the fun in Bounce and on December 23rd (both Rosie and Diana teaching), and a New Year's Eve (afternoon!) spin with Nikki! There will be three classes on boxing day (open 9-5) to choose from. All classes will show up on the Mindbody schedule the week of the classes, and the same rules apply, register 24hrs before the class.

As always, if you have any questions please email me at catherine@ykracquetclub.com

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



The holiday season is almost upon us which means some much needed relaxation time with families and friends but also, of course, squash! Each year we have been hosting a Christmas Doubles Tournament during the holidays. This year, we can't do that, but it doesn't mean we can't have some fun together. So, on November 28th, from noon until 4pm, we will be holding our first ever **Christmas Squash Bubble Cup Tournament!** To participate, sign up with at least 3 of your squash bubble mates by no later than December 24th. On the 28th, come play short games against

your opponents in an attempt to come out on top of your bubble pool. Hitting a cup gives you one point, plus a point towards your cup total. The person with the most number of cups wins the Cup Trophy. We will be respecting all public health guidelines during this mini tournament so capacity will be limited. Make sure to sign up early to not miss your chance to play in this "historic event"!

Have a wonderful holiday, enjoy the weather and see you on court!

Jeff

MEMBER OF THE MONTH



YKRC is proud to announce **Malini Sengupta** as our December 2020 **Member of the Month**. Malini has been a member at the club since October of 2019, and since then has been a constant presence in classes and on the squash courts. Moving from big city British Columbia to Yellowknife, Malini expected small town amenities and was pleasantly surprised to find "a place that met every need, and more". Previous fitness ventures had Malini spending hours commuting just to get to one gym with classes, and then another with personal trainers, and then another with free weights and weight rooms. Coming to

Yellowknife meant that she was able to have everything she needed from a fitness facility in one place, and she attributes that to her increased love of health and fitness. Malini started her RC journey with weekly classes and then ventured on to the squash courts and then into the weight rooms with her PT Devin. She continues to bring positive energy whenever she enters the building, which everyone from peers to strangers alike can feel. Malini easily represents the idea that at the RC everyday we're working to make our best better.

Congratulations Malini!

Christmas Squash Bubble CUP TOURNAMENT

DECEMBER 28TH - NOON TO 4PM

\$10+GST FOR EACH BUBBLE MEMBER

BUBBLES MUST SIGN UP BY DECEMBER 24TH

AT LEAST 3 MEMBERS FROM A BUBBLE



racquet  club
FITNESS • YOGA • SQUASH

Holiday Membership Sale!

Buy a year paid in full membership for \$960+GST (\$80/month)

Regular \$1056+GST

Available from December 1st to 31st

