



NEWS

FEBRUARY 2019

racquet  club
YELLOWKNIFE

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



Bye Bye January!!!

I'll be honest – I have a love/hate relationship with the month of January. I really do. It's dark and cold and well, just, January. Everyone seems tired and down in the dumps. The Christmas high is gone and the winter feels like it will never end.

In order to combat the "blues" I work hard at hosting events to have something to look forward to. These functions, whether it is a spur of the moment brunch, a casual dinner party or appies and a movie, can make a huge difference. Especially when we would rather stay

tucked in bed under a flannel blanket, watching Netflix and drinking a glass of wine.

Hmmm... That doesn't sound so bad! What I am getting at is that it is really easy to want to turtle and isolate at this time of the year.

I am, however, thankful for January, in that friends seem to make an extra effort to be together, even if it means starting the car at -40! For me this is a huge part of my mental wellness as I know I am not alone and not unique in how I am feeling. Keep the dialogue going – talk and listen, let others know if you need a shoulder and most importantly, be gentle on yourself.

Kelli

FITNESS NOTES

Caroline Newberry, Fitness Instructor



Why you should ignore that voice in your head and go down to the weight room ladies...

A lot of my friends and women I work out with in group exercise class often ask me about the weight room. During these conversations they usually lower their voice and ask to talk to me in private. In very dismissive and sometimes apologetic tones they say "Maybe one of these days I'll try the weight room but I don't want to get too bulky," or "I want to try lifting weights but the equipment is intimidating and I don't know what I'm doing," and most often... "I feel stupid down there. It's scary"

Yup. I get it. I did too and I felt all of those feelings as well.

Here are 5 reasons you should ignore that voice in your head and go down to the weight room:

1. You're worth it.

For one thing you are the only person down there who cares what you're doing. Everyone else has their own agenda and their own workout and the truth is they probably aren't paying any attention.

2. Weight training is key to losing fat and shaping your body.

Weight training builds lean muscle. Building lean muscle means you are utilizing body fat and carbohydrates as an energy source. Simple math folks... the more muscle you have the more calories you burn (yes, even while sitting on the couch – after your workout of course).

FEBRUARY EVENTS

THURSDAY, JAN. 3-SAT. FEB. 2ND

TRIPLE THREAT TOURNAMENT

FRIDAY, FEBRUARY 8TH

DROP IN SQUASH NIGHT

6:00-7:45 p.m.

WEDNESDAY, FEB. 13TH – FRIDAY, MARCH 15TH

K1 KICKBOXING PROGRAM

With Jarrett Vornbrock. \$150.00 for members and \$220.00 for non-members. Please pre-register at the front desk.

THURSDAY, FEBRUARY 14TH

HAPPY VALENTINES DAY!

Couples who Lift together, Stay together! Bring your partner or a buddy and workout together and you'll be eligible for our Valentine's Day draw!

FRIDAY, FEBRUARY 15TH

DROP IN SQUASH NIGHT

6:00-7:45 p.m.

FRIDAY, FEBRUARY 15TH

FEATURE CLASS – HIIT & LIFT

With Dani Dickson. 4:45-5:30 p.m. Munchies and drink after class, draw prize. Please sign up at the front desk.

SATURDAY, FEBRUARY 16TH

BARRE AND BLISSFUL HATHA YOGA CANCELLED FOR INSTRUCTOR CERTIFICATION.

MONDAY, FEBRUARY 25TH

DANCE FIT FEATURE CLASS

With Andrea – 5:45-6:30 p.m. Stay for snacks, draw prize and drinks after class. Please pre-register at the front desk.

WATCH FOR NOTIFICATIONS ABOUT OUR UPCOMING SPIN ROOM RENOVATION. CONSTRUCTION IS SET TO START AT THE END OF FEBRUARY!

3. Weight training does not equal bulky muscles.

The biggest myth women believe is by lifting weights they will get too "bulky". The fact is we don't have enough testosterone (muscle building hormone) to build muscle like men do. Unless someone is paying or sponsoring you and it's your full time job (bodybuilders) you are unlikely to follow a specific weight training and eating plan that will make you look like a female Arnold. Women who are jacked are genetically predisposed or are doing it for a living.

4. Weight training improves bone density, athleticism and prevents injury.

Who doesn't want this? Seriously. I mean come on.

5. Weight training boosts self esteem, confidence and mood.

Again...who doesn't want this? For real girls. First off anyone who knows me knows this is TRUE. A bad day can turn into a great one after a gym sesh where you feel accomplished and spent. Strength training has immediate gains, often from week to week. Endorphin release after a workout boosts mood and as you see those gains from week to week your self esteem improves too.

So how do you ignore that daunting voice so you can get on that strength training program? There are lots of ways...find a person, any person to go down there with you. Whether you're both new or you go with a "seasoned" lifter there is strength in numbers. Hire a personal trainer to give you hands on instruction on technique, form, programming and use of equipment. Once you know what you're doing the sky's the limit! Watch instructional videos on form and technique and pick a program you think would suit your lifestyle and goals.

Bottom line. Invest in yourself. It's the best investment you'll ever make. Oh...and weight training makes you look kinda badass.

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



February is going to be a busy month for squash on many fronts. First, our annual **Triple Threat** tournament took place from January 31st to February 2nd and was a huge success with 28 participants! This year we brought back table tennis which was one of the original racquet sports introduced when we first started hosting the this tournament. We will be setting up the table on Friday nights in the Fitness Studio after classes finish so you can practice for next year's Threat. Speaking of new sports, have you seen the foosball table in our lounge? Anyone up for a mini foosball tournament?

It's a big month for our juniors as well! Eight High Performance juniors will be heading to Victoria for the **Pacific Northwest Jesters** Tournament. Then, a week later they will be heading to Red Deer, Alberta to compete in the **Canada Winter Games**. They will be accompanied by Spider Jones as head coach and Melina will be meeting up with them to co-coach! I, myself, will be heading down as an official for the week so I'll be able to watch some of their matches while I'm there.

League continues this month with **Drop In** every Friday from 6 to 7:30pm. **Thirsty Thursday** will also continue on Thursday nights, even while I'm away. If you're interested in playing, send me an email at jeff@ykracquetclub.com.

See you all on court!

CLUB HOURS

Monday to Thursday

6:00 am - 10:00 pm

Friday 6:00 am - 10:30 pm

Saturday and Sunday

8:30 am - 7:00 pm

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.

LEARN KICKBOXING WITH JARRETT VORNBROCK

5 week program, 10 classes

Wednesdays 7:45-8:45pm &

Fridays 5:45-6:45pm

February 13th to March 15th

\$150 for members \$220 for non members.

Sign up at the front desk.

Only 12 spots available.

racquet club

YELLOW KNIFE

ykracquetclub.com 867-920-2224



MARCH MORNING MELTDOWN

MARCH 4-15

Monday, Wednesday and Friday – 6 to 7am

\$80 for Members

\$130.00 for Non-Members

MARCH 18-29

Monday, Wednesday and Friday – 6 to 7am

\$80 for Members

\$130.00 for Non-Members

Save on all 4 weeks!

\$150.00 for Members,

or \$250.00 for Non-Members

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