



NEWS

JANUARY 2019

racquet  club
YELLOWKNIFE

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



Happy New Year!

Wow – where did 2018 go? I know from speaking with many members, that they have also experienced a whirlwind of a year. I would like to think that it is not just because I am in my mid-fifties and they say that the older you get the quicker time flies... Let's not talk about that – ignorance is bliss!

2018 was a tough year for many people – fraught with sickness, loss, turmoil and conflict. Many of you have remarked that "I can't wait for the year to be over!" I understand this and am also looking forward to

the start of the New Year. A fresh start.

I recently spent a week on Salt Spring Island on a personal retreat at Celtic Place. This is the "start" of my fresh start. I had been thinking about doing this for myself for some time, but always found excuses (not to go ie) it's too expensive, I don't have the time – blah, blah, blah... All of the signs in my life were pointing me in this direction and at the insistent, but gentle push given by my partner, I hesitantly booked my ticket and my week long retreat.

What I have come away with is that there is no perfect time, that credit cards can be paid off and the world will not fall apart if you are away from home/work for a week. I look at this as an investment in myself and it has been worth every penny. I have a renewed sense of self and a clarity about life that I have never experienced. I am excited about the future, my work and my personal life.

You may be wondering where I am going with all of this and how on earth it relates to the RC? This is my take on it. We spend countless hours and money on ensuring that our bodies are healthy by attending classes, working with Trainers, getting massages, regular chiro adjustments. But, what about making our emotional and mental wellbeing the first priority? In my humble opinion you could be the fittest person on the planet, with a perfect manicure, great Lulu Lemon clothing, a deadly haircut and the newest version of Nike sneakers, but if you feel like (excuse my language) "crap" on the inside, why does all of the other stuff matter, and how many of us walk around in this state?

I encourage you to take the time, to spend the money, to do the work, to focus on you. Not the external you, but the emotional version of you. If you are ready, I think that you will find that everything else just naturally falls into place in the best of ways.

Looking forward to sharing the journey of 2019 with all of you!

FITNESS NOTES

Catherine Ardiles, Fitness Director



Welcome to 2019!

I always see pictures on social media in December about the gym being empty and January being overflowing – I can honestly say our members were out in droves for a lot of the December classes. Congratulations on putting your health first!

If you joined us recently, or maybe you know someone who has, I wanted to offer a few tips for those trying classes for the first time (as an instructor – trust me these are very true):

JANUARY EVENTS

MONDAY, JAN. 7TH

NEW FITNESS SCHEDULE STARTS.

MONDAY, JAN. 7TH

HP JUNIORS BEGINS

WEDNESDAY, JAN 9TH

SQUASH ORIENTATION FOR NEW MEMBERS

FRIDAY, JAN. 11TH

DROP IN STARTS – 6PM TO 7:30PM

SUNDAY, JAN. 13TH

SUNDAY JUNIORS BEGINS

MONDAY, JAN. 14TH

FEATURE CLASS - SPIN

with Karin Taylor 7:30-8:30 pm. Snacks, drinks and draw prize. Sign up at the front desk.

MONDAY, JAN. 14TH - SUNDAY, JANUARY 20TH

BUDDY WEEK!

Bring a non-member friend in to check out the RC's great facility and programs. Put your name in a draw each time you bring in a friend and you could win a free month's membership.

TUESDAY, JAN. 15TH

COMPETITIVE JUNIORS STARTS

SATURDAY, JAN. 19TH - 20TH

JUNIOR SQUASH CHAMPIONSHIPS

SATURDAY, JAN. 19TH

EARLY CLOSE – 6 PM FOR STAFF TRAINING.

TUESDAY, JAN. 22ND

LEAGUE PLAY BEGINS

THURSDAY, JAN. 24TH

FEATURE CLASS - ATHLETIC YOGA

with Natasha Ramm 5:45-6:45 pm. Stay after class for snacks and drinks and draw prize. Sign up at the front desk.

THURSDAY, JAN. 24TH

THIRSTY THURSDAY CONTINUES

SUNDAY, JAN. 27TH - 10:00 AM - 1:00 PM.

A DAY FOR OUR LADIES!

Come to one of the 3 class we offer starting at 10:00 am and then join us in our Solstice lounge where you can preview our new Lorna Jane fitness apparel, shop with Stella & Dot and experience Merle Norman products. Friends are welcome. Drinks, snacks provided.

1. Check out the class descriptions before going – available on our website.
2. Come to class early – coming late, you won't know what's going on!
3. Let the instructor know you are new – they will help you set up and give you some pointers.
4. Don't try to keep up with those around you – do your own thing!
5. Don't hide in the back – stand where you can see the instructor.
6. After class – let the instructor know if you have questions.
7. Dress for the class – (no baggy pants at spin or wooly sweats to HIIT!) Ask if you are not sure
8. Don't give up after the first class. If you are really sore or didn't understand something, again come early to the next one and let the instructor know that, they are there to help you.

Comings: Welcome to Dani Dickson who will take over the Friday night HIIT class at 445. Dani will also be subbing spin and barre. Our Nutrition consultant Meredith Baskin-McNulty joined us last month, keep her in mind for any information on nutrition.

Happenings: Our instructors just finished phenomenal spin, yoga and fitness training with Jessica Power Cyr from Calgary. Look for some new moves in your classes!

Quote for the month: "The best way to predict the future is to create it" Abraham Lincoln

Have a fantastic 2019 – and let the staff at the RC be part of creating your healthy future!

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



Goodbye 2018; a year full of exciting times, challenges and changes. Hello 2019; a new year that promises much of the same and more!

These are exciting times to be a member at the Racquet Club with so many fun events coming up as well as some fantastic fitness opportunities. Squash is a fantastic sport and activity to keep you fit and strong all the while having fun smacking a little, black ball around and having fun with friends. It is a game that keeps you thinking and challenges you to always better yourself whether that is to increase your cardio so those long rallies don't feel so long, or working on that

one shot you can use to spectacularly finish that grueling rally.

So, here is the challenge: if you're a squash player, consider upping your game by adding one, or two fitness classes a week to your training. I'm sure, after just a few weeks you'll see a huge difference! If you've never played squash, I extend a similar challenge to you: give squash a try and see what a difference it can make to your fitness regime. Sign up for our squash orientation that takes place on the second Wednesday of each month – you'll learn enough of the basics of the game to have you feeling comfortable running around the court, working hard and sweating as much as you would in any of our excellent classes.

In other news, our annual **Christmas Doubles Classic** was a huge success! Congratulations to our winners, Claudio Ardiles and Damien Healey. A big thanks to Devin Madsen for running the tournament in my absence! Registration is open for our Junior Squash Championships tournament which takes place January 19 and 20. Follow <https://www.sportyhq.com/tournament/view/NWT-Squash-Junior-Championships-2019> to sign up. Our next tournament is the **Triple Threat**. Keep an eye out for more information and how to sign up.

Have a fantastic 2019 and see you 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.

SPIN RC 60 FEATURE CLASS

WITH KARIN TAYLOR

JANUARY 14TH
7:30 TO 8:30PM

Sign up at the front desk and stay after for complimentary snacks and beverages.

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ATHLETIC YOGA FEATURE CLASS With Natasha Ramm

Thursday January 24th
5:45 to 6:45

Sign up at the front desk and stay after for complimentary snacks and beverages.

RC