



NEWS

MARCH 2019

racquet  club
YELLOWKNIFE

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



THE POWER OF POSITIVE THINKING!

I'm sure you've all noticed the beautiful rock that sits on a stand at our front entrance, but have you taken the time to read the sign below it? I think the rock is beautiful, particularly the halo that borders it. Aside from being decorative it also serves a purpose. It was prepared for me by Colin Baile, who does dowsing – essentially cleansing homes/business/people of negative energy. The rock acts like a filter – when you place your hand on it at arrival to the Club, it pulls out any negative energy that you are carrying. The aim is to keep the Club as clear of

negative energy as possible. Yes, the rock does get “plugged” with all of our negative goop and Colin cleans and recharges it on a regular basis – fun fact!

So, I ask, what do you do to keep yourself clear of negative energy? I've spoken about mental fitness many times and the power of positive thought can be life changing. Essentially I believe what you focus upon will grow. Positive attracts positive and negative attracts negative. Do you surround yourself with positive people or “Eeyores”? Do you set healthy boundaries with family and friends, ensuring that your needs are met and taken care of? Self care is not selfish and most of us are uncomfortable with the idea of it.

I suggest that you start simple and be consistent when you embark upon using tools to shift your mindset from positive to negative. Just like exercise, mental fitness takes practice. Something as simple as daily journaling, start a gratitude list, write positive affirmations.

I am strong...

I am kind...

I am worthy...

I think you get the picture. Even if you don't believe what you are saying/writing is true, just “fake it until you make it”. And, the next time that you come into the Club, maybe give the rock a rub!!

Kelli

FITNESS NOTES

Diana Curtis, Fitness Instructor



Stay Calm... Get Your Bounce On!

True words folks. Bouncing is one of the best ways to create those magical endorphins that make every stitch of possible daily stress vanish from your mind, and actually make you feel joyful while working out. Crazy thought right?

I didn't have a trampoline growing up here in YK, but I had FRIENDS with trampolines! My elementary school also had a huge trampoline that would be assembled once a year for our gym class. The trampoline station always had the biggest line-up...the rope climb, not so big! Finally

it's your turn on the trampoline – you climb up to get your bounce on and the gym teacher sets the stop

MARCH EVENTS

RENOVATIONS HAVE STARTED ON OUR SPIN STUDIO! WHILE WORK IS DONE, SPIN CLASSES WILL TAKE PLACE ON THE CHARTER COURT BEHIND THE CARDIO STUDIO.

MARCH 4TH-29TH

MARCH MORNING MELTDOWN.

M/W/F – 6:00-7:00 a.m. Sign up at the front desk!

SATURDAY, MARCH 9TH

NUTRITION MONTH

Meet with Meredith in the lounge from 10:00 am – 12:00 p.m.

TUESDAY, MARCH 12TH-FRIDAY, MARCH 15TH

INTERPROVINCIAL SQUASH TOURNAMENT

The most fun squash event of the season! Sign up at the front desk and see Jeff for further details. \$25.00 + GST registration fee.

SAT. MARCH 16TH

FUNCTIONAL ROLLING SEMINAR FOR SQUASH PLAYERS

Facilitated by Devin Madsen. 1:00-3:00 p.m. \$100.00 + GST for non-members and \$80.00 for members (this includes a roller!) Sign up in advance at the front desk.

MONDAY, MARCH 18TH-FRIDAY, MARCH 22ND

JUNIOR SQUASH CAMP

Facilitated by Squash Pro, Jeff Hipfner. 9 – 14 years of age. 9:00 a.m. to noon. FEE: \$250. Please contact Jeff by email, jeff@ykracquetclub.com, or sign up at the front desk.

SATURDAY, MARCH 23RD

BARBELL FEATURE CLASS

With Caroline. 9:00-10:00 a.m. Please sign up at the front desk. Drinks/draw prize and munchies after class.

SUNDAY, MARCH 24TH

YOGA FEATURE CLASS

With Leslie – 5:00-6:00 p.m. Please sign up at the front desk. Drinks/draw prize and munchies after class.

watch for 2 minutes. Two minutes was never enough, especially waiting forever for your turn!

Bounce forward many years... I'm bouncing again and sharing the benefits of bounce in a group fitness class – we get to bounce forever, 45 minutes actually... and with great tunes!

Beside the fact that bouncing is just pure fun which releases those magical endorphins (our feel good hormones) there is a huge list of health benefits. So many that I'm going to narrow it down to my top five.

5 Reasons to get your BOUNCE on

1. Stimulates the Lymphatic System – increases the amount of waste and toxins your body can flush out which means greater ability for your immune system to fight and prevent illness and disease.

2. Circulates more oxygen to your tissues and cells – more oxygen means more life and health to your body and less disease. (again hitting on the 'less disease' word)

3. Low-impact cardio – bounce to lose weight and increase muscle tone, also has a stronger effect than running or jogging. 20 minutes of Bouncing is equivalent to 60 minutes of jogging. Many cardio exercises such as running/jogging cause stress on your feet, ankles, knees, hips and back. Bouncing actually decreases this stress and provides a more thorough cardio work-out.

4. Helps to reduce cellulite – bouncing is like pumping your body. This action helps stimulate the thyroid gland to start cleaning itself and the entire lymphatic system of stored fat. Trampoline exercise is the most proven way of eliminating cellulite.

5. Bouncing improves posture, balance and coordination – by stimulating your ocular nerves and inner ear canal, bouncing improves balance, coordination and posture. Regular bouncing conditions the body to react quickly, which is a valuable skill.

This was just a few highlights... there are many more health benefits to a trampoline workout.

The best part is feeling like a kid again. That weightlessness for a second and the landing that is far less stressful on your joints.

Come discover your own bouncing experience. Bouncing is for everyone and all abilities.

I look forward to bouncing with you!

Diana Curtis, Fitness Instructor

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



First off, a big congratulations to our juniors that participated at the Canada Winter Games in Red Deer at the end of February! They all played extremely well and pushed themselves to their very best. The boys team came in a very respectable 10th place, while the girls finished 7th to tie a best ever showing by our female team. A big thanks to Spider Jones and Melina Turk, who came up from Bermuda to coach, for helping our athletes to play their best!

This month, we continue our tournaments with another fun one, the Interprovincials where you play for your province, or territory of origin while trying to hit those infamous red cups for extra points. Sign up at the front desk, or send me an email.

For our juniors, we will be putting on a Squash Camp the first week of March in the mornings. Contact me if you would like to have your child participate.

Finally, you'll have noticed that the Charter court has become a spin room. Renovations on the old spin room have begun and should be done in a few weeks. Until then, thank you for your understanding and we will get use of the court back shortly.

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.

Barbell POWER

Feature Class

**SATURDAY MARCH 16TH
9:00-10:00 A.M.**

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ykracquetclub.com 867-920-2224



RESTORATIVE YOGA FEATURE CLASS With Leslie Gray

**Sunday March 24th
5:00 to 6:00 p.m.**

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

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