

FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



Kelsey MacDougall for her beautiful interior design.

Thank you to all of our members that came out to our **Grand Opening** on Saturday, April 28th. The event was well attended and I had an opportunity to share a little bit of **RC** history with everyone. We have come a long way since I started working at the Club in 1986 and are so thrilled to be able to wrap up the first part of our massive renovation. I am grateful to Niels Konge and his team from Konge Construction for putting up with my frustrated rants, late night texts and long emails. I thank Vince Barter for bringing my Vision to life with his architectural design and to

Through all of this (2 years at the end of this month since construction started) I have been surrounded by a Team that has been supportive, has believed in me and my Vision, and given their best to our members. **RC 2.0** has been a massive physical expansion, but also, has given me the ability to expand what we do. We are a community, a family. We are in the fortunate position to be able to change people's lives. We provide support to our members, not only with helping them attain their fitness goals, but also on an emotional and spiritual level.

Members come through our doors grieving, dealing with family/marital issues, addiction problems and life stuff. My purpose with this Club is to ensure that our members feel safe, that they are held up and assisted by the RC Team to become the best version of themselves. Whether it is a kick ass fitness class, a calming yoga retreat, or something as simple as a hug – this is what we provide. We are family, we love unconditionally and we are here for each other.

I could not have gone through this process without the support of my management team – Devin Madsen, Karen Depew, Nikki Johansen, Melina Turk, Jeff Hipfner, Dave Zethof and Catherine Ardiles. They have been rock solid and have motivated me to keep moving through some really rocky periods. I am forever grateful and blessed that they are by my side. My fitness and front desk staff are also on the front line – dealing with ongoing renovations and doing their jobs professionally and gracefully. My cleaner, Jo Jones and her parents, Murray and Shirley, are rock stars. Managing to keep the facility so clean through all of this is nothing short of amazing.

But, most importantly, I thank YOU – our VALUED MEMBERS, for your support, hugs, for listening to and believing in me. I thank you for your encouragement and PATIENCE. I know this has been a long process, but you have remained. For that I am forever grateful. I look forward to what the future holds for RC 2.0. We are excited to be able to have a space where we can continue to expand our offerings to further enhance your lives. And... wait... we're not quite done... work will continue sprucing up the existing lounge, replacing the siding on the old part of the building, expanding the spin studio and creating a space where your little ones can play.

"Every day our best gets better".

MAY EVENTS

TUESDAY, MAY 7ST

NEW FITNESS SCHEDULE COMMENCES

Check us out online to see how many incredible workout options you have!

SATURDAY, MAY 5TH

FIT-A-THON

Funds raised will be donated to the Stanton Foundation in aid of Northern Mental Health Programs.

TUESDAY, MAY 8TH & MAY 15TH

SQUASH LEAGUE CONTINUES

SATURDAY, MAY 12TH AND SUNDAY, MAY 13TH

VISIT THE RC BOOTH AT THE TRADESHOW!

SATURDAY MAY 12TH TO SATURDAY JUNE 16TH

TEEN YOGA FOR GIRLS WITH TOVA

Stretch and strengthen the body gradually for all levels, ages 12-16. Sign up at the front desk.

MONDAY, MAY 14TH

FEATURE CLASS – SPIN 60

With Rosie Taylor – 5:30-6:30 p.m. Snacks, draw prize. Sign up at the front desk!

MONDAY, MAY 21ST

VICTORIA DAY – CLUB CLOSED

TUESDAY, MAY 22ND

SQUASH LEAGUE FINALS

WEDNESDAY, MAY 23RD

LADIES NIGHT

Come out for our final ladies squash night of the season. Snacks & drinks. Please see Melina for details!

SATURDAY, MAY 26TH

FEATURE CLASS – BLISSFUL HATHA

With Natasha McCagg. 9:30-10:30 a.m. Snacks, drinks & draw prize after class! Sign up at the front desk.

MONDAY, MAY 28TH TO SUNDAY, JUNE 3RD

NWT TERRITORIAL SQUASH CHAMPIONSHIPS!

This is our biggest event of our squash/social season. Please check out our tournament brochure and poster. Steak and Lobster dinner on Saturday, June 2nd!

SQUASH NOTES



Melina Turk, Squash Pro



Hello all!

May is upon us and that means the deck is open and the Year End tournament is approaching! This is the busiest and most exciting time of the year, as we gear up for our biggest tournament/social event of the season - this time with a fully licensed deck and new lounge space.

We will have eight pros traveling in from around Canada that will be competing in our exhibition event: Connor Turk (Winnipeg), Jake Hooker (Calgary), Thomas Brinkman (Vancouver), Jaime Laird (Calgary), Alix Younger (Winnipeg), and three national team players, Nick Sachvie (Toronto), Danielle Letourneau (Calgary), and Nikki Todd (Toronto).

Registration for the 2018 Territorial Championships is up online at www.sportyhq.com/tournament/view/2018-Territorial-Championships. You can also find the link on the RC website.

Congratulations to all of our **2018 Club Champions!**

Looking forward to the end of a fantastic squash season!

Cheers,

Melina

OUTDOOR BOOT CAMP

FOUR WEEK PROGRAM

6am-7am Monday/Wednesday/Friday

Begins Monday June 4th to Friday June 29th

12 classes
Members \$120
Non-Members \$200
Drop in \$25 per class

RWT SQUASH ASSOCIATION, ROY'S AUDIO VIDEO AND THE RACQUET CLUB PRESENT THE

NORTHWEST TERRITORIES TERRITORIAL SQUASH CHAMPIONSHIPS

MONDAY MAY 28 TO SUNDAY JUNE 3, 2018
ADULTS - \$135 + GST • JUNIORS AND UNIVERSITY STUDENTS - \$80 + GST

TOURNAMENT HOTEL: THE EXPLORER HOTEL - PLEASE CONTACT US AT THE RACQUET CLUB FOR SPECIAL BOOKING CODE.
SIGN UP AT WWW.SPORTYHQ.COM/TOURNAMENT/VIEW/2018-TERRITORIAL-CHAMPIONSHIPS
OR CONTACT MELINA TURK (MELINA@YKRACQUETCLUB.COM) FOR MORE INFORMATION.

HALF MARATHON TRAINING PROGRAM



Get ready for the **Overlander Half-Marathon** or **Vancouver Sea Wheeze Half-Marathon!!**

Program runs May 28th through August 19th

Runs will be led on Mondays and Thursdays at 5:45pm and Saturdays at 9:00am

\$150.00 + GST
Please register at the front desk.