



# NEWS

## NOVEMBER 2018

## FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



### PRACTISING POSTIVE SELF TALK

Sounds easy enough right? To clarify, I don't mean to imply that we walk around in a self-righteous, arrogant state. Nor would it be in your best interests to tell everyone how great, talented and smart you are.

What I am referring to is how often and how easy it has become (a habit really) to put ourselves down. How many times have you said things like: "I'm such an idiot!", "Get it together for once in your life!", "What is wrong with you?", or "Can you do nothing right?"

Just a few examples, but I'm sure a lot of you can relate. I am guilty of negative self talk and am working hard to try and clean up the "tapes" that play in my head that are not beneficial to my mental fitness.

The other day I was thinking about this and had a realization – would I speak this way to my children, to my parents, my grandmother, my best friend, my co-workers or my significant other? The people in our lives that we are closest to and, love the most – the answer is no, we would not.

Why would we treat ourselves any differently? We are worthy of self love and compassion and positive self talk. What you FOCUS upon will grow and, just like your fitness regime, this needs to become a habit. Toxic thoughts can also have negative effects on the physical body. Your physical health needs attention, your mental health needs attention and your spiritual health (whatever that looks like for you) needs attention. And, you're worth it!

(TIP – As you embark upon becoming aware of your self talk, it is helpful to place a hair elastic around your wrist. Every time a negative self thought is brought into the light, gently snap the band. It reminds us how often we do this and brings awareness to being more mindful about the toxic voices that play in our head)

A warm welcome to **Lynda Baillargeon**, RMT, who will be sharing space with Sam Marriott, while Sam recovers from her thumb surgery. Please contact Lynda directly at 446-5590 or book online at [lyndabrmt.schedulista.com](http://lyndabrmt.schedulista.com). We wish Sam a speedy recovery!

**"Every day our best gets better"**

## FITNESS NOTES

Catherine Ardiles, Fitness Director



### "Fail to plan, and you plan to fail". –Benjamin Franklin

One of my favorite quotes because it rings true in pretty much every area of our lives. Imagine going to a meeting without planning anything? Shopping for groceries without a plan on what to make? Going to the gym without a plan? All of these require some type of planning depending on the level of success you want to achieve.

I'm bringing this up in November because I hear a LOT of people during the holiday season say something along the lines of 'I'll get back to the gym and eat right after New Years', or 'I'm too busy right now I just don't have time'. I'm here to encourage you – make a plan for November and December and you will be so thankful that you did! Maybe this will be a good time to incorporate yoga into that plan with our 28 days of yoga challenge which is free for all members.

## NOVEMBER EVENTS

### THURSDAY, NOVEMBER 1<sup>ST</sup> 28 DAYS OF YOGA CHALLENGE

Pick up your cards at the front desk. Classes have been added for Sunday, 11<sup>th</sup> and Monday the 12<sup>th</sup>. Wrap-up party on Thursday, November 2<sup>9th</sup>.

### NOVEMBER 5<sup>TH</sup> - TO DECEMBER 10<sup>TH</sup> MEN'S YOGA

With Melissa Chung (no class Nov 12<sup>th</sup>)

### NOVEMBER 9<sup>TH</sup> – 11<sup>TH</sup>

Our Junior squad leaves with their coach, Jeff Hipfner, for the Jester's tournament. These athletes are competing with the best squashers in Western Canada and always do well. Check online for results.

### SUNDAY, NOVEMBER 11<sup>TH</sup> REMEMBRANCE DAY

CLUB OPEN FROM 12pm – 5 pm

### MONDAY, NOVEMBER 12<sup>TH</sup> STAT HOLIDAY

CLUB OPEN 9:00 a.m. to 5:00 p.m.

### TUESDAY, NOVEMBER 13<sup>TH</sup> FEATURE CLASS – YIN & RESTORE

With Toni Riley. 5:45pm to 6:45pm. Register at the front desk. Snacks, drinks, draw prize after class.

### TUESDAY, NOV. 20<sup>TH</sup> – FRIDAY, NOVEMBER 23<sup>RD</sup> NORTHECH DRILLING FREEZE UP TOURNEY

Our second squash tournament of the season. Sign up online or talk to Jeff. \$50.00 plus gst. Includes tourney souvenir and dinner on Friday evening. Thanks to our sponsor Bryson Cochrane!

### SUNDAY, NOV. 25<sup>TH</sup> FEATURE CLASS – STEP AND STRENGTH

With Alicia Larade. 11:30am-12:30pm. Sign up at the front desk. Snacks, drinks and draw prize after class.

### FRIDAY, NOVEMBER 30<sup>TH</sup> OUR ANNUAL CLUB MEMBER CHRISTMAS PARTY.

7:00pm – 2:00am. This is our biggest party of the season. Enjoy lovely snacks & music by DanceAway. Cocktail attire encouraged. Members–no charge. Guests of Members–\$20.00. We will also be collecting cash donations for **HOPE'S HAVEN**. We hope that you will be able to contribute to this worthy cause!

Have work parties to go to in the evening? Try to get to the gym in the morning or at lunch. Not possible? How about a brisk walk at lunch? Or do a round of 10 pushups, 10 situps, 10 tricep dips, and 10 squats as many times as you can. Lay out your gym clothes the night before to take to work or get into as soon as you wake up. 15 minutes of a focused workout is better than none.

Weekend Christmas parties, we all have a couple of these every season!!! The week before the party try to sleep for 6-8 hrs every night, drink plenty of water, workout when you can, and eat well balanced meals. Think of your party as well deserved and enjoy yourself. If you want to avoid a massive headache the next day, try having a glass of water between beverages, the sugar in drinks alone is usually enough to give someone a migraine!

And if you feel pretty good the day after your party, get yourself down to the gym! There is nothing better than a good sweat session to detox from all that ails you. And bring a workout buddy that always works for me!

Maybe now is the time to make a plan with one of our personal trainers to keep you on track over the holidays? Call the desk anytime and we will pass on our trainer information.

Make a new plan this holiday season, a plan that includes fitness, nutrition, celebration and taking care of yourself so you feel great during and after the holidays.

RC staff and instructors are here to help you with that plan, so let us know if we can help!

Catherine

## SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



Wow! It has only been three weeks since taking on this new position at the RC, but what an exciting time it has been. Thank you all for the great support and encouragement you've shown!

We started our season with a very successful tournament, the **IG Wealth Management Season Opener**. Congrats to all the players who participated and to all of the division winners:

**Open:** 1<sup>st</sup> place: Stephen Messier, 2<sup>nd</sup> place: Garrett Hinchey, 3<sup>rd</sup> place: Melina Turk (now basking in the southern sun)

**A:** 1<sup>st</sup> place: Ethan Milkowski, 2<sup>nd</sup> place: Walker Redshaw, 3<sup>rd</sup> place: Nathan Cluff  
**B:** 1<sup>st</sup> place: Al Twissell, 2<sup>nd</sup> place: Colton Robertson, 3<sup>rd</sup> place: Raph Poulin  
**C:** 1<sup>st</sup> place: Ryan Connon, 2<sup>nd</sup> place: John Coughlin, 3<sup>rd</sup> place: Ryan Vanderkruk  
**D:** 1<sup>st</sup> place: Carter Robinson, 2<sup>nd</sup> place: Olivia Talen, 3<sup>rd</sup> place: Loïc Hipfner  
**Junior:** 1<sup>st</sup> place: Carter Robinson, 2<sup>nd</sup> place: Loïc Hipfner, 3<sup>rd</sup> place: Malcolm Round

Since then, team league has been running strongly with some great, closely contested matches. Our fun "team" night, Thirsty Thursday, also continues this season. This is a fun format with teams created based on who can participate that week. If you're interested, send me an email and I'll make sure you get on the list (jeff@ykracquetclub.com)

From November 9<sup>th</sup> to the 11<sup>th</sup>, some of our juniors will be participating in the annual **Alberta Jesters** at the Calgary Winter Club. Wish them luck as they take on some of Western Canada's best. Finally, our second tournament of the season is coming up this month, the **Freeze Up**, sponsored by **Northtech Drilling** from November 20<sup>th</sup> to 23<sup>rd</sup>. You can sign up using the following link: <https://www.sportyhg.com/tournament/view/2018-Freeze-Up>. This link is also available on our website.

See you all on the 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](http://ykracquetclub.com/fitness-and-yoga/schedule) for descriptions of all of our classes and to download a printable version.

# Yin and Restore

With Toni Riley

Tuesday November 13<sup>th</sup>  
5:45-6:45pm

Call 920-2224, or sign up at the front desk, stay after for complimentary snacks and beverages.

# STEP & STRENGTH FEATURE CLASS WITH ALICIA LARADE

SUNDAY NOVEMBER 25<sup>TH</sup>  
11:30AM TO 12:30PM

CALL 920-2224, OR SIGN UP  
AT THE FRONT DESK

STAY AFTER FOR COMPLIMENTARY  
SNACKS AND BEVERAGES.