



NEWS

OCTOBER 2020

racquet  club
FITNESS • YOGA • SQUASH

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



Well the past few months have been a roller coaster ride, to say the least. We seemed to have weathered the COVID storm, but only with the support of our incredible members and staff. I have learned to ask for and accept help - not an easy thing for me to do!

We recently were in a fight for our business, with the CPHO revoking our ability to play squash in the way it is meant to be played. I enlisted the help of my MLA, Rylund Johnson and his Assistant, Cat McGurk, Tim Syer, President of the Chamber of Commerce and his Assistant, Deneen Everett, other YK MLA's,

the Minister Of Public Health, Sheila Bassi-Keller, SAO for the City of YK (thank you for your ear!) and the media.

Many tears were shed and sleepless nights had. Jeff Hipfner, your squash professional, was instrumental in advocating for you. He worked tirelessly to make this happen. Were it not for his efforts, I'm not sure where we would be right now. Devin Madsen and Spider Jones, President of NT Squash were also key players.

All of this being said, I now encourage you to build your "squash bubbles" and hit the courts. We have an exceptional fitness program and the largest workout capacity in the City. Take advantage of the facility and variety of classes, during this unsettled time. Our lounge is open for you to unwind and decompress. Lean on us - we're here for you just as you've been there for us!

FITNESS NOTES

Catherine Ardiles, Fitness Director



We are entering our busiest month of the year, every October more people join the gym as the weather gets colder and as we begin to see more darkness. You will see a few more classes on the schedule including a couple of later ones, a spin class on Tuesday nights shared by Heather Scott and Karin Taylor, and a rebounder class on Thursday nights with Diana Curtis, both guaranteed to give you a great work-out and make you sweat.

Back on the schedule is Alicia Larade with a step class on Sunday, and Grace Chambers has added a Friday night **"Twist and Flow"** yoga to get you in the mood for the weekend.

A few changes to class descriptions; Caroline Newberry will alternate teaching a new **HIPE body class** on Saturday with Kevin Tam, and with the darker evenings try a Tuesday night **Glow Spin** with Arielle Daniel (best if you wear a WHITE T!).

And welcome to our new yoga instructor Emily McBride, who will be teaching Tuesday at lunch and Sunday mornings.

OCTOBER EVENTS

SATURDAY, OCTOBER 10TH DISCO SPIN FEATURE CLASS

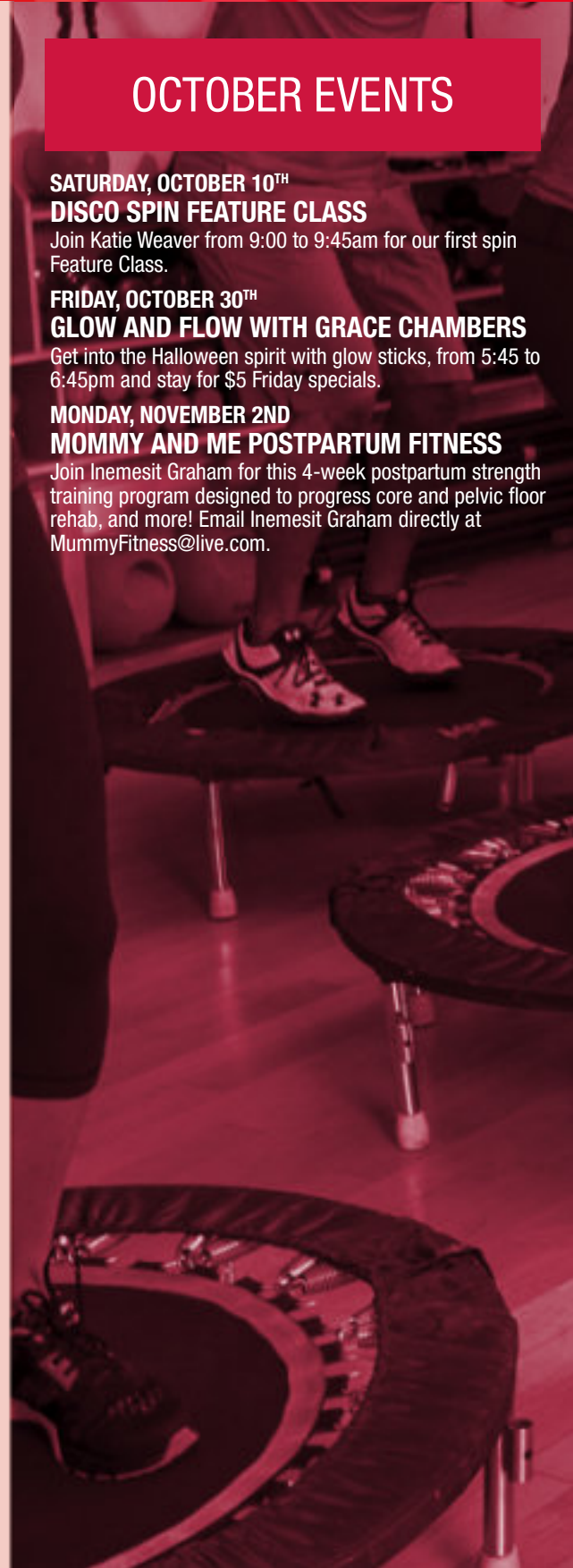
Join Katie Weaver from 9:00 to 9:45am for our first spin Feature Class.

FRIDAY, OCTOBER 30TH GLOW AND FLOW WITH GRACE CHAMBERS

Get into the Halloween spirit with glow sticks, from 5:45 to 6:45pm and stay for \$5 Friday specials.

MONDAY, NOVEMBER 2ND MOMMY AND ME POSTPARTUM FITNESS

Join Inemesit Graham for this 4-week postpartum strength training program designed to progress core and pelvic floor rehab, and more! Email Inemesit Graham directly at MummyFitness@live.com.



Other things to watch for this month:

Try **Disco Spin** on Saturday October 10th with Katie Weaver - our October feature class.

Twist and Flow will become **"Twist and Glow"** on Friday October 30th - just in time for Halloween. **Barre** will replace DanceFit on October 27th and November 3rd

Mommy and Me Postpartum Fitness Class begin Nov 2th. Email Inemesit Graham directly at MummyFitness@live.com.

As always keep safe and send any fitness feedback to me at catherine@ykracquetclub.com.

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



We can *finally* say that the squash season has officially begun! As Kelli mentioned above, it was a lot of work and patience but in the end it was well worth it. I'd like to send a huge "Thank you!" To Kelli for her support through all of this. The Racquet Club has been a huge supporter of squash in Yellowknife and the Northwest Territories and these past weeks have been a testament to that support!

So, **Squash Bubbles!** What does that mean exactly? It means that up to 5 people, who live in separate households, can play regular squash together without restrictions of having to physically distance while on court. If you are not already part of a squash bubble, you can make one by getting a couple of friends together that want to play squash, come to the front desk and register your bubble. You will need to sign a contract stipulating that you will not play regular squash with anyone who is outside of or already signed up for another squash bubble. This includes everyone. Even if you play with only one other person from another household, you will need to create bubble. Remember, though, your bubble is not set in stone for the rest of the season. Once every 8 weeks you can switch it up and join or create a new bubble.

Now that you have your bubble set up, get out on court and play some squash! Don't forget to join us on Friday evenings for \$5 Fridays! And keep an eye out social events that we will be planning over the season!

See you on court!

Jeff

AROUND THE CLUB



Kid fit

SIP DAY PROGRAMMING

Each day is run from 8:30AM-5PM

Ages 5-8

\$60/day/child

To pre-register Contact Meghan at 920-2224 or meghan@ykracquetclub.com

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RACQUET SALE!

25% off all of our racquets in stock

Sale ends October 19th

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