



NEWS

SEPTEMBER 2019

racquet club
FITNESS • YOGA • SQUASH

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



WELCOME TO FALL!

I hope that everyone had a great summer, in spite of our weather. I'm actually looking forward to getting back to a regular routine, lighting candles again, watching the wood stove burn. Too much?? In any event, our management team has worked hard to ensure that you are provided with an incredible fitness, squash and social programming schedule, so that your transition to fall and winter will be easier.

My spring/summer was a whirlwind of life events. I was remarried in May and had the loveliest wedding celebration surrounded by close friends and much love. On the flip side, my little sister unexpectedly passed away in July and I was honoured to be asked to deliver her eulogy. What I have learned from all of this, especially with the passing of my sister, is that we must live in the moment. We are never guaranteed a tomorrow. Let go of petty disagreements and grudges - my sister and I were not speaking at the time of her passing...

Be grateful for all of the good in your life, tell those that you love that you love them. Let people live their lives without judgement. Laugh wholeheartedly and cry from the bottom of your toes if need be. Be honest with how you feel, be kind to yourself and acknowledge your imperfections. Control what you can control (thanks Rosie!), let others help you if you are not feeling strong and HUG, a lot.

So instead of feeling badly because the weather didn't cooperate this summer, I choose to embrace the crispness of fall and have gratitude for all of the incredible blessings in my life.

Kelli

FITNESS NOTES

Catherine Ardiles, Fitness Director



FALL BACK INTO FITNESS

I just came back from a great summer of travelling, and it's hard to get back into a normal routine. We have plenty of options with over 50 FITNESS/SPIN/YOGA classes among other things for you to try this fall:

DEMO DAY - Fun for everyone Saturday September 7th, try classes, win prizes, get in on some amazing deals between 11:30am and 1:30pm only! This event is for members, non-members and children - as both young and old can come try out

SQUASH. Maybe you want to try one or all of our **25 MINUTE FITNESS, SPIN or YOGA** classes! Come and take a tour and talk to the staff about the benefits of joining the club. Our nutrition consultant will be there, along with personal trainers, and our front desk staff and management team, eager to answer your questions.

Are you a dedicated cardio enthusiast that can't imagine a workout without cardio? Hey, cardio is important for sure, but strength (resistance) training is just as important, keeping your bones strong, preventing the natural loss of lean muscle, and keeps your metabolism going after exercising - much longer than after an aerobic workout! Research suggests that we include

SEPTEMBER EVENTS

MONDAY, AUG. 26TH TO MONDAY OCT. 7TH

SIVANANDA YOGA IMMERSION

With Cheryl Minkoff

Members: \$90.00, Non-Members: \$150.00

MONDAY, SEPT. 2ND

LABOUR DAY

Club open 9:00 am - 5:00 p.m. - NO CLASSES

TUESDAY, SEP. 3RD

FALL FITNESS SCHEDULE STARTS

WEDNESDAY, SEPT. 4TH

SQUASH ORIENTATION

Sign up at the desk for your free squash orientation with our resident Pro, Jeff Hipfner. 7:30-8:15.

SATURDAY, SEPT. 7TH

DEMO DAY!

Come join our staff and check out demos for Spin, Afterburn, Squash, Yoga. Meet our Nutritionist and Personal Trainers. Non-members and teens welcome! Snacks and draw prizes.

SUNDAYS, SEPT. 8TH TO 29TH

TEEN CLASSES

Join our fitness/yoga professionals for a variety of classes designed just for teens. 1-2 pm. Members no charge, non-teen members: \$10.00 drop in.

MONDAY, SEPT. 9TH

RISE AND GRIND

With Skylar and Allyson. Monday, Wednesday and Friday's from 6:00-7:00 a.m. A combination of spin and strength will kick start your day! Members: \$99.00, non-members: \$160.00. Pre-registration required.

MONDAY, SEPT. 9TH

HIGH PERFORMANCE JUNIORS STARTS

SATURDAY, SEPT. 14TH

FUNCTIONAL FOAM ROLLING WORKSHOP

With Catherine and Rosie. 11:30 am - 1:30 p.m. Includes foam roller. Members: \$80.00 + gst, Non-members: \$100.00 + gst

TUESDAY, SEPT. 17TH

COMPETITIVE JUNIOR SQUASH PROGRAM

New season begins. See Jeff for details.

THURSDAY, SEPT. 19TH

SPIN & CORE FEATURE CLASS

With Dani Dickson. 6:15-7:15 p.m. Pre-registration required. Draw prize and munchies after class.

three sixty minute strength workouts into our weekly routine for optimum results (on alternate days). We have several **STRENGTH ONLY** classes on the schedule for you to try. Check out our fitness descriptions at <https://ykracquetclub.com/fitness-and-yoga/fitness-class-descriptions>

If getting back into the swing of things is challenging for you, please consider contacting a **PERSONAL TRAINER** for your needs. They can give you plans for workouts so you don't have to think about it, and right now we are fortunate to have 8 trainers with various specialties including corrective exercise, pregnancy/post natal, kickboxing, running, bodybuilding, and functional fitness. Contact information for trainers is available at the front desk or on our website.

We have 14 Spin Classes for September including a **NEW SPIN AND CORE** Thursday evenings at 6:15pm, and a **DISCO SPIN** at lunchtime on Thursdays. If you have not tried one of our spin classes, what are you waiting for?

NEW TEEN CLASSES ON SUNDAY are included in the youth membership rate. Our instructors are excited about this one, to provide a fun, and challenging workout so our teens can feel healthy, get fit, and feel confident about working out.

PAID PROGRAMMING is available for specialized training such as ladies only strength training, foam rolling for pain and improved strength, morning workout classes, and a back to school nutritionist workshop on what to pack in a lunch.

As always, send me an email (catherine@ykracquetclub.com) if you have any questions or comments, cheers to a healthy and active fall.

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



Summer is slowly (or maybe too quickly for some) coming to an end, which means that the next squash season is about to begin! Starting in September, **High Performance Juniors** starts up on Monday the 9th with the **Competitive** group starting the week after on the 17th. Our first tournament of the year, the Season Opener, doesn't start until October 8th, but in preparation, I will be doing a **Mini Rules Clinic** on Monday the 23rd at 7pm. We'll go over all the rules of squash, the intricacies of lets and strokes and give you time to ask questions. Expect the clinic to go for about 2 hours.

Our first **Thirsty Thursday** will be on September 26th. Send me an email if you want in on the action! We'll be quickly following up Thirsty Thursday with the first **Friday Night Drop In**. I'll be mixing it up a little by playing with the format a bit each week to keep it interesting, starting with a special **Scotch and Squash** night on the 27th. Come out and play some squash then taste a few scotches after. The winning scotch will become our featured scotch here at the Club.

We have a lot more planned for the season so get out on court, start hitting with a friend, do some drills, hit the weight room or take a class in preparation for a great year!

See you all on court!

Jeff

Lunchbox 101

Tips for crafting a nutrition-packed lunch bag to fuel you and your family.

Saturday September 21st at 11:30am

Price: \$15 members, \$25 non-members.



SEPTEMBER EVENTS CONTINUED

FRIDAY, SEPT. 20TH

MEMBER APPRECIATION NIGHT AND BBQ

6:00 p.m. Come let us show our gratitude with a night for our members. Bbq smokies, beverages and draw prizes. Tracy Riley and Pat Braden will be playing from 7-9 pm. Free for members, \$10 cover for non-members.

SATURDAY, SEPT. 21ST

LUNCH BOX 101

With Meredith McNulty. Tips for packing a fuel packed lunch bag for you and your family. Pre-registration required. 11:30 a.m. \$15.00 for members and \$25.00 for non-members.

MONDAY, SEPT. 23RD

MINI RULES CLINIC

Come for a rules refresher with Jeff Hipfner from 7 to 9pm.

THURSDAY, SEPT. 26TH

THIRSTY THURSDAY IS BACK!

Want to get in on the action? Send Jeff an email at jeff@ykracquetclub.com

FRIDAY, SEPT. 27TH

SCOTCH & SQUASH

Join us for our first Friday night drop in of the season and enjoy a tasting of a variety of scotches! Starts at 6:00 p.m.



DEMO DAY

Saturday September 7th
11:30am to 1:30pm

Free classes, tours,
prizes & sign up specials

Non-members, new
members & members!

Teens welcome to
classes!

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