



NEWS

JANUARY 2018

racquet club

YELLOWKNIFE

FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



I hope everyone had a great Christmas season enjoying time with friends and family and that you are looking forward to what the new year will bring. We are excited to bring the best in squash, fitness and social programming and to share our newly renovated space with you. Our new weight room is up and running and boasts two Olympic Lifting platforms as well as a Torque Functional Training Lab. Natural light floods the space and there is ample room for stretching, doing core work and using dumbbells. We are working to create “workout zones” in both of our weight rooms and ask that you please do not move weights/equipment between the two spaces.

I am pleased to announce that Catherine Ardiles has taken on the role of Fitness Director. Catherine has been an instructor at the Club for many years and her enthusiasm and dedication to fitness is contagious. Along with her numerous fitness certifications, she also holds a degree in nursing. If you have any suggestions, questions or concerns with respect to our fitness program, please do not hesitate to talk with her.

Kelli
Owner/General Manager

Every day you get our best. Every day our best will be better.

FITNESS NOTES

Catherine Ardiles, Fitness Director



Welcome to 2018! The RC 2.0 renovation is almost complete and we're proud to be able to offer you 51 classes in January, 14 of which are dedicated to Yoga! Make sure you check out our new weight room!

What does 2018 have planned for you? Do you have a fitness goal? As I sit writing this I'm wondering what my fitness goal is this year!

I try to follow the “SMART” goal method: Specific, Measureable, Attainable, Realistic & Timely. So instead of saying, “I want to exercise this year”, you might say, “I will attend 3 cardio based classes and 2 yoga classes for the month of January”. Or instead of “I want to get better at squash”, say: “For the month of January I will commit to playing at least 3 games with 3 different people, and I will attend drop in night every Friday”. These are just examples – it depends on what YOUR goal is!

FITNESS NOTES CON'T...

JANUARY EVENTS

TUESDAY, JANUARY 2ND
NEW FITNESS SCHEDULE RESUMES
Check out our new schedule online at www.ykracquetclub.com

MONDAY, JANUARY 8TH
HIGH PERFORMANCE JUNIOR SQUASH RESUMES.

FRIDAY, JANUARY 12TH & 19TH
SQUASH DROP IN
Join Melina our resident squash professional for our first squash drop in's of 2018. 6 p.m. start

SUNDAY, JANUARY 14TH
LEARN TO PLAY AND MUNCHKINS JUNIOR SQUASH PROGRAM RESUMES.

TUESDAY, JANUARY 18TH
COMPETITIVE JUNIOR SQUASH PROGRAM RESUMES

SATURDAY & SUNDAY, JANUARY 20TH
AVERY COOPER & CO. LTD. JUNIOR SQUASH TOURNAMENT

TUESDAY, JANUARY 23RD
SQUASH LEAGUE RESUMES

WEDNESDAY, JANUARY 24TH
POWER YOGA WITH ALISON DEVITT
FEATURE CLASS 6:15-7:15 p.m. Sign up at the front desk and stay after for complimentary snacks and beverages.

THURSDAY, JANUARY 25TH
THIRSTY THURSDAY'S RESUMES

FRIDAY-SUNDAY, JANUARY 26TH-28TH
TRIPLE THREAT TOURNAY
Sign up for this fun “racquet” based event.

TUESDAY, JANUARY 30TH
STEP WITH SHIRLEY MAIR
FEATURE CLASS 6:45-7:30 p.m. Sign up at the front desk and stay afterwards for complimentary beverages and snacks!

Goals are fantastic – we all need them and likely have them in our family and professional life, so why not add a fitness goal?

You have support from our Club instructors, trainers and each other. I see a great community of participants when attending or leading a class. Let's continue to support each other and cheer each other on!

Finally, my favourite quote for this month:

“A goal should scare you a little and excite you a lot.” Joe Vitale.

Let's crush our 2018 goals together!

#crushitatttheRC #smartgoals #getfit.

SQUASH NOTES



Melina Turk, Squash Pro



Hi all,

Hope everyone has had a fantastic holiday season! We wrapped up 2017 on a good note: hosting visiting pro squash clinics with Gene and Connor Turk, letting loose at our biggest yet RC Christmas party, and running another successful Christmas Doubles tournament (special thanks to Jeff and Devin for taking this on)!

Here's what the new year has in store:

- Jan 8** - High Performance Juniors start up
- Jan 16** - Competitive Juniors start up
- Jan 12** - Drop In resumes
- Jan 14** - Learn to Play winter session begins
- Jan 20 to 21** - Avery Cooper Junior Tournament
- Jan 23** - League resumes
- Jan 25** - Thirsty Thursday begins
- Jan 26 to 28** - Triple Threat

See you all back on the courts in 2018!

Cheers,

Melina Turk
Squash Professional

BRING A BUDDY

BRING A BUDDY TO CHECK OUT THE RC FOR FREE DURING THE WEEK OF MONDAY, FEBRUARY 5TH TO SUNDAY, FEBRUARY 11TH!

AVERY COOPER & Co. LTD.
Chartered Professional Accountants

JUNIOR SQUASH CHAMPIONSHIPS

JANUARY 20-21

\$20 entry fee.

All juniors are welcome to participate.



racquet club

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ykracquetclub.com 867-920-2224



Triple Threat

BADMINTON-SQUASH-PICKLEBALL

2018

JANUARY 26TH-28TH

Open to all levels.

\$20 Entry Fee.

