



# NEWS

NOVEMBER 2017

racquet  club  
YELLOWKNIFE

## FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



Having just returned from a five week break, I'm feeling more than ready to jump back into life at the **RC!** Although this trip was a working holiday, it did provide opportunities for self-examination and reflection.

As a Fitness Professional of 31 years, I know, believe in and understand the balance between a healthy mind/body connection. However, being human, I sometimes get caught up in "human doing" rather than "human being" and as a result my

mental health suffers.

This time away has reminded me that slowing down is not selfish, but is about self care. This time away has reminded me that I know I am doing the best I can on any given day and that I need not be so hard on myself. This time away has reminded me about the importance of breath and breathing.

So, my goal moving forward is to "jump back into life" but to do so more mindfully.

Have a great month everyone!

Kelli  
Owner/General Manager

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

## FITNESS NOTES

April Cook, Fitness Manager



Well, it's that time of year . . .

For those of us who love sunshine and warm summer breezes, this time of year can be challenging.

Sometimes it can be a bit of a struggle to get to the gym when all you want to do is cozy up on the couch and Netflix. Am I right?!

I challenge you to get your workout in and THEN do that. You'll

feel better inside and out!

Another option – Plan that trip down south and let that be the light at the end of the tunnel. It works wonders for me! Ha! Ha!

## NOVEMBER EVENTS

NOV. 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup>, 26<sup>TH</sup>  
**YOGA BASICS WITH TOVA PAYNE**

SATURDAY, NOV. 11<sup>TH</sup>  
**CLUB CLOSED FOR REMEMBRANCE DAY**

FRIDAY, NOV. 17<sup>TH</sup>  
**K-1 KICKBOXING FEATURE CLASS**

TUESDAY, NOV. 21<sup>ST</sup> TO FRIDAY, NOV. 25<sup>TH</sup>  
**NORTHECH DRILLING FREEZE UP SQUASH TOURNAMENT**

TUESDAY, NOV. 28<sup>TH</sup>  
**MAINTAINING BALANCE FEATURE CLASS 10:00 TO 11:00AM**

FRIDAY, DEC. 1<sup>ST</sup>  
**ANNUAL RC CHRISTMAS PARTY!**

Check out [ykracquetclub.com](http://ykracquetclub.com) and follow us on Facebook under Yellowknife Racquet Club or Twitter, Instagram and SnapChat @**YKRacquetClub** to keep up to date on Racquet Club news and events.



## FITNESS NOTES CON'T...

As always, I encourage you to check out a new class or try something new at the **RC**. If you haven't participated in a class in the new Solstice Studio – you totally should!

Looking forward to seeing and dancing with all of you at our annual **Christmas Party**, Friday, Dec. 1<sup>st</sup>.

April  
Assistant Manager

## SQUASH NOTES



Melina Turk, Squash Pro



It's been great to see everyone hitting the courts this fall! Our first tournament of the season, the Investors Group Season Opener, was a success! We had about 60 participants and a lot of first timers, which was great to see. It's time to start gearing up for our next tournament, the **Northtech Drilling Freeze Up**, which is three weeks away. Registration is now open online and you can find the link on our website.

Fall programming has kicked off and the courts have been busy in the evenings. There are still spots open in **Squash HIIT** on Mondays from 6:45 to 7:30pm, so feel free to come out and try a squash inspired fitness session. **League** is running on Tuesday evenings and is using all 4 courts from 6:00pm on. If anyone is interested in signing up as a sub for League, please let me know. Our **Thirsty Thursday** league features 25 minutes of straight game play and drink specials! This is not a drop in league; however, all are welcome and there is minimal commitment. If you are interested in playing, let me know at least a day in advance so I can set you up with a match!

Keep on squashin'!

Cheers,

Melina Turk  
Squash Professional

# YOGA BASICS



Come practice in the new  
**Solstice Studio!**

**NOVEMBER 5, 12, 19, 26<sup>TH</sup>**  
**2:00 TO 3:15PM**

**ONLY \$40.00**  
**FOR ALL 4 SESSIONS**

# K-1

## KICKBOXING FEATURE CLASS

Join Jarrett on Friday,  
Nov. 17<sup>th</sup> at 4:30pm for  
an afternoon sweat  
and check out one of  
RC's newest classes!



# RC Christmas Party

**Friday, December 1<sup>st</sup>**  
**7:00 p.m. – 2:00 a.m.**

Music by Cynergii Entertainment.

racquet **RC** club  
YELLOWKNIFE  
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CYNERGII  
ENTERTAINMENT

