



# NEWS

## OCTOBER 2018

racquet  club  
YELLOWKNIFE

## FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



LIFE – As much as we would like to walk through our adult life in a child- like, butterfly chasing, rainbow gazing, cupcake eating state, the reality is that we all face many challenges . How we manage and walk through our life struggles will ultimately define us.

What I have recently learned, the hard way, is that regardless of past evidence, you will be okay in the end. It is true that many of our life's tribulations are out of our control, but we have a choice as to how we respond to them. And, we can never forget how

strong we truly are.

As a fitness professional (and I also consider myself a care giver), I personally find it difficult to be on the receiving end of help. My role is to be the helper, the giver, the fixer. I have been reminded in a very strong way, by some very strong people, that I need to self nurture, practise self care and rely on all of the support that is so unconditionally offered. It is humbling, but I need to accept the help. I also need to ensure and suggest, that we cannot empty our tanks for everyone else. This results in us living in a "survival state", a state of being mentally, physically and emotionally deprived and malnourished.

I encourage you to put your health and well being at the forefront. It is not being selfish. It is self care. And, this results in us being able to be the best versions of ourselves.

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

## FITNESS NOTES

Catherine Ardiles, Fitness Director



I'm going to challenge you all to try something new this month! It's always good to do things you like, but trying new things can be fun too, especially with someone else so bring a friend along. Sometimes a goal or a challenge is all you need to push yourself and achieve something you thought you never could.

I'm not a runner and I don't really like to run, but I like the idea of what running does and how it challenges me. That is what makes me want to run - the challenge.

So what challenges you? Yoga? We have a beginner class on Monday night free for members this month - sign up at the desk. In November we will have a 28 day yoga challenge (again free for members!) and a men's yoga class. Spin? Come early to set up and your instructor will give you some tips on how to enjoy your ride and show you proper bike set up. Don't do cardio? Well you need to, and you need to break a sweat to keep that heart healthy. So many options; low impact, high intensity, circuit classes and dance too - something for everyone!

## OCTOBER EVENTS

**MONDAY OCTOBER 1<sup>ST</sup> – 7 TO 8PM**

**MONDAY NIGHT YOGA SERIES BEGINS**

Beginner Yoga with Alison Devitt.  
No class on October 8<sup>th</sup>.

**SUNDAY OCTOBER 7<sup>TH</sup> & MONDAY OCTOBER 8<sup>TH</sup>  
THANKSGIVING WEEKEND**

Sunday the Club is open, but classes are cancelled.  
Monday, the Club is open from 9am to 5pm, no classes.

**TUESDAY OCTOBER 9<sup>TH</sup>-12<sup>TH</sup>**

**IG WEALTH MANAGEMENT  
SEASON OPENER**

Open to all levels. Includes dinner on the Friday.  
\$50+GST. Karaoke on the Friday night!

**OCTOBER 13<sup>TH</sup>**

**TONYA HUCK BEGINS WEIGHT ROOM  
ORIENTATIONS**

Please email her for an appointment at  
tn716784@dal.ca.

**OCTOBER 16<sup>TH</sup> – 8:00 TO 8:45PM**

**FEATURE CLASS – HILIT**

Come check out this new class with Shirley Mair and stay for snacks and a draw prize after. Sign up at the front desk.

**OCTOBER 26<sup>TH</sup>**

**HALLOWE'EN PARTY!**

Join us for a thriller evening in the RC Crypt. Doors open at 7pm. Spooky snacks & prizes for best costume!

**OCTOBER 28<sup>TH</sup> – 1:00 TO 2:00PM**

**FEATURE CLASS – STRENGTH  
AND MOBILITY**

Join Ken Eng and learn to improve your overall strength and mobility. Stay after for snacks and draw prize. Sign up at the front desk.

Avoiding the weight room? Don't be afraid! Get a free orientation with Devin Madsen and, starting on the 13<sup>th</sup>, Saturday mornings with Tonya Huck. Please email them to book an appointment: devin@ykracquetclub.com for Devin, or tn716784@dal.ca for Tonya.

Squash? Ask anyone who plays - it's a killer workout and its fun! League play and lots of tourneys ahead in the new year.

So instead of sticking with the same thing this month, try one new thing. Let me know how it goes!

## SQUASH NOTES



Melina Turk, Squash Pro



It is with mixed emotions that I announce my departure from Yellowknife to pursue a squash pro job at the Court House Squash and Wellness Club in Bermuda. While I'm not devastated about trading in the minus 40 degree weather for the beach, I am sadder than you know to be leaving a community as great as the one here at the Racquet Club. I never thought that in just over a year's time I could make so many lasting friendships; but Yellowknife welcomed me with open arms from the very beginning and I have never felt so at home in a place where I have no familial connections. I want to thank you all for making my time here truly unforgettable. I hope to keep in touch and see a couple of you down in Bermuda for your southern vacations!

All the best,

Melina Turk  
Squash Pro

## SQUASH NOTES



Jeff Hipfner, Squash Pro



It has only been a year and half, but Melina Turk has made a huge impact on the Racquet Club and our members! For my part, I am so grateful to have worked with Melina and to consider her a friend. I am also grateful to have had the opportunity to learn from her wealth of knowledge, experience and general attitude towards life. Thank you, Melina, for everything!

Taking on the role of Squash Pro is an amazing opportunity for me to be even more involved in a community that has long been a huge source of inspiration and energy. I am looking forward to being immersed in all things squash, working with our members and helping our juniors continue to excel.

See you on court!  
Jeff

## 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.



# HILIT

FEATURE CLASS  
WITH SHIRLEY MAIR  
TUESDAY OCTOBER  
16<sup>TH</sup> - 8 TO 8:45PM

STRENGTH &  
MOBILITY  
FEATURE CLASS  
WITH KEN ENG  
SUNDAY OCTOBER 28<sup>TH</sup>  
FROM 1-2PM

