

# RC NEWS

## OCTOBER 2019

racquet **RC** club  
FITNESS • YOGA • SQUASH

## FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



*"The real value of setting and achieving goals lies not in the rewards you receive but in the person you become as a result of reaching your goals and arriving at our mountaintop. When you achieve a goal whether that goal was to be an extraordinary leader or a better parent, you will have grown as a person in the process. Often, you will not be able to detect this growth, but the growth will have occurred at an invisible level. You have built awareness and self-discipline, discovered new things about your abilities and manifested more of your human potential. These are rewards in and of themselves."* **Robin Sharma**

I read daily from Robin Sharma's Book of Inspirations and this one spoke to me both on a personal and professional level. You see, at the end of the day, we are all humans. We all have our personal and professional lives with the ups and downs that go with. But, without goals we flounder. For me, this relates to my health and well being. You see, being human, I have gained a lot of weight in the past year and it doesn't feel good. Yes, I work in the fitness field, but having major stressors in my life I have neglected, well, myself. For me, the goal setting is a balanced approach, not a one month fast or diet pills or drinking lemon water only. It means that I need to set reasonable goals for myself and FOLLOW THROUGH with these goals.

I have experienced first hand the feelings of shame, lack of confidence, embarrassment (yes people do ask what my weight gain is all about) and failure. I should be able to take care of this. I have worked in the fitness field for over thirty years. Negative self talk – hello! Recently I have broken down in tears in fitness classes, because my body isn't able to do what it used to do. I am now ready to do what I need to do to take care of myself. What I have learned through this process is how kind and caring our instructors are, how we all need to be more aware of our language and how hurtful it can sometimes be to those struggling with weight or fitness issues (or any issues for that matter), to be more empathetic and sympathetic to our fellow humans. Because at the end of the day, we are all the same.

Kelli

## FITNESS NOTES

Catherine Ardiles, Fitness Director



We are entering our busiest month of the year, people have returned from vacations, kids are settled into school, and we have over 50 classes on the schedule to accommodate all of your needs!

Bring a buddy is back October 7<sup>th</sup> to 13<sup>th</sup>, grab your friend (you can bring the same person all week if you want) and go for a workout. Working out with someone is motivating and fun, if you have a plan to meet someone you are less likely to back out. Please make sure to arrive early with that friend so they can fill out the

necessary paperwork at the desk, then stay for a sauna or hot tub, and chill in our lounge with a beverage after. Plan to make an evening or morning out of it, and take some time to relax and enjoy time with your friends.

## OCTOBER EVENTS

**FRIDAY, OCT. 4<sup>TH</sup>**

### SCHOOL SQUASH TOURNAMENT

9:00 a.m. – 3:30 p.m.

**SATURDAY, OCT. 5<sup>TH</sup>**

### WEDDING FAIR

1:00-4:00 p.m. if you are a bride to be or just want to come and check out lovely things, join us in the Solstice Studio for our first ever wedding fare. \$10.00 admission

**SUNDAY, OCT. 6<sup>TH</sup>**

### SUNDAY JUNIOR SQUASH RESUMES.

**MONDAY, OCT. 7<sup>TH</sup>-SUNDAY, OCT. 13<sup>TH</sup>**

### BUDDY WEEK

Bring a non-member buddy to check out a class, have a sauna, play squash. Draw prizes for buddies and members who bring buddies.

**TUESDAY, OCT. 8<sup>TH</sup> – FRIDAY, OCT. 11<sup>TH</sup>**

### IG WEALTH MANAGEMENT SEASON OPENER

Join in for or first squash tournament of the season. \$35.00 + gst, includes a souvenir and dinner on Friday.

**MONDAY, OCT. 14<sup>TH</sup>**

### HAPPY THANKSGIVING

Club open from 9:00 a.m. to 5:00 p.m. NO CLASSES

**WEDNESDAY, OCT. 16<sup>TH</sup>**

### NWT BREWING COMPANY TASTE TEST

Taste some of the awesome products from NWT BREWING COMPANY – 6:00-7:30 p.m. Munchies will be available.

**FRIDAY, OCT. 18<sup>TH</sup> – OCT. 22<sup>ND</sup>**

### Visiting Squash Coach, Janet MacLeod

Janet will be getting on court with juniors and adult players. Keep an eye out for more information.

**MONDAY, OCT. 21<sup>ST</sup> – NOV. 28<sup>TH</sup>**

### STRONG LIKE MOM POSTNATAL CLASSES

with Inemesit Graham. Sign up in advance at the front desk. Fee applies.

**MONDAY, OCT. 21<sup>ST</sup> – NOV. 25<sup>TH</sup>**

### MONDAY NIGHT YOGA SERIES

Pre-registration required.

**TUESDAY, OCT 22<sup>ND</sup>**

### SHAKTI YOGA FEATURE CLASS

Join Melissa Chung from 7:30 to 8:30 then stay for a drink and snacks after. Please sign up at the front desk.

**FRIDAY, OCT. 25<sup>TH</sup>**

### HALLOWE'EN PARTY

Featuring music by Cynergii, No charge for members, \$20.00 for guests. Munchies, drink specials and prizes. 9:00 p.m. – 1:00 a.m.

If you know anyone that just had a baby, we have some exciting news (besides the baby of course)! Our new personal trainer Inemesit Graham will be holding a six-week fitness course specifically for new moms beginning October 21<sup>st</sup>, and this runs Monday/Wednesday/Friday 10:30-11:30. If you need more information please check our website, ask at the desk, or you can email Inemesit directly at [mummyfitness@live.com](mailto:mummyfitness@live.com)

Caroline and Kevin are back with an advanced version of ladies who lift, for those who know their way around the weight room comfortably and are looking for a new challenge. Limited to 12 participants so don't wait to sign up, we won't be running this one again until the new year!

Back by popular demand, 28 days of yoga will be running again in November, so be ready to pick up your participant cards at the end of October. And look for a men's only yoga on Mondays for November as well!

Be kind to yourself this month, try all the classes and bring your "buddy"! As always, please email me with any questions or comments at [catherine@ykracquetclub.com](mailto:catherine@ykracquetclub.com).

Catherine

## SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



The squash season has started off with a bang! Our second **Thirsty Thursday** saw the most number of participants, in well over a year, at 20! If you're not on my list of contacts, send me an email at [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com) and I'll make sure you get on.

Sunday Juniors has started up with over 20 kids registered. Just a reminder that there is no Juniors this Sunday, Thanksgiving Weekend.

Our first tournament of the year, the **IG Wealth Management Season Opener**, runs from October 8<sup>th</sup> to the 11<sup>th</sup>. We have

divisions for all levels of player. Keep an eye out for some great matches over the week and join us for the finals on Friday night.

NWT Squash has arranged for National Coach, **Janet MacLeod** to come up to Yellowknife from October 18<sup>th</sup> to 20<sup>th</sup>. She will be getting on court with juniors and adults to help them push their game to the next level. Hailing from Nova Scotia, Janet has been coaching adults and juniors for many years, recently helping the Canadian Junior Women's team place 9<sup>th</sup> at the World Junior Squash Championships in Malaysia. Before arriving in Yellowknife, Janet will be making a stop in Fort Smith and then she will be off to Inuvik after visiting the Racquet Club. Keep an eye out for more information coming soon.

See you all on court!

Jeff

## SOUL SHAKTI YOGA FEATURE CLASS With Melissa Chung

Tuesday, October 22<sup>nd</sup>  
7:30 to 8:30p.m.

Sign up at the front desk and stay after for complimentary snacks and beverages.



# Teen Fitness CLASSES

Sundays 1-2pm

Co-ed classes for  
ages 13-16

FREE for teen members  
and non-members can  
pay a \$10 drop-in fee.



# HALL WEEN PARTY



Friday, October 25<sup>th</sup>  
8:00pm to 1:00am  
DJ Starts at 9:00pm

Come out for spooky treats at the RC Crypt.

Free for members.  
\$20 for guests.

Prizes to be awarded for best costumes!