



January Events

- **Thursday, January 1**
Club Closed
Happy New Year!
- **Sunday, January 4**
Winter Fitness Schedule starts
Our biggest offering of fitness, Spin, Nia classes ever
- **Thursday, January 8 - Sunday, January 11**
Men's Team Championships
Good luck to Team NWT in PEI
- **Tuesday, January 13**
Parents & Tots resumes
Tues & Thurs 10-11am Pre-register your child \$4/child
- **Thursday, January 15**
Ladies Novice Night
6:40-7:20pm Sign up in advance See Allan for details
- **Friday, January 16**
PROMO CLASS - Cardio Kick Fit with Natasha
7:00-8:00pm Draw prize, munchies after class!
- **Friday, January 16**
Men's Night
6:00-7:20pm See Allan for details
- **Sunday, January 18**
Junior Squash - Sunday Spring Session
Sign up in advance as space is limited
- **Monday, January 19**
Division 2 League begins
\$25 +GST Sign up in advance See Allan for details
- **Thursday, January 22**
Division 1 League begins
\$25 +GST Sign up in advance See Allan for details
- **Friday, January 30**
80's Party! Pull out your 80's gear and get set for a wild and crazy night! 7:00pm-2:00am

Welcome New Members

The Racquet Club would like to extend a warm welcome to its new members:

- Chelsey Armstrong
- Scott Duguid
- Paul Grismer
- Josh Lippert
- Jamen Oliver
- Dana Ross
- Josh Dulong
- Mike Kenney
- Marcella MacDougall
- Melissa Ouillette
- Angie Tanton
- Naomi Garrish
- Philippe Brouillette
- Mallory Digness
- Melissa Kenney
- James Madden
- Star Potyok
- Constantina Tsetsos
- Kevin Gostlin
- Grace Lau-a
- Wanita Minty
- Shauna Qureshy

Also a warm welcome to all of our new corporate members. We are here to help you on your path to a healthy lifestyle!



PROMO CLASS - CARDIO KICK FIT

with **Natasha Ramm**

Friday, January 16 7:00-8:00pm

This aerobic workout consists of different punches and kicks at a pace that is beneficial to your health, flexibility and coordination. This total body conditioning class is a fun and effective way to torch some serious calories.

Come try it out!

Club Hours:

Monday-Thursday
6:00am - 10:00pm

Friday
6:00am - 10:30pm

Saturday - Sunday
8:30am - 7:00pm

Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Allan Cook
Squash Pro

Dana Britton
Fitness Director

Squash Notes with Allan Cook, Squash Pro, Level 3 Coach

Here are a couple of New Years resolutions for you Squash players:

I will not get mad on the court, no matter how poorly I am playing.

I will practice more, no more saying "I want to get better" and not practicing that, will not happen.

I will not keep my racquet in my car. (Its too cold for the graphite)

I will get to my matches on time

I will call Allan if I can't make a league night

I will stretch before every match.

Also here are a few reminders of what is happening in the near future for Squash at the Club.

Leagues start again the week of January 12th so please see me at the Club if you are again interested either for a spot or for a spare.

Junior Squash resumes on Jan 18th so please sign up early to get a spot.

Also the NWT Men's Squash team is heading to PEI to play in the Canadian Men's Team Championships, so good luck to them.

Lastly the first Squash tournament of 2009 will be held from February 24th - 27th.

Have a great second half everyone.

Allan Cook
allan@ykracquetclub.com

Club Notes with Kelli Hinchey, General Manager

OUTDOOR FOOTWEAR: We remind you that you are required to remove your outdoor footwear when you enter the Club. We would appreciate your assistance in placing your footwear on the shelving provided.

WEB SITE: Check out our website at www.ykracquetclub.com

Fitness Notes with Dana Britton - Fitness Director

Happy January everyone!

If you're like most of us, the holiday season has pulled you away from your fitness commitments. Well just in time to match your resolutions we now have another Certified Personal Trainer available. I am very pleased to let you know that Ella Mawdsley, Certified Personal Trainer is now accepting clients. She brings a wealth of varied experience and has worked with athletes, youth, older adults as well as the general population. For more information, please contact the front desk staff.

And we also have a brand new fitness schedule with 35 classes per week! Along with many long standing classes, we've added new ones and brought back some old favourites.

We have increased your Yoga choices including a 4pm Sunday Yin Hatha Fusion with Christine and an extended Vinyasa Yoga Flow on Saturdays at 11am with Aiyana. Along with the Vinyasa Yoga Flow on Sunday mornings with Toni and Wednesday lunches with Kitty, there are three late evening Yoga classes each week as well: Slow Flow with

Aiyana on Tuesdays, Yoga Fusion with Melissa on Wednesdays and Yin Yoga with Kitty on Thursdays. Yin Yoga is also offered on Fridays at lunch with Melissa. If you prefer a mid-morning class, Melissa is continuing with Yoga Fusion on Thursdays at 10am until Feb. 26.

Other Mind-Body choices include twice a week Nia classes and PowerCORE.

On the fitness side, we have brought back the Sunday Max Strength (with Certified Personal Trainer, Ella) and changed the Saturday morning New Body (now with Natasha) to 9:30-10:30 so you can get your work out in and get on with your day. Thursday 7pm Cardio Rebound with Dana is back on the schedule, as is Kelli's Monday Cardio Rebound at 5:40. We have Spin every day, plus lunch hour Circuit Training with Pete, another of our Certified Personal Trainers and Max Strength with Janet and Kelli.

Lots of choices. No excuses. Get in. Work out. Have fun!