

## January

- **Sunday, January 3**  
**New Fitness Schedule in effect!**  
Pick up yours at the Club or view online [www.ykracquetclub.com](http://www.ykracquetclub.com)
- **Wednesday, January 6 & 13**  
**Learn to Spin with Heather Scott**  
5:40-6:20pm Never done Spin! Try this workshop!
- **Friday, January 8**  
**Canadian Men's Teams - Calgary, AB**  
Good luck Martin Deschenes, Brook Harker, & Claudio Ardiles
- **Monday, January 11**  
**Division 2 League resumes**
- **Monday, January 11**  
**You've got three weeks! with Ginette Boudreau**  
4:15-5:30pm Mon-Fri See posters for details
- **Tuesday, January 12 - Thursday, January 28**  
**Baby Boot Camp with Lindsey Oosenbrugh-Trinh**  
10:00-11:00am Tues & Thurs. See posters for details.
- **Sunday, January 17**  
**Junior Squash resumes**
- **Wednesday, January 20**  
**Ladies Novice Night**  
6:45-8:15pm Refresh your skills, have fun. Sign up at front desk
- **Friday, January 22**  
**Men's Night**  
6:00-7:30pm \$5+GST Munchies provided. Sign up at front desk
- **Friday, January 22**  
**Baby Boot Camp with Ginette Boudreau**  
1:00-2:00pm Wed & Fri. See posters for details.
- **Tuesday, January 26**  
**Feature Class - Beginner SPIN with Rosie Taylor**  
5:40-6:40pm Munchies, drinks and draw prize after class
- **Sunday, January 31**  
**Boot Camp with Erica**  
11:30am-12:30pm Champagne & OJ and draw prize after class
- **Friday, January 29, Feb 5 & 12**  
**Strip to the Core with Denise Comeau**  
7:00-8:00pm See poster for details.

## Welcome New Members

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

- Kate Bolivar
- Julie Durand
- Jolene Hughes
- Melissa Munger
- Laurence Rivet
- Shandi-Lynn Schwindt
- Austin Tokarek
- JR Chamberlin
- Collin Goyman
- Patrick Kippax
- Tiffany Orr
- Jamie Ross
- Melanie Sinnicks
- Rhonda Clelland
- Michael Hand
- John Kirby
- Francis Paulin
- Marianne Schurko
- Pat Thagard
- Arlene Cliffe-Phillips
- Andy Hubert
- Dawn Moses
- Lindsay Ransom
- Andrea Schwab
- Brian Thagard

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

## Fitness Notes with Dana Britton - Fitness Director

It's January. The Club is filled with Resolutioners. It's more crowded than usual. "Your" bike is taken.

"They just don't understand gym etiquette", you say to your friends. "Oh well", your friends sigh back. "They'll be gone in a month."

"Don't curse the newbies. Welcome them. Encourage them. You were new once too and maybe you can remember how a little bit of encouragement goes a long way.

So along with your fitness goals, make it a goal to help someone with theirs. Smile at the person who looks nervous. Strike up a conversation about your favourite classes. Be generous with your compliments.

And if you're the newbie, then congratulations because by coming to the Club you've already taken the first step towards better

health. Let us help you. Come a few minutes early to class to meet the instructor. Take advantage of the free weight room orientation session that comes with your membership. Come to the Feature Classes to meet people who have already successfully made exercise a habit. Learn from them.

It's January. Maybe some of you have taken a week off fitness, maybe a year, maybe a lifetime. It's hard to start. It's even harder to keep going.

But you've climbed those stairs outside; and your legs feel like lead; and every muscle aches; and you know what? That's good news. Be proud that you've worked hard enough to make your muscles ache. Be proud that you still climbed those stairs. And just keep on moving.

P.O. Box 595  
Yellowknife, NT  
X1A 2N4  
Phone: 920-2224  
Fax: 920-2480  
www.ykracquetclub.com

**Club Fall 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 few 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. It 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.

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

League starts again the week of January 11th 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 17<sup>th</sup> so please sign up early to get a spot.

Also the NWT men's Squash team is heading to Calgary to play in the Canadian Men's Team Championships, Brooke Harker, Claudio Ardiles, and Martin Deschesnes, good luck to you guys.

Lastly ,the first Squash tournament of 2010 will be held from February 9<sup>th</sup> to 12<sup>th</sup>.

Have a great second half everyone.

## Club Notes with Kelli Hinchey, General Manager

**MESSAGE BED:** Try our Abaton Massage Bed. The bed has five different acupressure and massage settings that operate in 33 minute sessions. The jade massage rollers produce far infrared and moxibustion (acupressure with heat) that absorbs deep into muscle tissues, offering incredible health benefits. Designed specifically to contour to the shape of the human spine, these rollers move from the top of your neck to the bottom of your feet. The result is incredible pain relief, improved immune system performance, relaxation and stress relief. Benefits also include: detoxification; weight loss; promotes relief of Arthritis; relief from muscular skeletal conditions & fibromyalgia; helps relieve skin conditions; diminishes Chronic Fatigue Syndrome; decreases daily stresses linked to health issues and therapeutic benefits of acupuncture or acupressure. See us at the front desk for details on purchasing individual massages or punch passes.