

February Events

- **Friday, February 6**
Yoga Master Class with Doug Swenson!
5:40pm \$35 +GST Please register in advance at front desk
- **Saturday, February 7 - Sunday, February 8**
All Studio Fitness classes cancelled
as a result of Instructor Workshops during the weekend.
- **Friday, February 13 - Sunday, February 15**
PNW JR Squash Championships in Victoria
Good luck to all our Junior players competing.
- **Sunday, February 15**
Feature Class - SPIN with Lindsey O.
11:15am-12:15pm All Levels Please pre-register.
- **Tuesday, February 24**
Feature Class - SLOW FLOW with Aiyanna
8:30-9:30pm Sign up in advance All Levels
- **Tuesday, February 24 - Friday, February 27**
Squash Tournament of Hearts
\$35 +GST includes dinner on Friday and souvenir

Welcome New Members

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

- | | | |
|--------------------------|----------------------|--------------------------|
| • Mike Barnett | • Brenda Hans | • Stephanie Stark |
| • Marc Casas | • Amanda Lalonde | • Kristian Valing |
| • Paulette Doucett | • Camilla MacEachern | • Chris Carriere |
| • Randolph Freeman | • Jennifer Pagonis | • Nancy Cymbalisty |
| • Rachel Kirizopoulos | • Beverly Pilgrim | • Kimberly Fairman |
| • Morgan LeBlanc | • Charlene Squibb | • Evangelos Kirizopoulos |
| • Julie McLean | • Camille Thomas | • Robert Lancaster |
| • Carlos Philipovsky | • Caroline Browning | • Sarah McCracken |
| • Laurie Sarkadi | • Catalyna Correa | • Theresa Peters |
| • Bryce Styan | • Cory Emsly | • Cheyanne Roth |
| • Lorraine Westman | • Mike Kennedy | • Pam Stockton |
| • Jesse Boudrow | • Mike Lalonde | • Jodi Valing |
| • Banswanath Chakrabarty | • Julie Mathieu | |
| • John Dryden | • Elias Perdon | |
| | • Phyllis Radchenko | |

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

MASTER CLASS with Master Yoga Practitioner Doug Swenson



Friday, February 6
5:45 - 7:15pm

\$35 + GST
MEMBERS ONLY



\$35 + GST
Includes tournament souvenir, and dinner on Friday evening!

ALL LEVELS OF PLAY WELCOME!

See Allan for further details.



FEATURE CLASS Slow Flow



Tuesday, February 24
8:30-9:30pm
with Aiyanna

FEATURE CLASS SPIN

with Lindsey O.



Sunday, February 15
11:15am - 12:15pm

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 few announcements from the Squash side of the Club. The February Tournament of Hearts has been moved back a week to February 24th-27th.

Also league is now in full swing so check out The Racquet Club web site for players and schedule times (make sure you check your bye week), also if you want to register as a spare please see me at the Club.

The men recently returned from the Canadian Men's team championships finishing in 11th position, dominating PEI team #2. Chad Hinchey, Brooke Harker,

and Allan Cook represented team NWT.

Also good luck to all juniors heading to the Pacific Northwest Junior championships in Victoria on the weekend of February 13th-15th.

Here is a list of Juniors from NWT.

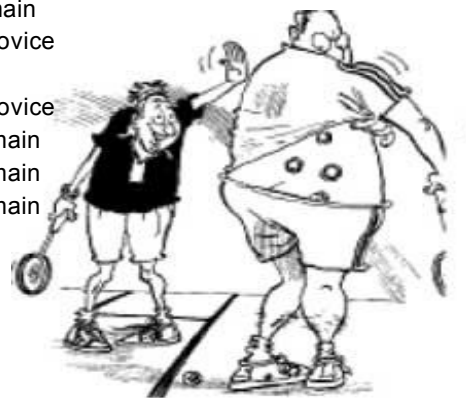
Pooja Chugh	Girls U17 main
Paulina Brooks	Girls U15 novice
Sarah Nesbitt	Girls U13 B
Dominique Jure	Girls U15 novice
Chad Hinchey	Boys U17 main
Devin Hinchey	Boys U15 main
Garrett Hinchey	Boys U19 main

Steven Nesbitt Boys U17 main
Travis Kamitomo Boys U17 main
Liam McKay Boys U13 main

This team will also be competing for a spot on the 2011 Canada Winter Games in Halifax.

Allan Cook

allan@ykracquetclub.com



Guideline 12 – Significant or deliberate physical contact is both detrimental to the game andPAINFUL!%@*!

Club Notes with Kelli Hinchey, General Manager

PARENTS & TOTS PROGRAM: Due to low parental participation rate in our Tuesday/Thursday Parents and Tots program, our last day for this will be Thursday, February 26th. In the event of a significant increase in participation before the end of February, we may revisit the cancellation. Please feel free to contact me if you have any comments or concerns about the change.

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.

Fitness Notes with Dana Britton - Fitness Director

On Feb. 6-8th the Racquet Club is very pleased to be hosting internationally acclaimed Yoga practitioner Doug Swenson to provide professional development workshops for our Yoga instructors. With over 40 years of teaching experience, Doug draws upon many Yoga disciplines to offer a broad base of knowledge and experience.

Fitness classes that take place in the upstairs studio will be cancelled Friday, Saturday and Sunday Feb 6-8 to accommodate instructor training. Spin classes will continue as scheduled.

Club Members also have the opportunity to learn from Doug; on Friday, February 6th he will be offering a Master Yoga Class for Club Members. All levels are welcome to attend, although some previous experience with Yoga is recommended. Members can register for this class at the front desk (\$35). Space is limited.

Other announcements:

Please note the following changes to the Sunday class times, effective February 15:

- Vinyasa Yoga Flow with Toni is now 9:30-11:00am (All Levels)
- Spin with Lindsey O is now 11:15-12:15

Feature Classes for the month:

- Sunday, Feb. 15 – Spin with Lindsey O; 11:15am-12:15pm (champagne and oj after)
- Tuesday, Feb. 24 – Slow Flow with Aiyana; 8:30-9:30pm (wine and munchies after)

Intro to Spin:

If you have been intimidated to try spin, this is your chance to learn the basics and increase your confidence. Please watch for sign up posters.