

## February

- **Wednesday, February 10**  
**Tournament of Hearts**  
\$30+GST All levels of play
- **Saturday, February 13, 20, and 27th**  
**Pilates with Kitty Koski**  
3:15-4:30pm \$45+GST members \$60+GST non-members
- **Sunday, February 14 Happy Valentine's Day!**  
**Feature Class - SPIN with Melissa**  
11:00am Pink Champagne and Draw prizes. Register early!
- **Monday, Tuesday, Thursday Feb 15 - March 4**  
**Booty Camp with Erica Bowie**  
4:30-5:30pm \$225+GST members \$275+GST non-members
- **Friday, February 19 & 26th**  
**PowerBAR with Erica Bowie**  
7:00-8:00pm Space is limited. Sign up early.
- **Friday, February 19**  
**Ladies Night**  
6:00-7:30pm \$5+GST A night on the "court" for the ladies.
- **Sunday, February 21 - March 28**  
**MMA Level 2**  
1:00-3:00pm \$149+GST See poster for details.
- **Tuesday, February 23**  
**Feature Class - NIA with Johanna Tiemessen**  
7:00-8:15pm Munchies & Drink provided after class. Draw Prizes!
- **Tuesday, February 23**  
**Drill Night with Allan Cook**  
6:45-8:15pm Learn some new drills to help your game!
- **Friday, February 26**  
**Men's Night**  
6:00-7:30pm \$5+GST Munchies provided. Sign up at front desk

## Welcome New Members

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

- |                    |                    |                      |
|--------------------|--------------------|----------------------|
| • Jennifer Andrews | • Murray Dillman   | • Elizabeth McMillan |
| • Darin Benoit     | • James Donovan    | • Theresa McRae      |
| • Adam Brandford   | • Heather Emeneau  | • Jasmine Netsena    |
| • Bruce Cole       | • Steve Fabien     | • Lisa Dawn Pirie    |
| • Jennifer Butler  | • Tanya Huck       | • Stacy Reid         |
| • Marc Casas       | • Graham King      | • Chris Riviere      |
| • Carissa Chung    | • Jessica Lafferty | • Lorraine Westman   |
| • Sean Croft       | • Iona MacKenzie   | • Nancy Zimmerman    |
| • Alan Cunningham  | • William Maltus   |                      |

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

With January behind us, the trick for February is to keep motivated. If you're starting to slump, why not give something new a try? The Club is offering some special programming to help you do just that.

Start your weekends with a Friday night strength training class with Erica then stop by the lounge and meet some of the other members.

If it's core strength you're after, Kitty is offering a Pilates series on three Saturday afternoons in February.

Still haven't tried Spin? Sign up for Melissa's Valentine's Day Feature Spin class and give some love to your own heart.

Or find rhythmic movement, power and grace in Johanna's Feature Nia class on the 23<sup>rd</sup>.

Maybe what you're after is a kick start. Erica will give you just that in Booty Camp. If you've got a hot holiday planned for Spring Break (or even if you don't) then sign up and Get Fabulass!!!

See posters for more details or check it out online. Make this a fantastic February!

**Club Fall Hours:**

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

Friday  
6:00am - 10:30pm

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

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



**Guideline 12** – Significant or deliberate physical contact is both detrimental to the game and .....PAINFUL!%@\*!

Here are a few announcements from the Squash side of the Club.

The February Tournament of Hearts is around the corner from February 9<sup>th</sup>-12<sup>th</sup>. \$30 +GST registration fee includes dinner on Friday night and a tournament souvenir. All levels of play are welcome.

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 in Calgary finishing in 8<sup>th</sup>, Claudio Ardiles, Brooke Harker, and Martin Deschesnes represented NWT.

I will also be doing a Drill Night on Tuesday, February 27<sup>th</sup>. We will go over single and multiple person drills that will help you with your squash game. Please sign up early as there are only 12 spots open.

## Club Notes with Kelli Hinchey, General Manager

**Stork Patrol:** Congratulations to Robb and Andrea Kruschel on the birth of their son, Ben. Ben was born Oct 23rd and weighed 6lbs 10 oz.

**Wedding Bells:** Congratulations to Racquet Club staffer, Tim Van Overbeek and his wife Maureen Hawryliw who were married over the Christmas holidays. We wish you nothing but the best in your married life together.

Kelli Hinchey  
General Manager

Jack Banic  
Assistant Manager

Allan Cook  
Squash Pro

Dana Britton  
Fitness Director