

March Events

- **Sunday, March 1**
New Fitness Schedule Changes in Effect!
Pick up your new fitness schedule today!
- **Sunday, March 8**
Feature Class - Max Strength with Kelli
12:00-1:00pm Sign up in advance
- **Wednesday, March 11 - Friday, March 13**
Interprovincial Tournament
\$20 + GST Sign up for this fun tourney!
- **Tuesday, March 17**
Happy St. Patrick's Day!



School's out!

Spring Break March 14 - 29, 2009

Welcome New Members

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

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|-----------------------|----------------------------|-----------------------|
| • Jane Amphlett | • Gilles Gallant | • Sam Savage |
| • Robert Beach | • Mike Huvenaars | • Anna Wilshire |
| • Roselle Constantino | • Slavica Jovic | • Alison Barr |
| • Amanda Fraser | • Trish Marrai | • Josh Campbell |
| • Arenda Hoekstra | • Lecia Plamondon | • Byron Dolan |
| • Nikola Jovic | • Nina Salvador | • Brett Harris |
| • Renee Levesque | • James Wah-Shee | • Colleen Ingram |
| • Katy Nitah | • Chloee Baillareon-Parent | • Shannon Laframboise |
| • Coralee Round | • Mike Boyd | • Kim Mulders |
| • Clinton Unka | • Allison Devereaux | • Katherine Riviere |
| • Samara Wintringham | • Jane Hare | • Ada Timmins |
| • Rielle Antoine | • Susan Huvenaars | • Meredith Wilson |
| • Leila Besarra | • Tanya Kearney | |
| • Christine De Guzman | • Torrey McLaren | |
| | • Jan Rivera | |

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

Feature Class for the month:

- Sunday, March 8 – Max Strength with Kelli; 12:00-1:00pm

There have been minor schedule changes for March. Kelli Hinchey is now teaching Sunday Max Strength from 12:00-1:00pm. There is no longer a Cardio Rebound class on Thursdays from 7:00-8:00pm. Yin Yoga with Kitty has a new time on Thursdays from 7:15-8:15pm.



**Daylight Savings time starts
Sunday, March 8th**

**Don't forget to turn your
clocks ahead 1 hour!**

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

Well, only 3 more months left in the season...wow, how fast it has gone. The Club Championship Squash Tournament is April 14-17 and this is the last tournament before the Year End Tournament on June 2-8.

League will be cancelled from March 16-27 due to Spring Break.

Our juniors recently returned from Victoria, competing in the PNW Junior Championships. Chad Hinchey won the Boys U17 event

which is only the third main event NWT Squash has ever won - Well done Chad! Paulina Brooks won the Girls U15 Novice division with Dominique Jure winning the 2nd Plate in the same category. This looks very promising for a girls team to compete in the 2011 Canada Winter Games. Another great finish was Liam McKay who won the Boys U13 Consolation. This was Liam's first out of town award. The future for NWT

Squash looks very bright. Well done to all the kids who travelled to this event. Everyone played very, very well.

Allan Cook
allan@ykracquetclub.com

Club Hours:

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

Friday
6:00am - 10:30pm

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

Here are the Tournament of Hearts results:

Men's Open
1st - Chad Hinchey
2nd - Brooke Harker
Cons - Claudio Ardiles

Men's A
1st-Mike Mahussier
2nd-Travis Kamitomo
Cons - Yanick Lalonde

Men's B
1st - Francois Rossouw
2nd - Spencer Tracy
Cons - Ryan Strain

Men's C
1st - Zander Affleck
2nd - Denis Legere
Cons - Jeff McPherson

Men's D
1st - Frank Walsh
2nd - Ben Webber
3rd - Tom Madden

Women's A
1st - Irene Vassa
2nd - Paula Harker
Cons - Meg McCluskie

Women's C/D
1st - Jessica Mace
2nd - Paulina Brooks
3rd - Chervaghna Emelien

Juniors
1st - Ryan Strain
2nd - Jay Schmitt
Cons - Iain Brooks

Club Notes *with Kelli Hinchey, General Manager*

NEW CARDIO EQUIPMENT: New cardio equipment was ordered in February and should be arriving at the Club in early March. We are expecting another new treadmill, cross trainer and recumbent bike. We hope you enjoy the new equipment.

WEIGHT ROOM ETIQUETTE REMINDERS: We kindly request that you please replace your weight plates and dumbbells after your workout. This ensures that the weight room will remain tidier and reduces clutter so members do not trip on any items left on the floor. We thank you for your cooperation in this regard.

SPRING SOON? We are really hoping that spring is around the corner and with spring weather, comes melting snow and mud. We have boot racks at the

front entrance of the Club for all outdoor footwear. Please ensure that your outdoor footwear is removed prior to entering the Club for your workout. This will make the life of our equipment longer, our Club cleaner and our cleaning staff happier!

STRENGTH TRAINING ORIENTATIONS ANYONE? Strength Training Orientations are provided to our members, at no charge, every Thursday evening at 7:00pm. These orientations are facilitated by Todd Stratten, one of our Personal Trainers. Simply sign up on the sheet posted in the lounge. The session takes about 45 minutes and will leave you feeling more confident about getting started. Personal Training sessions are also available. Simply leave your name at the front desk and one of our trainers will contact you directly. (Fee specific)

Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Allan Cook
Squash Pro

Dana Britton
Fitness Director