

## March

- **Wednesday, March 3 - Friday, March 5**  
**Interprovincial Tournament**  
\$15+GST All levels of play welcome
- **Wednesday, March 17**  
**Feature Class - MAX Strength with Kelli**  
5:40-6:40pm St. Patrick's Day workout! Sign up early!
- **Friday, March 26**  
**Men's Night - Flashback Friday!**  
\$5+GST Bring your "retro" gear and join us for some fun!
- **Saturday, March 27**  
**Feature Class - Pilates with Kitty**  
12:45-1:45pm Sign up at the front desk.

## Welcome New Members

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

- |                           |                            |                      |
|---------------------------|----------------------------|----------------------|
| • Chris Bessey            | • Annabelle Dionne         | • Tom Raine          |
| • Teresita Cariaga        | • Dave Fletcher            | • Sabrina Struman    |
| • Cheryl Desjarlais       | • Miroslav Hebik           | • Keith Winship      |
| • Kim Elliott             | • Robert Kainz             | • Josh Magliaro      |
| • Kimberley Galbaransingh | • Andrew Nichols           | • Patricia Coyne     |
| • Fritz Griffith          | • Julie Moores             | • Amy Doerksen       |
| • Debbie Iwasiw           | • Jennifer Dallman-Sanders | • Grant Gowans       |
| • Julie Moores            | • Karen Snowshoe           | • Adrian Gherghe     |
| • Niki Radziminski        | • Tim Van Overbeek         | • Luke Huntus        |
| • Jesse Reid              | • Kyle Campbell            | • Kim MacNearney     |
| • Erin Sawatzky           | • Mike Coyne               | • Amber Randall      |
| • Rebecca Vanderspiegel   | • Kalie Dobson             | • A.J. Sanders       |
| • Mathew Yaworski         | • Stephanie Fox            | • Pamela Taylor      |
| • Terri Brown             | • Alyssa Greenfield        | • Adriana Zibolenova |
| • Stephan Christensen     | • Hana Hebik               |                      |
|                           | • Adam MacDonald           |                      |
|                           | • Gavin Peplinskie         |                      |

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

March is a perfect time to bump up your work outs. With the darkness of winter behind us, use your newfound energy to start preparing for a summer of fun. Planning a canoe trip this summer? Add some core and upper body training to prepare so that you can plunge your paddle as soon as the ice is gone. Are you a summer cyclist? Start making it to those spin classes. Or maybe you're planning to run some big events this summer. Don't just train on the treadmill; add in a Cardio Rebound class or Bootcamp to mix it up a little.

We also have two Feature Classes this month:

Wednesday, March 17<sup>th</sup> Max Strength with Kelli

Saturday, March 27<sup>th</sup> Pilates with Kitty

Check posters for details. These classes are free for members.

April is just around the corner and that means a new Spring Schedule, starting right after the Easter weekend on Tuesday, April 6<sup>th</sup>. Look for it posted around the Club and online.

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

Has Spring Sprung early? Is John Bray making a comeback? Is Jay Giachino back? Where has James Pugsley gone? Will Jeff McPherson finally win a B title?

These are all questions that will be answered in the last 3 months of the season.

Here is some information about some upcoming events and news around the Club. The annual Inter-Provincial tournament will be running from March 3rd - 5th. This is a fun event and we will see if Team NWT can be beat this year.

Spring break is just around the corner from March 6<sup>th</sup> – 21<sup>st</sup>. There will be no Junior Squash during this time.

Keep your eyes open for the “Flashback Friday” Men’s Night on March 26<sup>th</sup>. This will be a fun night with some rather interesting equipment in hand.

League will also resume on March 22<sup>nd</sup> so please check [www.quick-draws.com](http://www.quick-draws.com) for information and schedule.

Also, the NWT Power Corp Junior Championships will be on April 10<sup>th</sup> and 11<sup>th</sup> followed by the Club Championships the 13<sup>th</sup>-16<sup>th</sup>.

### Club Hours:

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

Friday  
6:00am - 10:30pm

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

## Club Notes with Kelli Hinchey, General Manager

**Hand Dryers:** In an effort to become more “green” and reduce waste, we have installed hand dryers in all of the washroom and change rooms throughout the Club. Paper towel will no longer be available in the washrooms. Should you require a towel for showering, rental towels are available at a cost of \$2.00.

**Equipment Hygiene in Cardio Room/Weight Room/Spin Area:** Please be aware that it is your responsibility to be properly dressed in workout attire and footwear to gain access to the workout areas. Bare feet, sock feet, no tops (gentlemen!) are not permitted. We also ask that you do not undress in the weight room and leave your personal items (i.e. Gym bags, backpacks) in the weight room during your training session. Equipment disinfectant is available in all

workout areas and you are required to clean your equipment after use. This also includes spin bikes, mats, bench surfaces and any other areas that may have become “sweaty” after your use. We thank you in advance for being considerate of fellow Club members and adhering to this Club policy.

**Stork Patrol:** Congratulations to Mike Palmer and Wendy Lahey on the birth of their son, Charlie. Charlie was born on February 17th and weighed 8lbs 3ozs. Mom and baby are doing well!

**Wedding Bells:** Congratulations to former Racquet Club staffers, Adrian Richards and Erin Sproule who were married in the Ice Castle on Saturday, February 27th. We wish them a happy, healthy life together!

Kelli Hinchey  
General Manager

Jack Banic  
Assistant Manager

Allan Cook  
Squash Pro

Dana Britton  
Fitness Director