



## April Events

- **Tuesdays, April 1, 8, 15, 22, 29**  
**Squash Intros**  
6:00 - 6:40pm with Spider Jones
- **Wednesdays, April 2, 9, 16, 23, 30**  
**Ladies Novice Night - \$5 + GST**  
6:00pm - Learn the basics of the game in a fun atmosphere!
- **Friday, April 4**  
**Strip to the Core Session II starts**  
7:00-7:40pm with Denise Belliveau. No fee for members
- **Wednesday, April 9 - Friday, April 11**  
**Interprovincial Teams Fun Tourney**  
\$25 + GST Sign up your team of 4 today BBQ on Friday
- **Monday, April 14**  
**Feature Class - Spin with Julian**  
5:40 - 6:40pm Stay after class for a free drink!
- **Thursday, April 24**  
**Feature Class - Circuit Training with Peter**  
7:00 - 8:00pm Stay after class for a free drink!
- **Tuesday, April 29 - Friday, May 2**  
**Club Championships**  
\$35+GST All levels of play welcome BBQ on Friday

### Tuesday/Thursday Morning Class schedule for April

#### Tuesday 10am

April 1: Spin/Core – Dana

April 8: Max Strength Interval – Dana

April 15: Spin/Core – Rosie

April 22: Spin/Core – Rosie

April 29: Spin/Core – Rosie

Please note: Max Strength Interval may sometimes use the Urban Rebounder for part of the class

#### Thursday 10am

All Thursdays will be Vinyasa Yoga Flow with Melissa

Please note: Instructors may change without notice

## Welcome New Members

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

- Omar Ashley
- Robin Bourke
- Dave Brosha
- Cabdinuur Budul
- John Henderson
- Murry Sibbeston
- Scott Smith
- Donald Weston
- Pat Witty
- Joeve Dupuis
- Andrea Bouchard
- Jennifer Anderson
- Camila Barros
- Jason Muzzerall
- Erin Wolfe
- Katherine Gerein
- Jason Horesay
- Jacqueline Groves
- Richard Storrie

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 classes this month:

Monday, April 14; 5:40-6:40pm  
Spin with Julian

Thursday, April 24; 7:00-8:00pm  
Circuit Training with Peter

Sign up for a Feature Class and stay for a free drink after.

One change to the April schedule; Fridays 7:00-7:40pm will be Strip to the Core with Denise; April 4-25.

This class is a great way to end your work week. Sign up sheets are posted at the Club.

As well, watch for details of upcoming running clinics and other special workshops.

And finally, a big welcome back to Spin Instructor Rosie who has just had a beautiful baby boy!

## Quick Fit Tips

- Next time you do laundry, pull together a few complete gym outfits: shorts, shirt, socks and everything you normally wear to the gym. Roll each set in a towel and put in your closet. When you're running out the door in a rush you can easily grab a set and get to the gym with everything you need.
- Commit to a work out buddy. You're less likely to skip the gym if you know someone is waiting for you.
- Book a tune up session with a personal trainer; find out how to work out more efficiently and with less risk of injury.
- Set a weekly exercise goal. Small or large, meeting your goal each week will give you satisfaction and a motivating sense of accomplishment. Examples: add one new upper body move to your resistance training session; increase your time on the cardio machine by 3 minutes; check out a new fitness class; try for five minutes of stretching; switch cardio machines each 10 or 15 minutes. Set a new goal each week and hang onto the ones that work best for you.
- Switch it up. If you normally do cardio then weights, reverse it once in a while to give your workout a different focus.
- Core Core Core—you've heard it a million times—a strong core is the best foundation for a fit body. But your core doesn't just let you lift heavier weights; it helps keep you injury free doing every day tasks like lifting groceries and climbing stairs. Remember, core strength is more than just sit ups. Don't forget to include exercises to strengthen your lower back. For ideas, talk to one of the personal trainers or attend Yoga, Spin/Core, New Body/Abs or any one of the fitness classes.

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**Club Winter Hours:**

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

Friday  
6:00am - 10:30pm

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

**Squash Notes** with Spider Jones, Level 3 Certified Squash Pro

In last month's issue, we discussed the first 5 of **10 Most Common Tactical Errors** in squash. We will now examine the remaining five as put forward by prolific squash author Ian McKenzie and abridged by myself:

6. **Hitting hard when under pressure.** Better instead to hit half pace (offering more control) and with better width aimed at glancing off your near side wall, in line with your opponent's feet providing him maximum difficulty. Lobbing to create time to recover to the T is also brilliant strategy.
7. **Trying to do too much when you are making errors.** Try instead to return to the basics of straight and tight defensive shots, setting up your rallies then seizing select opportunities to attack.
8. **Playing too many crosscourts and boasts...**shots which when played poorly or at inopportune times leave the ball out in the centre of the court to be easily pounced upon...instead play straight - tight wins!

9. **Playing defensively when you have opportunities to attack...**your goal becomes the undying pursuit of attempting to put the ball away.
10. **Leaving the ball when you can volley it...** It's a huge disadvantage not volleying. It lets your opponent off the hook, giving him time to recover that much closer to the T while leaving you literally taking four times as many steps (count them). You are often left in a tight, restrictive, back corner in a world of hurt and languishing in self regret. "See and seize" - that's what I tell the juniors.

League Play, Sunday junior squash, and junior elite A & B training continues as regularly scheduled this month.

This year's **Interprovincial Teams Fun** event runs Wednesday, April 9 - Saturday, April 12 - view the Championship belts up for grabs in our display case. We are looking for teams of four, each fielding one A, B,

C, D level player respectively. Sign up at the bar. Pick a province or a nation to represent - prizes for the best team uniforms...all right costumes.

**Club Championships** will run Tuesday, April 29 to Friday, May 2, 2008. this will be our final adult tournament before the Year End (May 26 - June 1/08).

We wish Chad and Devin Hinchey, Travis Kamitomo, Steven Nesbitt, Pooja Chugh, and Liam McKay well as they travel to Victoria mid-April to test their mettle in this year's Junior National Squash Championships.

If not on court - Where?...if not now - When?

Spider Jones  
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**Club Notes** with Kelli Hinchey, General Manager

**SIGNING IN PROCESS:** Another reminder, please, that all members are required to swipe their key fob when they enter the Club. This is a requirement of the Club and is also a requirement of the Liquor Licensing Board for our liquor license. We appreciate your attention to this and thank you for your understanding.

**WEIGHT ROOM ORIENTATIONS:** Please check the clip board at the front entrance and check out the dates that our Strength Training Orientations are offered. They are offered to our members, free of charge and are facilitated by our Personal Trainers, Ginette Boudreau and Todd Stratton on Thursday evenings unless otherwise indicated. Please see the signs for the times posted.

**SQUASH LESSONS:** Contact our squash professional, Spider Jones to book a lesson. Leave your name and phone number and he will get back to you promptly.

**SPRING HAS SPRUNG! OUTDOOR FOOTWEAR:** With the weather warming up, 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.

**WEB SITE:** Did you know that the most current Fitness Schedule, Saturday Schedule, Parents & Tots and class descriptions are on the website? Check it out today at [www.ykracquetclub.com](http://www.ykracquetclub.com)

Kelli Hinchey  
General Manager

Jack Banic  
Assistant Manager

Spider Jones  
Squash Pro

Dana Britton  
Fitness Director

