

Summer

June Events

- **Monday, June 1 - Sunday, June 7**
Roy's Audiotronic Year End Squash Tournament
\$85 +GST for members - All levels welcome!
- **Wednesday, June 10 - Saturday, June 27**
Pete's Extreme Challenge - Take it Outdoors!
Wed 5:40pm, Sat 11:00am \$75+GST/mem \$90 +GST/non
- **Friday, June 12**
Strip to the Core with Denise Belliveau
7:00-8:00pm Members free, \$15 +GST/non-members
- **Sunday, June 21**
Aboriginal Day - Club open but all classes cancelled
- **Monday, June 22**
Club closed for Aboriginal Day
- **Sunday, June 28**
Summer Fitness Schedule in effect
Pick up you copy today or check it out on the web!
- **Wednesday, July 1**
Happy Canada Day - Club Closed

Welcome New Members

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

- | | | |
|--------------------|----------------------|------------------|
| • Tanya Ashley | • Kristin Pendergast | • Megan Hurley |
| • Timothy Edwards | • Melissa Sturko | • Larry O'Brien |
| • Leah Karpan | • Chris Cullingham | • Andrea Scaplen |
| • Eddie Paul | • Dawn Gudzinski | • Angela Yu |
| • Roy Sheilds | • Trevor Mogg | |
| • Bryson Cochrane | • Angela Rogers | |
| • Brendan Graham | • Alexa Tsetso | |
| • Amelia Messenger | • Chris Dumas | |

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

Fitness Notes *with Dana Britton - Fitness Director*

Summer Fitness

The new summer fitness schedule takes effect on June 28th. As always it is available on-line and posted around the Club, but here are highlights of some of the changes. Please check the schedule for complete information.

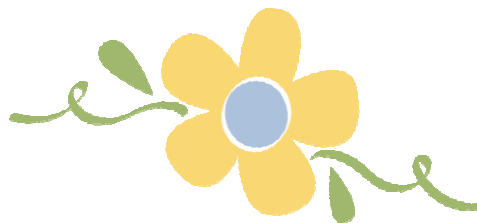
Another PowerCORE class will be added to the schedule! PowerCORE enCORE with Natasha will be at 5:40 on Thursdays. This Level 2 class will be more challenging than the Tuesday class and will incorporate more movement.

Wednesday night Yoga Fusion with Melissa is now at 7:30-8:30 to accommodate the summer closure hours of

the Club. The Friday lunch hour class with Melissa will now be Yoga Flow. All other Yoga classes remain unchanged.

Evening SPIN classes are now Tuesday and Thursdays only. Both take place at 5:40-6:40; noon SPIN classes will continue Monday, Wednesday and Friday 12:10-12:50.

Tuesday Nia and all other fitness classes are continuing at their regular time. Please see schedule for complete details.



Club Notes *with Kelli Hinchey, General Manager*

We are pleased to announce that we have purchased an Abaton Massage Bed for our members use. This bed has heated jade rollers on the bottom and a dome that covers you to the neck that also emits infrared heat. The bed can be preset to different areas of the body that you may wish to have massaged and also has an acupressure setting. Both Allan and I have tested the Massage bed and it is PHENOMENAL! We believe it will be an additional service that will be of convenience and ease your many aches and pains. It is particularly beneficial to those suffering from

arthritis, fibromyalgia and just generally working out muscle aches and pains. The sessions last up to 33 minutes and you enter the bed fully clothed. We will be selling sessions via a punch pass system (similar to our sun tan bed). Stay posted for further details.

In addition, we will take the summer to refresh the Club inside and out. Regular maintenance, painting etc. will be ongoing to ensure that we keep things fresh. If you have any suggestions/ideas, please feel free to let us know.

Club Summer Hours:

Monday-Thursday
6:00am - 9:00pm

Friday
6:00am - 10:00pm

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

This year proved to be one of our most successful events with our highest registration every. 144 people participated in our week-long squash marathon from Junior to Exhibition divisions. We had visiting professionals from Vancouver, Edmonton and Calgary and playing guests from Whitehorse, Edmonton, Calgary and Iqaluit.

Thankfully the weather co-operated and we were able to enjoy the deck, the sun and the steak and lobster. Many thanks to our major sponsors, Birchwood Gallery, Roy's Audiometric, First Air, Northern Property, Stewart Weir MacDonald, Great Slave Dental, NWT Squash and Chateau Nova. Please refer to our website for the long list of additional sponsors who graciously donated service/products. We appreciate your generosity. Thank you to all of the volunteers for their help over the week and to our fantastic staff who pitched in above and beyond the call of duty. We hope you all enjoy a wonderful summer. Stay safe and see you in the fall!

The results were as follows:

Overall:

Challenge Cup - Whitehorse, Yukon
Most Improved - Niall Fitzgerald
Most Improved Jr - Chad Hinchey
Most Sportsmanlike - Kirk White

Exhibition:

1st - Thomas Brinkman
2nd - David Letourneau
3rd - Justin Todd

Men's Open:

1st - Chad Hinchey
2nd - Claudio Ardiles
Cons - Brooke Harker
Special Plate - Harald Wilson

Men's A

1st - Adrian Devries (Edmonton)
2nd - Brent Hinchey
Cons - Steven Nesbitt
Special Plate - Devin Hinchey
Classic Plate - Chris Cullingham

Men's B

1st - Brent Patino
2nd - Francois Roussow
Cons - Craig Hockridge
Special Plate - Paul Shearme

Men's C

1st - Jeff McPherson
2nd - Jordan Leblanc
Cons - Chris Puglia
Special Plate - Daniel Stewart
Classic Plate - Climate Muyambo

Men's D

1st - Ryan Twissell
2nd - Justin Carroll
Cons - Mark Siemens
Special Plate - Joe Cutton
Classic Plate - Bryson Cochrane

Masters

1st - Hugh Richardson
2nd - Wayne Nesbitt
Cons - Lauchie Macdonald

Ladies A

1st - Pooja Chugh
2nd - Lori Muir (Whitehorse)
3rd - Charmaine Wilson
Cons Winner - Louise Charboneau

Ladies B

1st - Gail Nesbitt
2nd - Bernice Kootoo (Iqaluit)
Cons - Zoe Walker (Whitehorse)
Special Plate - Maureen Hawryliw

Ladies C

1st - Joane White
2nd - Jennifer Keith
Cons - Rose Galia (Iqaluit)

Ladies D

1st - Angela Pace
2nd - Marie Cameron
Cons - Chervahun Emilien

Junior A

1st - Colby Wallis
2nd - Coleman Newman (Whitehorse)
Cons - Davis Elkin

Junior B

1st - Hannah Paulson
2nd - Theresa Lynn
Cons - Samuel Tereposky

Junior Girls

1st - Kelly Panchyshyn (Whitehorse)
2nd - Sarah Nesbitt
3rd - Alexix Houghen (Whitehorse)
4th - Meghan Fleet

