

## September Events

- **Tuesday, September 2**  
**Fall Schedule Starts!**  
Check out our exciting line up of classes!
- **Tuesday, September 9**  
**Parents and Tots Resumes**  
10:00-11:00am Childcare provided | \$4/child Pre-register
- **Saturday, September 13**  
**Elite Jr A & B Evaluation Camp**  
10:00am-1:00pm with Allan Cook, Squash Pro
- **Sunday, September 14**  
**Functional Core Workshop I**  
w/ Peter Smith, Bsc. Kinesiology See poster for more details
- **Friday, September 19**  
**Promo Class - Power Bar**  
w/ Ella Mawdsley 7-8pm Please pre-register!
- **Friday, September 19**  
**Men's Night**  
6:00-7:20pm \$5 fee includes slice of pizza See AI for details
- **Wednesday, September 24**  
**Junior Squash Registration Deadline**  
NEW - Squash for Squirts - ages 4-6! See AI for details
- **Wednesday, September 24**  
**Ladies Novice Night**  
6:40-7:20pm Weekly session w/ tips for game improvement!
- **Saturday, September 27**  
**Feature Class - NewBody**  
10:00-11:00am w/ Melissa Chung Stay for snacks/prizes!
- **Sunday, September 28**  
**Junior Squash & Squash for Squirts**  
Weekly training sessions start
- **Monday, September 29**  
**Intro to Strength Training for Teens (ages 14-18yrs)** w\Peter Smith, Personal Trainer \$80 +GST/members  
4:00-4:45pm Classes are Mon & Wed for 4 weeks
- **Tuesday, September 30**  
**Circuit Training for Female Teens (ages 14-18yrs)**  
w\Peter Smith, Personal Trainer \$80 +GST/members  
4:00-4:45pm Classes are Tues & Thurs for 4 weeks

## Welcome New Members

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

- Rick Bannister
- Yvonne Haward
- Jin Lee
- Fernanda Monteiro
- Maureen Mawryliw
- Louise Bannister
- Davis Heslep
- Claude Mandeville
- Saeid Mushtagh
- Ruth Doran
- Blaine Komatich
- Natasha McCagg
- Angela Pace
- Mark Gittus
- Colin Lafferty
- Theresa McRae
- Tony Pace

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*

### Fit For Fall

Fall is the perfect time to commit to a fitness routine. Most Yellowknifers are more active in the summer months, with an increased level of fitness. Don't let this progress go to waste. The new schedule has more classes and a greater variety than has ever been offered at the Club and we have new equipment in the cardio and weight rooms as well. Our certified fitness leaders and personal trainers all have one goal: to help you reach your fitness goals. Make a commitment to yourself for health.

The new fitness schedule includes Spin seven days a week, four types of Yoga, Nia, Core classes, Strength classes, Cardio classes and eighteen different instructors.

And to add even more variety, we are offering Feature Sessions on Thursday's 7-8pm. This class will change every 6-8 weeks as we continue to introduce new class formats and gauge their popularity for inclusion in our regular schedule. Your feedback is important to us so please feel free to email me through the Club website to offer any comments or suggestions about the fitness schedule.

Throughout the year we will also be offering specialized workshops. The first series: Functional Core, is with certified personal trainer Peter Smith. Check out the Club website and in-Club posters for details.

## Fitness Training for Teens with Peter Smith, Personal Trainer

### **Introduction to Strength Training for Teens (ages 14-18 years)**

Want to learn the basic principles of strength training? In this after-school class you will learn the proper technique for training all major muscle groups in a safe and effective manner. From bench pressing to abdominal crunches, this is perfect for all teens in the beginner and intermediate stages of weight training. Classes run every Monday and Wednesday from 4:00-4:45pm for 4 weeks starting September 29th. \$80 +GST for members and \$120 +GST for non-members.

### **Circuit Training for Female Teens (ages 14-18 years)**

Looking for a reason to get in shape and have fun? A healthy lifestyle begins when you are young, so come out and join certified Personal Trainer, Peter Smith as he takes you through strength, agility and cardiovascular drills. Suitable for teen girls in the beginner and intermediate stages of fitness. Wear gym attire and remember your water bottle. Classes run every Tuesday and Thursday from 4:00-4:45pm for 4 weeks starting September 30th. \$80 +GST for members and \$120 +GST for non-members.



P.O. Box 595  
 Yellowknife, NT  
 X1A 2N4  
 Phone: 920-2224  
 Fax: 920-2480  
 www.ykracquetclub.com

**Club Hours:**

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

Friday  
 6:00am - 10:30pm

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 Spider Jones, Squash Pro, Level 3 Coach

Every September brings upon us a season of change. The leaves begin to fall, boats leave the lake and players start their slow march back to the squash courts. We also have some changes in place at the Club. We are excited about our new ranking system that will track all league and tournament matches. If you are hoping to move up the "ranks" this year, participating in these events is a must. We also have a new "looking for playing partner" section on [www.ykracquetclub.com](http://www.ykracquetclub.com). This website is now operational and if you are looking for new playing part-

ners, I suggest you start here.

Please remember to get back into your game slowly. Begin by getting on the cardio equipment and doing some light exercise before you get onto the courts. Getting out to a quick start is not necessarily the best idea to get into game shape. Remember, not everyone can be as fit as Gerald!

Heads up to all of you squashers out there - our first tournament is October 14th-17th and league begins the week after. October 20th for division 2 and October 23rd for division 1. Junior squash registra-

tion is Wed. September 24th with the sessions beginning Sunday, Sept. 28th.

Have a great season everyone. For more information, remember to check out the website.

Allan Cook  
 allan@ykracquetclub.com

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

A letter to the Membership of The Racquet Club

July 28th, 2008

Dear Members:

**RE: MEMBERSHIP DUES**

The Racquet Club is forced to increase existing fitness and squash membership dues effective **SEPTEMBER 2<sup>nd</sup>, 2008**. We regret having to implement these changes, however, increases in fitness and squash membership dues over the past several years have not kept pace with increases in operating costs. Specifically, the costs incurred to run an extensive fitness/squash program with a variety of specialty classes and equipment is substantial.

Our new regular fitness membership rate is \$240.00 + GST for four months (\$60.00 + GST/monthly installment). Our new squash or full play membership rate is \$960.00 + GST for twelve months (\$80.00 + GST/monthly installment). **\*Corporate memberships will also see a similar percentage increase on fitness and squash membership dues.**

We appreciate the members' understanding of the need for these changes and assure you that we will strive to continue to offer the best fitness/squash facilities and programming in Yellowknife. The Management and staff encourage you to check out our exciting new fall programming, which includes extensive offerings to suit a variety of interests and fitness levels. You will note that in January of this year we purchased new flat panel t.v.'s for the cardio room, new spin bikes and are awaiting receipt of a new elliptical trainer and step machine for our cardio room.

We welcome your suggestions and comments and would be happy to answer any questions members may have in regard to fee changes or fall programming.

Sincerely,

Kelli Hinchey,  
 General Manager/Owner