

the **Club**

October 2007

920-2224

The Yellowknife Racquet Club
P.O. Box 595 Yellowknife, NT X1A 2N4
Fax: (867) 920-2480



Check out our **FEATURE CLASSES** this month!

Friday, October 12—Intro to SPIN

Saturday, October 13 - New Body

Thursday, October 18—Cardio Box

Try something new!

October Events

Monday, October 1

8:00 pm - Drink specials after polls close.

DIVISION 1 & 2 TEAM LEAGUE SELECTION

Tuesday, October 2

7:00 pm at the Racquet Club - Please join us

NWT SQUASH ASSOCIATION AGM

Thursday, October 4

6:00 pm Munchies provided \$25 +GST See Spider for registration

DIVISION 1 LEAGUE STARTS

Monday, October 8

Happy Thanksgiving!

CLUB CLOSED FOR THANKSGIVING MONDAY

Tuesday, October 9 - Sunday, October 14

Bring a buddy for free-must register with a member at front desk

BUDDY WEEK

Tuesday, October 9, 16, 23, 30

Tuesdays 6:00-6:40pm Sign up in advance.

INTRO TO SQUASH RESUMES

Wednesday, Oct 10 - Saturday, Oct 13

\$35 + GST All levels of play welcome See Spider for details

RACQUET CLUB SEASON OPENER TOURNEY

Friday, October 12

6:00 - 6:40 pm with Dana Britton Come learn the basics of SPIN

INTRO TO SPIN

Saturday, October 13

10:00 am with Melissa Chung Champagne & OJ after class

NEW BODY FEATURE CLASS

Monday, October 15

6:00 pm Munchies provided \$25 +GST See Spider for registration

DIVISION 2 LEAGUE STARTS

Thursday, October 18

5:40 pm with Denise Belliveau Wine & cheese after class

CARDIO BOX FEATURE CLASS

Friday, October 19

6:00-8:00 pm \$10 + GST includes pizza & drink specials

LADIES NIGHT - 3/4 COURT

Friday, October 26

6:00-8:00 pm \$10 + GST includes pizza & drink specials

MEN'S NIGHT - HARBALL FORMAT



Welcome New Members

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

- Jillian Armstrong
- Murray Chatlain
- Nadia Drisdell
- Risha Golby
- Darren Mahoney
- Ryan Nichols
- Mario Boisse
- Mike Cooke
- Lisa Turner
- Riah Hoehsman
- Sterling Lundy
- Andrea Booth
- Patty Ewaschuk
- Moira Gustafson
- Kim McCarthy
- Krystal Shaben
- Kim Brown
- Carolyn Crouch
- Batiste Foisy
- Krista Haigh
- Tony Brown
- Christie Burr
- Rosaly Sumcad
- Carey Sibbald
- Steve Morin
- Tonya Skanes
- Charlie Cameron
- Noemie Darisse
- Malinda Gelinas
- Jennifer Honey
- Saeid Mushtag
- Bridget Storrie
- Jillian Tobin
- Lindsay Payne
- Jane Hare
- Heather Avery
- Carol Quinn

Also a warm welcome to all of our new corporate members, particularly Nunasi Corporation who joined us this summer!

We are here to help you on your path to a healthy lifestyle!

NEW PROGRAMS FROM PAUL SHEARME—PERSONAL TRAINER
CHECK THEM OUT!

Lose to Win Fat Loss Program with Paul Shearme

Ladies would you like to lose 9-12 pounds of fat? Trim 6-11 inches in total off your body? Add 2-4 pounds of body-shaping muscle?

Gentlemen would you like to lose 13-19 pounds of fat? Trim 6-11 inches in total off your body? Build 3-4 pounds of muscle?

The Lose to Win Fat Loss Program is back! This is a six-week program that combines a low-calorie, well balanced meal plan with 1-on-1 training workouts with a personal trainer to maximize results. The program will have limited spots and will be starting the 3rd week in Oct.

Look for an information session with Paul Shearme this month.

Plyo's with Paul

Usually done in a group setting, plyometrics is a series of hops, skips, jumps, cone hops and mat work designed to increase an athlete's foot speed, quickness and vertical jumping. This program can help athletes of all ages train their fast twitch muscles to help increase speed and explosiveness. Great for squash, but also great for any sport or activity that uses quick explosive movements.

For more information on the Plyo's with Paul program contact Paul Shearme at 920-2224.

Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

Ah, that time of year...outside the days are getting shorter, the nights are getting cooler, the leaves are getting...well you know the rest...while inside at the Club, the courts are getting busier, the nicks are getting bigger, our width is getting wider, our length is getting deeper, our drops are getting tighter and we are quickly getting fitter.

Thanksgiving will be upon us and we have much to be thankful for...ahh to bask in Pugsley's pace, Harald's heroism, Finlay's finesse, Claudio's courage, Mahen's magnificence, Brooke's bashfulness, Will's wanderlust, Michelle's machinations, Jessica's jubilation, Fred's friendliness, Garth's graciousness, Steven's steadfastness, Luke's luck, Jack's jocularly, Al's almightiness, and Kelli's kindness!

Our season opener tournament sponsored by the Racquet Club runs Wednesday, October 10th - Saturday, October 13th. Sign up at the bar.

Division 2 league will start Monday, October 15th, while Division 1 starts Thursday, October 4th. Come out on Monday, October 1 for League team selection and beer at 7:30 pm

Men's night on Friday October 26th from 6-8pm features Hardball - a favourite from last year. Sign up in the lounge and ... bring a cup.

Hear's to hitting up and serving last.

Spider Jones

Squash Professional, 920-2224

Club Notes

STORK PATROL: Congratulations to long time Club members Brent Horn and his wife on the birth of their second child, a girl. Baby Leah Caroline Horn was born on July 24th and weighed 8 lbs 4 oz.

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 Trainer, Todd Straten.

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.

GUESTS: Members, please be aware that if you are bringing a guest into the club, they must either pay a drop in fee or have a valid guest pass. It is also a requirement that they stop at the front desk each time they visit (up to a maximum of three times per calendar year) and fill out an injury waiver (only need to do this once) and pay their drop in fee or turn in their guest pass.

OUTDOOR FOOTWEAR: Please remember 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

Fitness Notes

Dana Britton - Fitness Director

SPIN shoes: If you are planning to attend SPIN on a regular basis, it may be worthwhile to invest in cycling shoes. These shoes, specifically designed for biking, are a better choice than runners or cross-trainers as they clip into the bike pedals. This allows your hamstring and glute muscles to more fully engage, giving you a more balanced leg workout and greater power with each stroke. As well, the stiff soles not only provide a more stable platform during standing climbs, but can help prevent plantar fasciitis, a painful and long-drawn overuse foot injury.

Unlike squash, cycling shoes are not a requirement to participate in SPIN, but if you do regular classes they are a prudent investments to save yourself from potential injury and downtime in the long run. Like a good pair of runners, they generally cost approximately \$100-\$150.

For more information on cycling shoes, contact local sporting goods stores as it is imperative that they are fitted correctly.

And remember, there is no sign up required to attend a SPIN class. Just show up and reserve your bike with your water bottle or provided hand towel.

