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DECEMBER 2010

Welcome New Members

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

Naim Natalia	John Stewart	Jude Hoppenbrouwers	Merle Esau
Ramos Gutierrez	Brittany Jones	Elaine Ross	Jessica West
Nigel Rossouw	Matt Greyeyes	Erica Tjeerdsma	Mark Macusi
Heather Leslie	Amanda McGillivray	Jasmine Netsena	Chris Kelln
Amber Corothers	Kevin Gosselin	Lukas Novy	Maureen McCabe
Anne-Marie Pegg	Arlene Laudrun	Rebecca Bruser	Brenda Hans
Darin Black	Katherine Robinson	Alex Eriksen	Jamie Bastedo
Corol Sundberg	Natasha Duchene	Jason Cote	Nikole Pintkowsky
Jennifer Lockhart	Peter Bannon	Alison Whitehead	Jared Simpson
Teresa Peters	Michael Martin	Damion Shelley	Deanna Twissell
Tyler Kydd	Lucy Escalante	Dehga Scott	Jaime Del Val
Alex Godfrey	Chelsey Armstrong	Jessie McIntyre	Martin
Sheldon Peart	Corey Froude	Linda Bussey	
Douglas Were	Kevin Whitehead	Jason McEvoy	
Dennis Althouse	Stephen Payne	Hayley Maddeaux	

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

Squash Notes with Allan Cook, Squash Professional

The Junior Squash team recently returned from its annual Jesters Junior Tournament, which was held in Calgary. They had some great results! All of the kids played very well, despite some nervous excitement. James Huvenaars won the silver event in the Under 13 Novice Division, Catherine Giachino was runner up in the Girls Under 13 Novice/Under 11 Main combined event. Chad Hinchey won the Under 19 Bronze event, while Pooja Chugh and Devin Hinchey both made the finals in their respective events. Pooja came up just a bit short, losing in a 5 game thriller. Devin played his most exciting squash in the U17 Main final, winning it in three games.

This was a great event as it really showcased the overall development of squash in the North! Many coaches and players at the event commented on how strong our team looks for the upcoming Canada Winter Games. Next up for the kids will be the Canadian Junior Open held in St. Catharines, Ontario at the White Oaks Club. It will be attended by Jeremie Roy, Devin Hinchey and Travis Kamitomo.

Just a head's up for the next couple of weeks as the league ends the week of December 13 – 17. Junior Squash resumes on January 16, 2011. Have a great Christmas holiday everyone!

www.ykracquetclub.com

Event Calendar

Friday, December 3 (7:00 pm - 2:00 am)

Racquet Club Christmas Party

Join us for our annual Christmas party. Music by DanceAway, munchies, Davey's Eggnog, door prizes and more! No ticket purchase required, but come early as space is limited!

Friday, December 24

Christmas Eve

Club closes at 4:00 p.m.

Saturday, December 25

Merry Christmas

Club closed.

Sunday, December 26

Boxing Day

Club closed.

Friday, December 3

New Year's Eve

Club closes at 4:00 p.m.

Saturday, Jan. 1st

Happy New Year!

Club closed.

Monday, January 2

New Winter Fitness Schedule

Pick up at the Club or check on-line at www.ykracquetclub.com



Club Notes

with Kelli Hinchey, General Manager

I'd like to take this opportunity to wish everyone a wonderful Christmas! Enjoy your friends and family and the time that you have together. We thank you for your continued patronage and wish you all the very best in the New Year! Happy Holidays!

WEIGHT ROOM CLEAN UP

A reminder to all of our long term and new members that it is required that you pick up after your workout. Please be considerate of others in the weight room and replace your weights, plates, bars etc.. Also kindly ensure that you sanitize any equipment that you have been using with the equipment sanitizer provided. It makes a much nicer workout environment for everyone!

SPIN ROOM UPDATE

We will be moving the Spin area upstairs in the new year. The room has been painted and prepped, but are awaiting the arrival of new sport mat flooring. Once the flooring has been installed the bikes will be moved upstairs. We will be taking the carpet out of the current spin area and replacing it with sport mat flooring. This



additional space will be used for a stretching area and will give us more room in the weight room. We thank you for your patience!

FACEBOOK

Check us out on facebook. Just search for Yellowknife Racquet Club and join the team!

<http://www.facebook.com/pages/Yellowknife-Racquet-Club/134304299950252?ref=ts>



TIPS FOR SURVIVING THE HOLIDAYS...

- Add exercise to your "to do" list and give it the same importance as your other errands.
- Maximize your time. Use your lunch break to walk to a nearby shopping center to do holiday errands. Try to do anything that gets you moving. All activities add up -- lugging a toddler around house, taking stairs instead of the elevator at work, or going window shopping.
- Focus on fitness during the weekends. Get outside for an hour or more of skating, skiing, snowshoeing, snowmobiling or sledding with your kids. If you're more of an indoors type try a spin class, zumba or squash game.
- Shoveling snow or chopping wood is a great workout. You'll burn several hundred calories doing either task. Just make sure to protect your back.
- Keep an exercise journal. This can help you stay motivated by making daily exercise goals for yourself and keeping track of what you have accomplished. This also might deter you from overeating.
- There is going to be a lot of temptation so don't deprive yourself. Make sure that you can enjoy the moment of splurging. Regaining control and getting back to your regular eating style and workout schedule is what is important. Feeling guilty will only weaken your motivation and prevent you from being active and enjoying the holidays.

CLUB FALL HOURS:

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

Friday
6:00 am - 10:30 pm

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

MANAGEMENT

Kelli Hinchey
General Manager

Allan Cook
Squash Pro/Assistant Manager

Craig Taggart
Member Services Manager

Dana Britton
Fitness Director