

Wing Beats

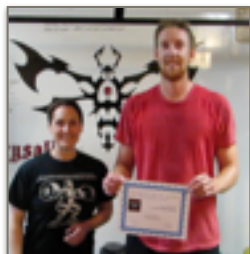


Monthly Supplement for the Chrysalis Community

Issue No. 40 Aug-Sep 2016

Fundamentals - August 2016: Welcome Jamie!

Congratulations to Jamie who couldn't wait to join Chelsea at Chrysalis and completed his Fundamentals program on August 17th.



What's Fundamentals?

Unlike Burn In, our regular class-based intro program, the Fundamental program is a one-on-one version of our group intro program.

Upcoming Events & Reminders

October 5th, CF Games BBQ (see below)

October 10th, Thanksgiving, CCF Closed

October 24th, CCF Closed for **momondays** event (see p. 2 for details)

December - CCF will be closed from 12-noon December 24th to December 26th inclusive

February 15 - 24 - Coaches away (see p.3)

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CrossFit Games BBQ



The Games aren't done for CCF. We brought the highlights of the event right back here into Chrysalis.

We did The Open back in February / March and we've just finished adapting some of the 2016 Games WODs for our community this past September (which was the perfect timing to ramp things back up after being away this summer). And, given we didn't end up having a Games BBQ this summer as so many CCFers seemed to be away during our regular BBQ time, we've deferred it to October 5th.

That gave all of us a chance to enjoy the summer, experience some Games WOD and THEN watch the best of the best in action doing the very same type of workouts we've completed.

See you at the BBQ on October 5th!

Fall Clean Up!

Congratulations to Lise, Louise, Heather & Hélène for having completed the Fall Clean Up challenge. The challenge consisted of working through 21 days of clean eating during the month of September. Well done!



Competitive Lifting Returns to Chrysalis

Want to lift heavy for competition again? Well, you're in luck. We're resuming twice a week Olympic lifting classes for the next five months: November 1st to March 22nd inclusive.

Hours are as follows:

- Tuesdays 7:00-8:30pm and Saturdays 8:30-10:00am

These classes focus on technique & maximum lifts, with competition-focused coaching, including drills that are not common to our regular group classes.

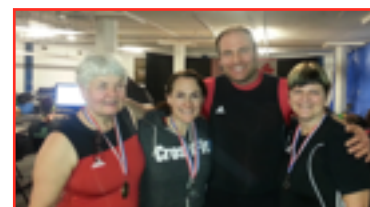
If you're interested in competing, please let us know.

Upcoming competitions include La Coupe, Saturday, February 11, 2017 and Manitoba Closed, Saturday March 25, 2017 in Steinbach.

Cost & class reservations: members can attend these classes as a regular class or can book these as additional classes (drop ins based on membership). *Note that as classes fill up, preference will be given to Chrysalis members who intend to compete in one or both events.*

Additional information: Luc is also registering for the coaches' Olympic Weightlifting Competition Workshop this October to ensure participants are better prepared for the technicalities and intricacies of competition. We look forward to absorbing everything he picks up over those few days of coach training.

For more info, please speak with a coach or with Lise or Karlene, who participated in Chrysalis training in preparation for lifting events in one or both of the previous years.



momondays Pics!

Thank you to everyone who attended the September 19th momondays event. Here are pictures of that event. Enjoy!



Who knew Louise has such talent!?

She ran up on stage for her chance to compete!

Maybe we need to add the hoolahoop to our wish list.

Join Us for momondays!

YOU MEET THE NICEST PEOPLE AT MOMONDAYS!



We'll be closed (again!) on Monday, October 24th for an even more special reason!

We've been asked to the stage for a repeat, but this time it's for Chrysalis!!!

We've been asked to **demo some exercises using dowls and dynabands** at the upcoming **momondays** Winnipeg event, scheduled for October 24th.

What's the event about? Every six weeks or so, hundreds gather for this event to hear five speakers who are willing to share a personal story that can help us all learn to lead a better life through the experience others are willing to share. They also feature useful information that the momondays crowd could benefit from and this time around, it's health and fitness.

Here's the official momondays description:

Put story-telling into a blender, adding a dash of personal growth, and drop in a load of laughs... Then mix in real, live music, and great conversation with some of the nicest people in the city (maybe on the planet!) then push the 'high' setting... and out comes momondays! Momondays is a like a variety show bouncing off the walls of personal story-telling!

When's the event? Monday, October 24th, 2016. Doors open at 5:00pm and the event kicks off at 6:30pm.

Where's it held? Celebrations Dinner Theatre at the CanadInns on Pembina Hwy.

Cost? Advance tickets are \$17.50 per person (\$20+GST at the door) and there's a buffet before the event at \$20.00 per person (it was reasonable last time).

I'm In!

1. How do I get a ticket? We'll be reserving a CCF table and we need to get a sense of the number of folks attending, so please let us know by or before October 14th by sending us a note at info@chrysalisphysiques.com or a voicemail at 204-233-1000 or let us know when you drop by for your WOD. *Advance payment would be appreciated where possible.*

Have more questions about the event or about the potential to help demo? (see below)

Please let us know.

We look forward to seeing you there!

We Need Volunteers for the Demo!

As per the above, Chrysalis has been asked to **demo some exercises using dowls and dynabands** at the upcoming **momondays** Winnipeg event, scheduled for Monday, October 24th.

If you're willing to come on stage to help H el ene with the demos, please let her know ASAP at info@chrysalisphysiques.com. She needs to know by October 10th if you're interested!

What's involved? We would meet between now and October 24th to work on the exercise demos (sequence and points of performance). Participants would be peppered around the room and would be joined by in-the-moment participants on stage to go through the exercises. We also need a volunteer to show basic Olympic movements with the dowl.

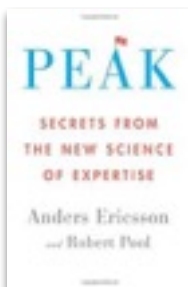
Book Summary - PEAK

The book **Peak** by Anders Ericsson and Robert Pool is so amazing, we're offering another summary. Unlike the previous comprehensive summary in issue #39, we're providing information specific to athletic ability and aging, which is of interest to a number of Chrysalis members.

Here are the main points on this topic, which are explored further in the book:

- We are incredibly adaptable. There is no indication we've reached the edge of human potential yet.
- All aspects of human ability can be improved by getting outside our comfort zone. That includes strength, flexibility, power, memory, and even eye sight. We need to continuously push at the edges of our comfort zone in order to keep improving, no matter our age, level of ability or what it is we're trying to improve.
- The changes we achieve through training (mental and/or physical) require continuous investment. If we stop training, we lose the gains we've worked so hard to make.
- Much of the age-related deterioration we experience in various skills happen due to disuse. If we don't use it, we lose it.
- In recent years, gains in mature athletes have by far outpaced those of younger athletes.
- Our brains find a way to learn new things, we only need to ask it to try hard enough. We need to want it.

Want more? You may want to refer to Wing Beats Issue #39. You can also find **Peak**, at your local **library** and at various booksellers.



NEW: Couples' Membership

It's a known fact that couples who integrate fitness as part of everyday life have a better chance of sticking with their healthy habits than those within which only one person is active. That's why we're introducing a new membership offering: **the couples' membership**.

If you have a significant other who's been thinking of refocusing on fitness or who currently works out and has been curious to know what all the fuss is about, this membership option might be worthwhile to consider (*note: Burn In or Fundamentals would still be a prerequisite*).

How it works: one spouse is primary on the membership and the other spouse can sign up for classes under the primary's account. There's no extra charge for this membership. It is simply a shared account. And yes, both can book to attend the same class, pending availability.

Have any questions about this new offering? Please let us know.

Luc & Hélène Going AWOL?

No no no! No worries. Luc & Hélène are just in need of a little R&R and are headed to Costa Rica this coming February. They'll be away February 15 to 24 inclusive. This will be their first absence of more than five days since Chrysalis opened its doors to group classes nearly five years ago, so this is BIG.

We'll let you know the plan for that time in member communications (and likely in the next newsletter). In the meantime, please let us know if you have any questions.



Chrysalis (Re?)Evolution

We've been contemplating this change for a while. We are rebranding ourselves moving forward to "Chrysalis" and "Chrysalis Physiques". You may have noticed that our main site www.chrysalisphysiques.com has already been rebranded, as have our Twitter feed (@ChrysalisPhys) and Facebook page (ChrysalisPhysiques).

Why the change?

We are changing our affiliation status with CrossFit in October.

We appreciate all we've learned and continue to learn from CrossFit and will continue to seek training from CrossFit HQ, as we do from CSEP-CPT and from MFC and from other train-the-trainer providers from time to time.

We want to focus on what we do best and we're finding that identifying as a CrossFit Box is a distraction for the time being.

What does it mean to Chrysalis members?

We believe in providing sound multi-joint, high intensity training that is safe, scaled and modified as needed. None of this will change.

What will change is that any member who chooses to participate in The Open will do so as an individual. We will certainly assist anyone who wants to do so, as it is part of assisting you in athletic pursuits of any kind, which we happily do for all our members.

What will also change is that we can keep investing in our gym, by putting more resources in coach training, equipment and programming. We're excited to see how this will translate as we move into 2017 and into Chrysalis's 5th year as a group training environment. Please don't hesitate to let us know if you have any questions.

Get ready, get set, GO!

Last Chance to get a CCF T-Shirt!

We're doing a t-shirt redesign.

If you want to nab one of our soon-to-be collectibles, now's your chance.

We think they're pretty bada** and now they're **priced at a straight \$20**. At 30% off they're a steal!

Let us know what quantity and what size(s) and we'll get them for you, depending on availability. Don't wait! Popular sizes go quickly!



August Photo Box

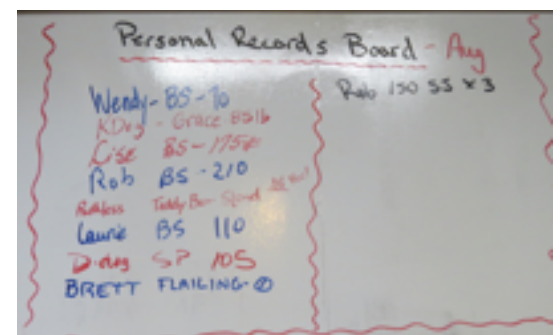
Want more?
Go to **WOD Pics**.



PR Board - August

Congratulations to eight CCF athletes for setting new personal records:

- Wendy, Lise, Rob and Laurie - Back Squat
- Karlene - Grace
- Heather & Brett - Gymnastics holds and tumbles
- Danielle - Strict Press
- Rob - Split Jerk



September Photo Box

Want more?
Go to **WOD Pics**.



PR Board - September

Congratulations to five CCF athletes for setting new PRs:

- Rob, Wendy, Louise and Jamie - Dead Lift
- Brett - Front Squat

