

Wing Beats

Monthly Supplement for the Chrysalis Community

Issue No. 41 Oct-Nov 2016

Fundamentals - Griff's Taking the Plunge!

Griff has decided to follow in his wife's footsteps and has started working through his Fundamentals program (aka Chrysalis "initiation". He's expected to finish his one-on-one program in December and is expecting to be joining regular classes in the New Year.

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

December - Chrysalis will be closed from 12-noon December 24th to December 26th inclusive, which means there will be no Monday class on December 26th.

December 31 - Chrysalis will be closing at 12pm on New Year's Eve, which will cause no disruption to regularly-scheduled Group Classes.

January 19th - Holiday Recovery Get Together (see p. 5)

February 15 - 24 - Coaches away (see p. 2)

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Thank You!

A big thank you to Louise for sharing this beautiful Christmas centerpiece in our front entrance.

What a beautiful decoration to greet us all at the front door.

We're so grateful, we'll pardon the parking job...

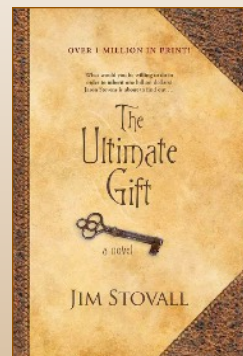


The Ultimate Gift

In the spirit of the Holidays, we thought we'd stray from our usual fitness and nutrition *lifestyle* books and instead offer some thoughts from Jim Stovall's book "The Ultimate Gift". Here's the synopsis:

A billionaire's great nephew, Jason, is a spoiled, entitled young man who values little in life. He has everything he wants, spends lavishly and has little to do with his family, no real friends, no cares or goals to speak of other than select hedonistic pursuits. He's an empty vessel who doesn't realize how miserable he is because he's never known anything else.

Upon his death, the billionaire ("Red") leaves Jason an inheritance, of sorts. In order to earn the money, he must learn 12 lessons (gifts), as directed. If he fails any, he loses it all.



Here are the twelve gifts "Red" gave his nephew, each of them hard earned, but worth it in so many ways:

1. The gift of work.
2. The gift of [understanding] money.
3. The gift of friends.
4. The gift of learning.
5. The gift of problems.
6. The gift of family.
7. The gift of laughter.
8. The gift of dreams.
9. The gift of giving.
10. The gift of gratitude.
11. The gift of a day.
12. The gift of love.

And by learning these lessons / receiving these gifts of wisdom, Jason can earn the greatest gift of all:

A life lived to the fullest.

For more about the book and the movie adaptation of this book, here are the related links: **book & trailer**. If you enjoy it, there are sequels!

Happy Holidays

We'd like to wish everyone in the Chrysalis community and their families and friends a happy Holiday Season.

Looking back, we've managed to do a lot this year. Some of us have new grandbabies, there's new bling on someone's finger, someone has a new cottage, some of us even have new jobs, we've made enhancements to our gym and we're getting ready for more...it's a lot to be thankful for! On some other fronts, it's been a challenging year...but we're tough.

You could say there have been PRs inside and outside the gym. With that, we say "Bring it on 2017!" We're ready for ya!

Luc & Hélène

Luc & Hélène "Trippin'"

In the last newsletter, we announced that Luc & Hélène will be going away to Costa Rica for a little R&R this coming February. (Wednesday, February 15th to Friday, February 24th inclusive).



We don't want you to have to interrupt your workout regimen during the coaches' absence. That's why the plan is to hold Open Gym hours with prepared workouts during this period. We'll arrange for someone to be present to open up the gym and write up the workouts during many of our regularly-scheduled hours for anyone who wants to work out.

The workouts we've selected will be suggestions of safe options to complete that do not require a coach present.

There will be **no charge** to your membership during our absence. Yup, you read right. We will credit any unused regular classes during these two weeks.

Please let us know if you have any questions.

momondays Pics!

Thank you to everyone who attended the October 24th momondays event. Lise and Louise were wonderful in assisting Hélène for the demo. They even met with her ahead of the event to ensure they knew the exercises and could execute them with confidence. What great role models and HUGE help!

Here are pictures of the event. Enjoy!



October Photo Box

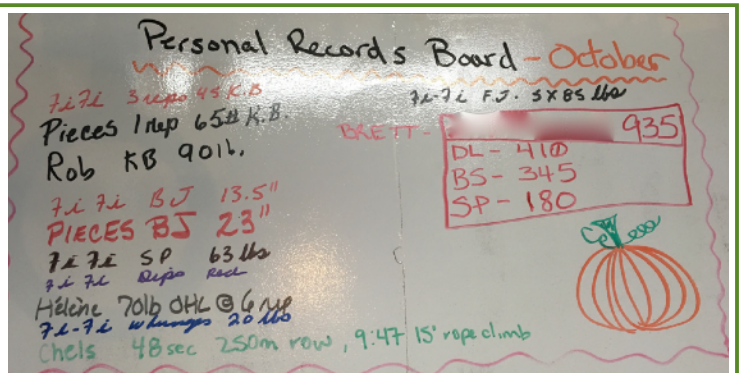
Want more?
Go to **WOD Pics**.



PR Board - October

Congratulations to Six CP athletes for setting new personal records:

- Louise, Lise and Rob - Kettlebell
- Louise and Lise - Box Jump
- Louise - Dips and Front Squat
- Hélène and Louise - OHL
- Chelsea - Row Sprint and Rope Climb
- Brett - Total



November Photo Box

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



PR Board - November

Congratulations to six CCF athletes for setting new PRs:

- Cheslea - Clean, Split Jerk, Bench, Snatch & Turkish Getup
- Lise and Louise - Strict Press, Back Squat & Turkish Getup
- Brett - Turkish Getup & Sumo Dead Lift
- Rob - Total
- Wendy - Back Squat

Personal Records Board - November

Rob CFT 550 - 6P 145
 Chels Squat clean 155, SJ #165 170, Bench 130#, Squat snatch 100#, TGU 50# 1min
 Wendy BS #79
 Pieces Strict Press 65#
 7i 7i SJ 3x 55LBS. 😊
 LARRY - BS - 230
 7i 7i Strict press 70lb
 7i 7i B.S 120lb
 Brett TG.U 62.5lb, SUMO DL 375lb
 7i 7i 15lb TG.U
 Pieces - 35# TG.U & 195# Sumo DL

Chrysalis Presents

HOLIDAY RECOVERY



Luc and H el ene invite you to join us for good eats and fun times post Holiday Season.

Come prepared to celebrate having survived another year end celebration.

Woot woot!

Cost? None, but we always accept smiles. :)

When: Thursday, January 19th

Time: 7pm to whenever

Who: Chrysalis folks & friends

What to bring: Your good cheer!



date
01/19/2017

Event
HOLIDAY RECOVERY

time
7PM

Chrysalis is not responsible for any adverse effects resulting from having too much fun. Excess laughter & good times may be hazardous to a lack of health & well being. If in doubt, consult your health care provider.