

# Wing Beats

Monthly Supplement for the Chrysalis Community

Issue No. 45 Aug-Nov 2017

## Fundamentals - Donna and Patty Have Taken the Plunge!

Donna and Patty have started the Fundamentals program and are looking forward to joining Chrysalis.

**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 that offers participants a pressure-free intro to 35+ fundamental movements.

## Upcoming Events & Reminders

December 25th and 26th - Christmas and Boxing Day, Closed.

January 1st - New Year's Day, Closed.

**January 10th - Holiday Recovery Get Together (see poster p. 6)**

**March 7 - Baby Shower for Chelsea and Jamie (see p. 7)**

**March 17th to April 4th - Coaches away (see below)**

## Wing Beats is produced by:

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Visit our community:  
[ChrysalisPhysiques](https://www.facebook.com/ChrysalisPhysiques)

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## Happy Holidays

We'd like to wish everyone in our Chrysalis community a happy Holiday Season. We hope you enjoy your time with family and friends. This really is the time of year where we are most able to slow down and soak up all the goodness that surrounds us.



Looking back, a lot has happened this year, including new additions to the Chrysalis family, a wedding, new jobs, new adventures, a baby on the way and we're getting ready for more...it's a lot to be thankful for! Of course, every year also has its challenges, but just as we tackle WODs, we say "Bring it on!"

With that, we welcome 2018 with optimism. We can't wait to hear about everyone's stories of personal growth, both inside and outside the gym.

3...2...1...GO!

*Luc & Hélène*

## Coaches "Trippin'" (Again)

Luc & Hélène are at it again. Realizing how beneficial the trip to Costa Rica had been for them in 2017, they're planning another getaway. This time, it will be in the second half of March (Saturday, March 17th to Wednesday, April 4th inclusive).



Actual dock they'll be hanging around on in Guatemala.

They will be heading to Belize and Guatemala.

Details around what programming will be on the menu during their absence will be available once determined.

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

Please let us know if you have any questions or concerns



# August Photo Box

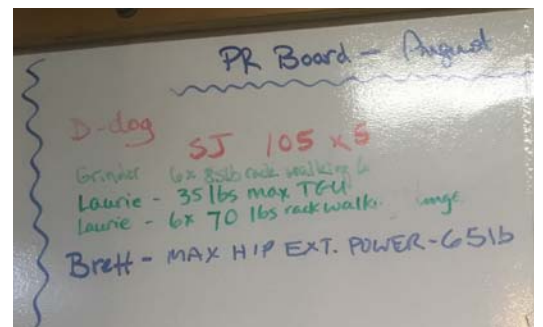
Want more?  
Go to **WOD Pics**.



## PR Board - August

Congratulations to four CP athletes for setting new personal records:

- Danielle - Split Jerk
- Laurie - Turkish Get Up
- Brett - Max Hip Extension on GHG
- H el ene - Barbell Walking Lunges

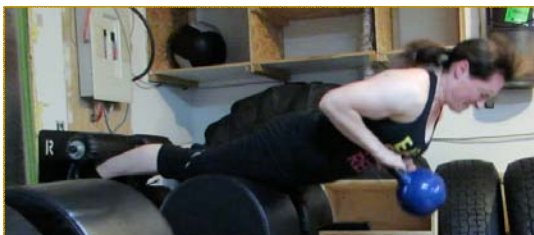




# September Photo Box

Want more?

Go to **WOD Pics**.



## PR Board - September

Congratulations to five CP athletes for setting new personal records:

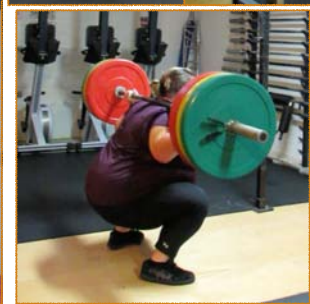
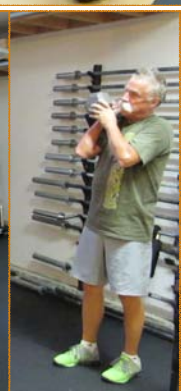
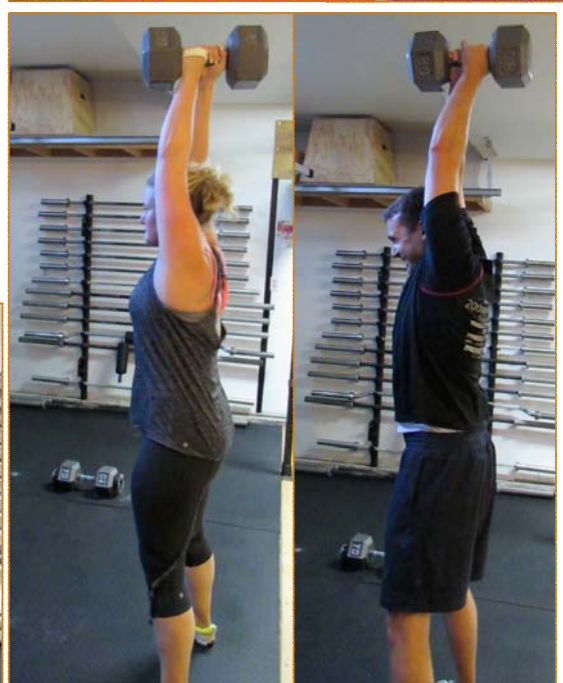
- Laurie - Baseline & Inverted Ring Push Up
- Louise - Bench Press (Twice!) & Box Jump
- Lise - Bench Press
- Jamie - Split Jerk & Baseline
- H el ene - Inverted Ring Push Up





# October Photo Box

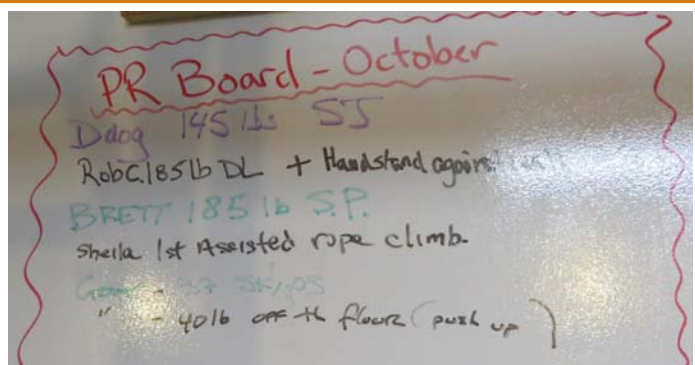
Want more?  
Go to **WOD Pics**.



## PR Board - October

Congratulations to five CP athletes for setting new personal records:

- Danielle - Split Jerk (again!)
- Rob C. - Dead Lift and Hand Stand
- Brett - Strict Press
- Sheila - Rope Climb
- Griff - Skipping & Push Up

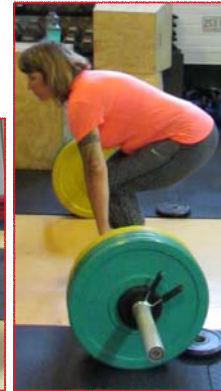
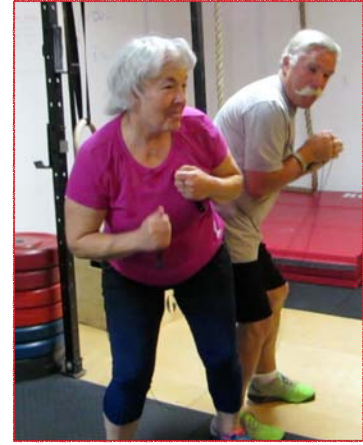




# November Photo Box

Want more?

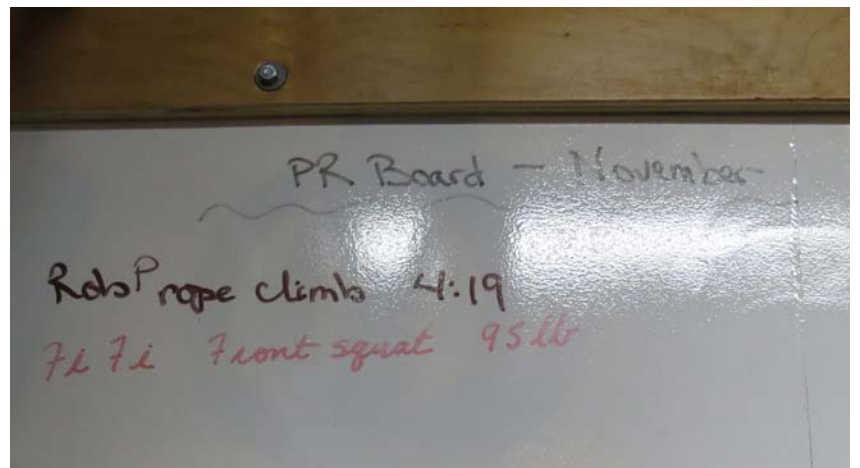
Go to **WOD Pics**.



## PR Board - November

Congratulations to two CP athletes for setting new PRs:

- Rob P. - Rope Climb
- Louise - Front Squat



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 thrived during (or survived) another year end celebration.

Woot woot!

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

**When:** Wednesday, January 17th

**Time:** 7pm to whenever

**Who:** Chrysalis folks & friends

**What to bring:** A "clean eating" dish of your choice to share  
RSVP by January 14th to [info@chrysalisphysiques.com](mailto:info@chrysalisphysiques.com)



date

**01/17/2018**

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





Chelsea and Jamie are expecting  
their first in mid-April!

Let's throw them a baby shower  
before they become busy parents  
to a bouncing baby boy.

**When:** 6 - 9pm on Wednesday, March 7th

**What to bring:** Something for the happy couple :)

**Other:** We will be serving light refreshments

**PLEASE RSVP by March 1st to**  
[info@chrysalisphysiques.com](mailto:info@chrysalisphysiques.com)

