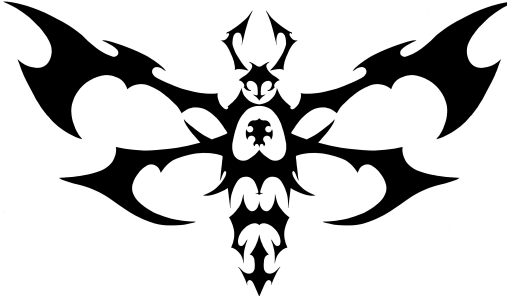


# Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 23 March 2014

### Chrysalis CrossFit Online

CCF's online presence is getting a facelift. We are revamping our online presence to incorporate many features you have been asking for. See p. 2 for more.



### Upcoming Events & Reminders

- April 17 - CCF Spring Potluck (p.4)
- April 21 - Easter Monday, CCF OPEN
- May 19 - May long - CCF CLOSED
- May 24 - CCF's 2-year Anniversary (p.5)
- July 1 - CANADA Day CCF CLOSED
- Aug 4 - Aug Long CCF CLOSED
- Aug 16 - Dirty Donkey (are you in?)

### Spring Is In The Air

Join us for our Spring Potluck on April 17. See details on page 4.



### Wing Beats is produced by:

[chrysalisphysiques.com](http://chrysalisphysiques.com)  
[chrysaliscrossfit.com](http://chrysaliscrossfit.com)  
 46 Georges Forest Place  
 (204) 233-1000



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



Follow us on Twitter:  
[@ChrysalisCF](https://twitter.com/ChrysalisCF)



## Dirty Donkey 2014

The Dirty Donkey 2014 is on! The event will take place on Saturday, August 16th. As mentioned in an email to our membership on March 19th, we have two Chrysalis teams signed up this year, both for the 2:30pm heat:

**Team Chrysalis:** Goal is to finish the obstacle while having a blast. Team Captain is Belinda and Coach is Hélène.

**Team Chrysalis Too:** Goal is to blast through the obstacle course at top speed. Luc is Team Captain and Coach.

We also plan on having a get together afterwards to celebrate the event, similar to what we did last year. Who's ready to get dirty? If you know you want in, please sign up using the instructions in the email we sent out March 19th (password needed). Signing up for CCF's teams is also open to family and friends. The more the merrier, but don't wait too long. The event sells out!



## Dead Lift Challenge

Well, it's been two months since we started the DL challenge and everyone has been getting STRONGER! It's been a hit so far, so we've decided to extend the challenge for an additional month. The bars will be available pre/post WOD until April 30th.

## CrossFit Journal



Upcoming WingBeats issues will include a list of our favourite CFJ finds to take some of the guess work out of navigating the enormous amount of information available on this important resource.. The CFJ features video, audio and PDFs related to all aspects of training, including nutrition and mindset.

CCF makes the CFJ available to all members via the computer in the member lounge. Don't hesitate to take a look from home as well. A number of the articles are FREE. Visit [journal.crossfit.com](http://journal.crossfit.com) today!

## CCF Swag For 2014

Last month, we asked you what Chrysalis CrossFit swag you would like to see for 2014...and you answered!



*Thank you for your input!*

### Here were your suggestions:

- Clothing: zip up hoodies, moisture wicking Ts and new T-shirt design(s)
- Sports bags
- Flax bags
- Water bottles
- Towels
- Keychains
- Pens



We'll start working on it and see what we can come up with. If there's anything above that you would absolutely love, speak up! It might make a difference. We will announce the selected item(s) in May.

# Chrysalis's Online Presence Is Getting A Facelift!

After two years of having a basic website supported by Facebook, Twitter & MBO, Chrysalis CrossFit's Online presence is getting a major facelift this year!

We are working on a new and improved site that will offer many of the features that you, the members, and potential members & friends, have been asking for. Namely, the ability to:

- Comment on pictures and posts without needing a FB account.
- Access whiteboard results after the fact to track your performance and celebrate everyone's achievements.
- Have easy access to current and previous WingBeats newsletters without having to receive an email attachment.
- Sign up for the newsletter, email updates and more right online.
- Receive [chrysaliscrossfit.com](http://chrysaliscrossfit.com) updates via FB and Twitter accounts.
- Send family, friends or others to a site that offers a better sense of who we are

and what we do. Get up-to-date CCF info without having to wait for email notifications and/or the monthly issue of WingBeats.

...and more!

- Access the site on any mobile device.
- Share CCF information via social media at the click of a button.
- Read a brand new CCF Blog that will offer information on Chrysalis CrossFit and happenings from the fitness world, including our take on why it might matter to you.
- Quick links to our favourite online resources.

We will be working on the improvements during the month of April and May and will have the new site available to check out as we celebrate two great years as a CrossFit Box on May 24th (see poster p. 5).



## Wanted: Testimonials

Do you want to share your Chrysalis CrossFit successes? If you want to offer a testimonial that we can include on the new CCF site, please send it our way at [info@chrysaliscrossfit.com](mailto:info@chrysaliscrossfit.com).

You can include information such as: your personal successes, what you like about being a member, what you think makes us different, and any other aspect of CCF that you think others should, or would like to, know in evaluating whether or not this gym might be right for them.

## As Always, We Welcome Your Input

Much of what we offer in services, events and information online is based on feedback from you, our members.

Have you been meaning to offer us some feedback regarding what you would like to see online? There's still time!

Share your feedback ASAP. We'll incorporate what we can or keep your suggestion(s) on file for future enhancements.

## Managing Classes Online Yet?

If you're not, you might be missing out! Managing your class schedule [online](#) offers many benefits, such as:

- Seeing how many spots are available in any given class, up to 45 days in advance.
- Signing yourself (and other members!) up for a class.
- Viewing your confirmed schedule at a glance.
- Cancelling a class you know you can't attend.
- Rescheduling a class.

You can also view and/or manage your information:

- Contact & other personal info
- Visit & purchase history (2014 forward)
- Purchase history (2014 forward)

Chrysalis CrossFit - Online Store & Scheduler

Log in with Facebook
 Log In

**Been here before?**

If you've already created a personal login, then please enter your information below to continue.



Forgot password? **Log In**

**New to our site?**

Please enter your first and last names, then click the button below to continue.



**Next >**

## Hey, What Were Those Posters All About?

You may have noticed posters at the front of the property during the month of March. They were hard to miss given the contraptions we needed to use to display them in 4 ft of snow for two weeks.

After a two-year trial run (2012-2014), the city required us to reapply for what is called a "conditional use" variance, which allows us to use a residential space for commercial purposes (the CCF gym).

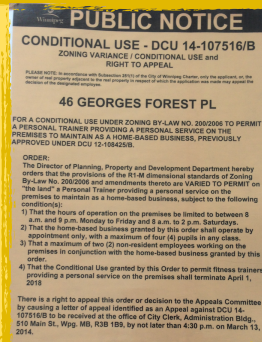
We are lucky to have fabulous neighbours who offered us a total of 10 letters of support to enable us to continue operating in our existing space. Incidentally, two of these neighbours are also Chrysalis CrossFit members.

As a result, we have been successful in gaining approval for continued use of this space for an additional 5 year!

Thank you very much to all the members who have helped us keep our relationship with local residents by:

- Driving respectfully down our cul-de-sac.
- Parking in the Chrysalis CrossFit driveway whenever possible.
- Car pooling & walking to the gym whenever possible.
- Keeping street-level noise to a minimum.

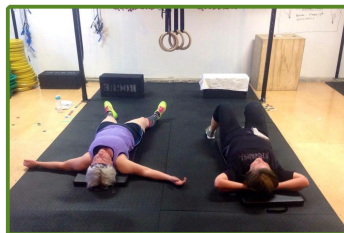
Here's to many more years of blood, sweat and PRs, CCF-style!



# March Photo Box



Right: Lise and KDog recovering after a brutal AMRAP



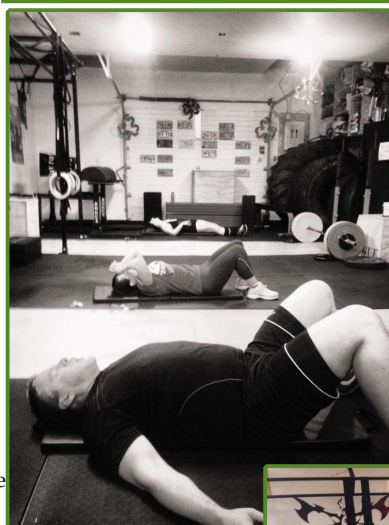
Far Right: Tina and Brett play plank patty cake

Above: Happy St. Patrick's Day!

Left and Below: Luc put everyone through the grinder with a reverse DB pyramid. He showed no mercy, not even Belinda (left) and Brett (below).



Above: Soraiya and Taran had a rare opportunity to play medicine ball sit-ups with their dad Nishad and Luc.



Above Right and Right: Lise, James and Nishad practice OHSs.

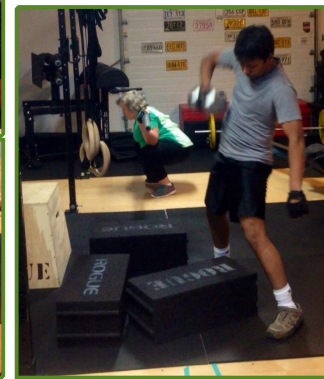
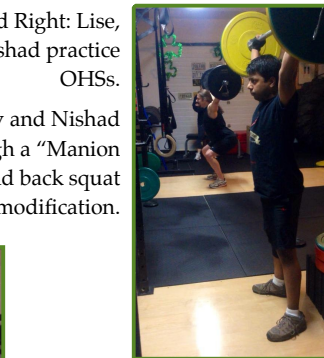
Below Right: Rory and Nishad work through a "Manion WOD" row and back squat modification.

Right: Brett, Hélène and Tina needed some time to recover after Luc coached them through the same brutal AMRAP as Lise and Karlene completed (see top middle pic). All three maintained a great pace throughout.

Below: Tina (left) and Lise (right) put some serious work into their dead lifting this month. Most impressive, given they were each dealing with some health challenges. Nicely done!

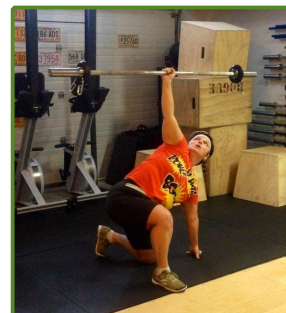


Right and Below: Jeremy, James, Heather and Nishad managed rowing sprints and rolling - it sucked!



## PR Board

There were a ton of PRs this month (pun intended). Congratulations to Karlene, James, Lise, Brett, Nishad, Rory and Belinda for their accomplishments in improving their back squats, box jumps, turkish getups, and dead lifts.





RSVP by April 15th to [info@chrysalisphysiques.com](mailto:info@chrysalisphysiques.com)

# CCF SPRING POTLUCK

Thursday, April 17, 2014

**Who:** Chrysalis CrossFit family & friends

**What to bring:** A paleo dish of your choice, please let us know what you will bring

**Where:** 46 Georges Forest Place, Winnipeg

**Time:** 7pm to 10pm

Want to share a paleo meal (and the amazing recipes that underlie it) with your CCF friends and family?

Then join us on the Thursday right before the Easter Long Weekend.

We will have our regularly-scheduled classes that day, followed by good eats and great company as we celebrate the start of nicer weather ...and does that EVER DESERVE A CELEBRATION!



# We've Reached Our

# TERRIBLE TWOs

## Help Us Celebrate Our 2-year Anniversary!



### Here Are the Details:

- Who: CCF members, family and friends
- What: Chrysalis CrossFit is 2 Years Old!
- When: May 24, 2014, from 12 to 4pm
- Where: CCF, 46 Georges-Forest Place
- Why: To say THANK YOU and have fun!
- What's planned: Free workouts/demos, refreshments...and more!

