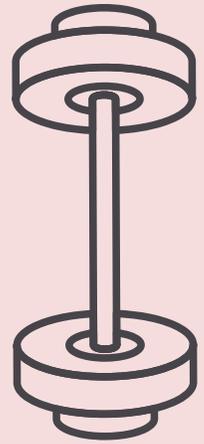


NEWSLETTER

THE AQUANAUT

Canada Games Aquatic Centre



NEW FITNESS CLASSES

- TRX: Mon @ 7:30 am
- Zumba: Mon @ 5:30 pm
- Balanced Body: Tues @ 10:15 am
- Kettlebell: Wed @ 7:30 am



TRAINER TIPS

Watch your portion size:

Try intervals- switch up your regular lifting routine by decreasing the weight and going for a timed interval (with controlled movement) and rest period. You can vary the work-rest ratio several ways 20/10, 40/20, 60/30 and so on. This will help increase EPOC and burn more calories throughout the day.



STEPHANIE SAVAGE

ABOUT - Steph was first exposed to yoga in Toronto at a body positive studio back in 2015 and she's been hooked ever since! With a background in power lifting she noticed some muscle stiffness that limited her range of motion. A friend suggested she take a yoga class to help stretch out her muscles and after her first class, Steph discovered so much more. Her love for yoga grew and last year she took her teacher training to become a certified instructor. Teaching primarily Hatha yoga she also works with older adults with limited range of motion and has experience in teaching chair yoga. Steph has a fondness for accessibility and believes strongly that everybody should be able to practice yoga. She considers herself a student for life always learning new forms and evolving her practice to meet her students needs.

MEET YOUR INSTRUCTORS

Each newsletter we'll introduce you to some familiar faces around the CGAC!

Get to know your instructors and their teaching styles to pick the perfect class for you!

EXERCISE OF THE MONTH



The Agility Ladder Power Push-up

This is an advanced exercise used for building power in the upper body. It requires a high degree of strength, skill and coordination. Virtually every muscle is used.

To do this exercise start by straddling the first agility ladder rung with both arms. Assume the push-up position, then use maximum power to propel your upper body into the air. At the same time push off laterally so that you are able to straddle the next rung. If you land correctly, your head should be aligned with each agility ladder rung. Continue the power push-up down the remaining ladder squares. Be sure to perform the exercise in the opposite direction so that both sides of the body are worked equally.



ANNUAL MAINTENANCE SHUTDOWN

Canada Games Aquatic Centre

ANNUAL FITNESS + POOL CLOSURE

- Please be advised we are scheduled to have our annual maintenance shutdown from Dec. 23rd - Jan. 1st and will reopen Jan. 2nd.
- Members of the CGAC may use the YMCA of Greater Saint John during our shutdown by presenting their membership card and ID at the YMCA Front Desk
- The CGAC will re-open for our regular hours on Tuesday, January 2nd, 2020.

SWIMMING LESSON REGISTRATION

- Winter 2020 lessons are now available for viewing on our website. (Aquatics > Lesson Schedule)
- Registration open!
- Online registration will be available throughout our closure.
- We re-open to the public on Tuesday, January 2nd and any final in-person registration can take place before lessons begin. Winter 2020 lessons will start the week of January 5th, 2020.

'TWAS THE NIGHT BEFORE CHRISTMAS, ALL THROUGH THE GYM...



Men and women worked out, looking healthy and fit.
Dumbbells were being lifted, heavy ones at that,
Treadmills were going, getting covered in sweat.
Butts squeezing tight, abdominals braced,
Cement your heels to the floor, and relax your face!
Keep your chest open, it's a hinge, not a squat.
Sit your hips back, is that all you've got?
Jen in her hoodie, Stephanie in her fleece,
Kept the morning going, while thinking,
"Darn, it's warm on the beach."
Leona in the class, hopping and skipping,
No morning coffee for her, we don't want her tripping.

Bear crawls and push-ups, TRX rows, squats and swings,
Kim loves burpees, among other things.
Steps and weights all get the job done,
Keep working hard, don't forget to have fun!
The power rack it sat, with weight plates abound,
In hopes someone strong would push it around.
The finisher was coming; the end was so near,
John got the steps out, before they all disappeared.
Aisha set the timer, with rest time included.
Huffing and puffing, they didn't dispute it.
The music was loud, the atmosphere energetic,
Terry whistled a tune, unapologetic.
A quote on the door inspired them all,
"You're going to sweat in here, once and for all."
Hard work, determination, perseverance and sweat,
Carla exclaimed, "Don't you dare give up yet!"
When suddenly, in the parking lot there arose such a clatter,
We ran to the door to see what was the matter.
And what to our wondering eyes should appear,
But Jason, our boss, complete in his gear.

Ready to squat with sleeves on his knees,
He got out of his truck and moved with such ease.
His muscles were pumped, yet he came for some more.
High reps and heavy workouts never left him on the floor.
With a loud huff and a breath into his chest,
He squatted to 100, and then took a short rest.
"Ah, that felt good," he happily exclaimed,
"Now I'm done for the day, I don't feel ashamed."
"My message is simple, but bold and to the point,
Build strength in small increments and save all your joints.
Evolution is the solution - plan your New Year's resolution.
Get strong, then get stronger, there's no substitution."
"Strength is a skill; it takes care of all things,
Embrace it and practice it, see what it brings."
He shouted this to all, then stayed awhile longer,
And left saying, "Have a very Merry Christmas,



SPECIALTY FITNESS CLASSES:
Jan 6th - Mar 1st | must be 5 participates to run

Vol 1 Issue 4



VACATION TRANSFORMATION

Mon + Wed @ 6:00pm

Non-members \$170 | Members \$140 (+HST)

Vacation season is right around the corner! You have your destination, outfits, and activities figured out—the last step is to become your best self. This class includes two killer cardio and muscular strength workouts/ week. It also includes dietary info to redefine your body like never before!

COMMIT TO BE FIT

Mon + Tues + Fri @ 6:00pm

Non-members \$220 | Members \$160 (+HST)

If you are looking for a comprehensive health and fitness program, you have found it! With two scheduled workouts/week and weekly health talks, you will surely reach your goals. Our certified trainers along with input from a Registered Dietician will provide the essential components to help you along your journey to health.



FITTING INTO FITNESS

Wed @ 6:30pm

Non-members \$70 | Members \$40 (+HST)

For those beginning their fitness journey or starting anew, this is a welcoming atmosphere to start. This low-impact class offers more resistance to basic movements. As the program progresses, additional training techniques and information will be introduced in order to help you learn the skills needed to enhance your current fitness level. You will learn the skills needed to enhance your current fitness level!

HOLIDAY DISHES FROM AROUND THE WORLD



African: Kwanzaa
Peanut and Squash Soup



English: Boxing Day
Turkey-Mushroom Bread Pudding



Iranian: Shab-e Yalda
Saffron and Carrot Halvah



Hindu: Makar Sankrat/ Pongal
Sesame Sweets



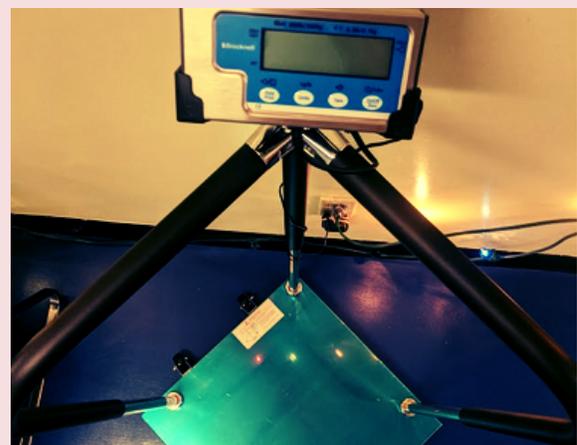
Jewish: Hanukkah
Two-Potato Latkes



Muslim: Eid ul-Fitr/ Hari Raya Puasa
Garlic Chicken

WE WOULD LIKE TO THANK THE SAINT JOHN SPORTS MEDICINE CLINIC!

They have graciously gifted the CGAC with a state of the art scale! It's very accurate and simple to use. It is just outside the clinic if you would like to try it out.



REDUCED FITNESS SCHEDULE

December 16th - December 22nd

Please note: There will be no fitness classes from

Jan 3rd-Jan 5th. The Winter schedule will begin on **Monday, January 16th.**

TIME	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND	LEGEND
6:00AM						FIT SWIM (COMPETITION POOL)		AQUATICS
6:45AM								CARDIO & TONING STUDIO A
8:45AM						SPIN (SPIN ZONE)		CARDIO & TONING STUDIO B
9:00AM		DEEP H2O (DEEPEPEND COMPETION)		DEEP H2O (DEEPEPEND COMP)		SUPERSWEAT (STUDIO B)		SPECIALTY (\$)
9:30AM	MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)			YOGA STUDIO B
10:15AM		YANG YIN YOGA (STUDIO B)						SPIN ZONE
11:15AM	*ARTHRTICS (\$) (LEISURE POOL)		*ARTHRTICS (\$) (LEISURE POOL)		ARTHRTICS (\$) (LEISURE POOL)	FALL POOL HOURS (BEGINNING SEPT 3RD)		
12:10PM	ACCUMULATOR (STUDIO B)	METABOLIC MELT (STUDIO A)	BUTTS & GUTS (STUDIO B)	SPIN (SPIN ZONE)	PYLATA (STUDIO B)	MONDAY - FRIDAY	6:00am-2:00pm, 4:00pm-8:00pm	
	AQUACISE (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUA TABATA (LOWER LEISURE)			SATURDAY	6:00am-8:00am, 12:00pm-4:00pm	
	FIT-SWIM (COMPETITION POOL)	DEEP H2O (COMPETITION POOL)	FIT-SWIM (COMPETITION POOL)			SUNDAY	8:00am-10:30am, 2:00pm-4:00pm	
12:30PM	HIIT (STUDIO A)		TRX-CIRCUIT (STUDIO A)	DUMBBELL COMPLEX (STUDIO A)		FALL FITNESS HOURS (BEGINNING SEPT 3RD)		
4:30PM						MONDAY - FRIDAY	6:00am-9:00pm	
5:30PM	CIRCUIT WORK-IT	HIIT (STUDIO A)				SATURDAY	6:00am-4:00pm	
6:00PM				FIT-SWIM (COMPETITION POOL)		SUNDAY	8:00am-4:00pm	
6:30PM	TRANSFORM (STUDIO B)	VINYASA YOGA (STUDIO B)	YIN YOGA (STUDIO B)	SPIN & SCULPT (STUDIO A)		 Canada Games Aquatic Centre Centre Aquatique Jeux du Canada		
7:30PM	DRUMS ALIVE (STUDIO B)	AQUA-TABATA (LOWER LEISURE)	AQUACISE (LOWER LEISURE)	AQUA BOOTCAMP (LOWER LEISURE)				
ANNUAL SHUTDOWN: DEC 23RD - JAN 1: RE-OPEN TUES JAN 2ND								

WINTER 2020 SCHEDULE

January 6th-March 1st

WINTER 2020 FITNESS SESSION: JANUARY 6TH - MARCH 1ST								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LEGEND
6:00AM						FIT SWIM (6-7:10) (7:10-8:20) (COMPETITION POOL)		AQUATICS
7:30AM	TRX FOR BEGINNERS (STUDIO A)		KETTLEBELL BASICS (STUDIO A)					CARDIO & TONING STUDIO A
8:45AM						SPIN (SPIN ZONE)		CARDIO & TONING STUDIO B
9:00AM		DEEP H2O (DEEPEPEND COMPETION)		DEEP H2O (DEEPEPEND COMPETION)		SUPERSWEAT (STUDIO B)	RIP (STUDIO B)	SPECIALTY (\$)
9:30AM	MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)			MIND BODY STUDIO B
10:15AM		BALANCED BODY (STUDIO B)					BEGINNER YOGA (STUDIO B)	SPIN ZONE
11:15AM	*ARTHRTICS (\$) (LEISURE POOL)	* STRONG MOMS SWIM & SWEAT(\$)(LEISURE POOL)	*ARTHRTICS (\$) (LEISURE POOL)	STRONG MOMS SWIM & SWEAT(\$)(LEISURE POOL)	ARTHRTICS (\$) (LEISURE POOL)	WINTER POOL HOURS		
12:10PM	ACCUMULATOR (STUDIO B)	METABOLIC MELT (STUDIO A)	BUTS & GUTS (STUDIO B)	ESCAPE CIRCUIT (STUDIO A)	PYLATA (STUDIO B)	MONDAY - FRIDAY	6:00am-9:00pm	
	AQUA-FLOW (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUA-TABATA (LOWER LEISURE)	SPIN (SPIN ZONE)		SATURDAY	6:00am-4:00pm	
	FIT-SWIM (COMPETITION POOL)	DEEP H2O (COMPETITION POOL)	FIT-SWIM (COMPETITION POOL)	*SUP-FIT (COMPETITION POOL)		SUNDAY	8:00am-4:00pm	
4:30PM		PRIVATE TRAINING (STUDIO A)		PRIVATE TRAINING (STUDIO A)		 Canada Games Aquatic Centre Centre Aquatique Jeux du Canada		
5:30PM	ZUMBA (STUDIO B)	H.I.I.T (STUDIO B)	*BELLY FIT (STUDIO B)	SPIN & FLOW (STUDIO B)	SPIN (SPIN ZONE)			
6:00PM	(\$)VACATION TRANSFORMATION (STUDIO A)	*COMMIT TO FIT (\$) (STUDIO A)	(\$)VACATION TRANSFORMATION (STUDIO A)	FIT-SWIM (COMPETITION POOL)	*COMMIT TO FIT (\$) (STUDIO A)	Please Note: All "Specialty" classes require registration and associated fees. A minimum number of participants is required to run each class. No refunds due to storm days.		
6:30PM	TRANSFORM (STUDIO B)	AQUACISE (LOWER LEISURE)	YIN YOGA (STUDIO B) (\$)FITTING INTO FITNESS (LOWER LEISURE)	CORE DE FORCE/INSANITY (STUDIO A)				
7:30PM	AQUA-TABATA (LOWER LEISURE)	DRUMS ALIVE (STUDIO B)	AQUA-BOOTCAMP (SHALLOW COMP)	AQUACISE (LOWER LEISURE)				