September 2019 Vol 1 Issue 1

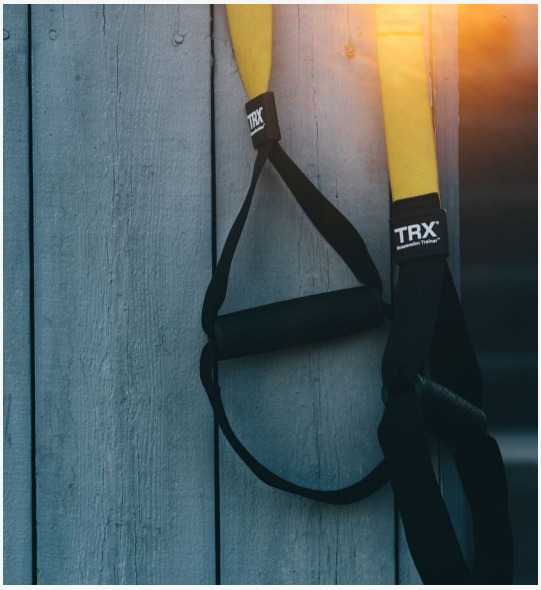
NEWSLETTER

THE AQUANAUT

Canada Games Aquatic Centre

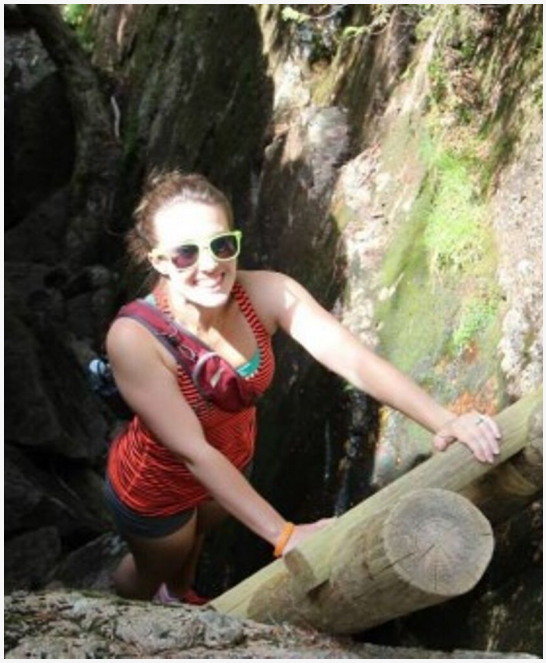
NEW FITNESS CLASSES

- Athletic-U: Mon @ 12:10pm
- Belly-Fit: Wed @ 5:30pm
- Circuit-Workit: Mon @ 5:30pm
- Core de Force: Tues @ 5:30pm
- Drums Alive: Mon @ 7:30pm
- Dumbbell Complex: Thur @12:30pm
- Fun & Fit Friday: Fri @ 12:10pm
- Spin & Sculpt: Thurs @ 6:30pm
- NEW Spin: Fri @ 5:30pm
- Transform: Mon @ 6:30pm
- Tone It Up: Tues @ 12:10pm
- TRX Circuit: Wed @ 12:10pm



7 TRAINER TIPS

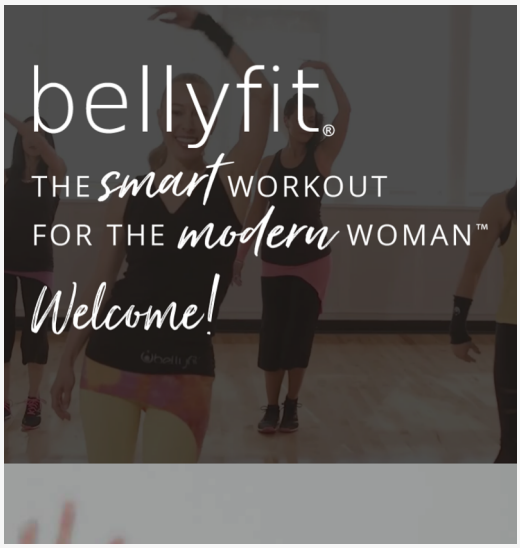
1) Choose a goal
2) Keep the right attitude
3) Know your limits
4) Keep increasing the weight
5) Take rest days
6) Don't forget your legs
7) Stretch & flex



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!



STEPHANIE GALBRAITH

Stephanie is a Group Fitness Instructor working in all levels of the population from Moms and Babies to Older Adults.

Stephanie is a fitness Professional with certifications in Group Fitness, Pre and Post Natal Fitness, training in Bellyfit® and BOSU®. Along with her fitness training she has a Bachelor of Arts Degree from UNBSJ majoring in Sports and Exercise Psychology.

Stephanie loves all her classes but gets great reward working with new moms on building both physical and mental strength as they navigate their new role of mom.

Stephanie is committed to spreading the love of movement with anyone who will listen. She strongly believes movement is one of the best medicines and wants to make it as fun as possible so you want to keep on moving.

A heads up for anyone who attends one of Stephanie's classes: she doesn't stand still so be prepared for some dancing, singing and just plain moving around. It's okay to laugh or join in if you want. When she is not teaching or training for a race you will likely find her in the woods, at the park chasing her twin boys, at the beach or enjoying the water from her sailboat or paddleboard.

RECIPE OF THE MONTH

Check in with us each month for some tasty & healthy recipes you and your family can make at home!

RHUBARB OATMEAL COOKIES

Serves: 4 dozen
Prep Time: 15 mins
Cook Time: 10 Mins

Ingredients

1/2 C	Butter, softened
3/4 C	Brown sugar, firmly packed
1/2 C	Sugar
2	Large Eggs
1 1/2 tsp	Pure vanilla extract
1 3/4 C	Flour
2 tsp	Cinnamon
3/4 tsp	Freshly grated nutmeg
1 tsp	Baking soda
1 tsp	Salt
3 C	Old Fashion Oats
3 C	Rhubarb, finely chopped
1 C	White chocolate chips

Directions

1. Preheat oven to 375 degrees. In a large bowl beat butter, white & brown sugar together until creamy. Add eggs and vanilla and blend.
2. In a separate bowl sift together and blend your four, baking soda, cinnamon, nutmeg and salt. Add wet ingredients and blend until smooth
3. Add oats and rhubarb and stir with a wooden spoon until well combined. Add white chocolate chips and stir well.
4. Line a baking sheet with parchment paper and drop cookies by large spoonful onto paper.
Cook 9-10 minutes.

STRONG MOMS SWIM & SWEAT

Tuesdays & Thursdays @ 11:15am
September 10th - October 24th

This program is designed to bring fitness and balance to new mothers as they bond with their babies. Registration is required for members & non-members.

ARTHRITICS

Mon, Wed & Fri @ 11:15am
September 9th - October 25th

A water fitness program with your arthritis in mind. Designed to help those with arthritic conditions maintain a good range of motion, general strength and stamina.

BELLYFIT

Wednesdays @ 5:30pm
September 11th - October 23rd

This class blends Dance, Fitness & Yoga inspired moves.

Join Steph for 40 minutes of cardio/dance, 10 minutes of full-body toning, and 10 minutes of yoga inspired stretching and meditation.