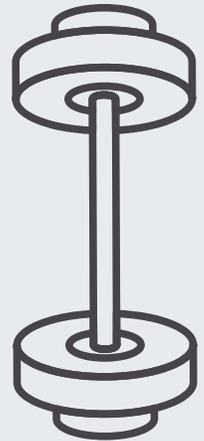


NEWSLETTER

THE AQUANAUT

Canada Games Aquatic Centre



NEW FITNESS CLASSES

- Transform: Mon @ 6:30 pm
- TRX- Circuit: Wed @ 12:30 pm
- Shred: Thurs @12:10 pm



TRAINER TIPS

Watch your portion size

In Fall and Winter time people tend to cook more nutrient dense meals. To prevent overeating, check with Canada's Food Guide on appropriate serving sizes. One serving of protein should be about the size of a deck of cards, a serving of cheese is about the size of your thumb and a serving of vegetables is about a cup.



SUSAN AINSWORTH

ABOUT - Susan is a Can Fit Pro Certified Personal Trainer Specialist and a Fitness Instructor Specialist, with over 20 years in the fitness industry.

Susan can be found in the pool a few noon hours a week, with a dedicated group of participants for Aqua Flow, Aqua Boot Camp and Deep H2O. She also enjoys teaching Cycling, Bosu and Cardio Core/ Body Pump. In 1979 Susan had the opportunity to represent New Brunswick at the Canada Winter Games in Brandon, Manitoba as a member of the NB Racquetball Team. This was a fantastic experience and her passion for fitness and wellness continues today.

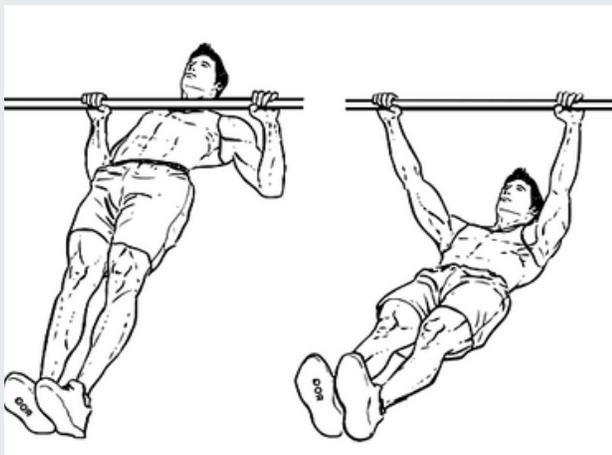
Susan exudes energy and a positive attitude in her daily life. She enjoys playing guitar and singing to keep the cognitive mind sharp. On the weekends Susan enjoys cooking, making fresh bread and wholesome healthy meals in preparation for the work week ahead.

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 reverse pull-up is an exercise that primarily targets your back and is a great modification for those who struggle with regular pull-ups or chin-ups.

Here's how to do a reverse pull-up:

- Start with your hands on the bar at shoulder-width, palms facing backwards.
- Bending your legs behind you (or keep them straight as pictured above), then hang with your arms straight.
- Keeping your chest up at all time, pull yourself up as high as you can.
- Return slowly to the bottom position.



ANNUAL MAINTENANCE SHUTDOWN

Canada Games Aquatic Centre

ANNUAL FITNESS + POOL CLOSURE

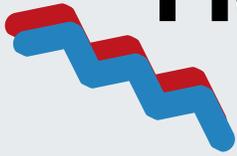
- Please be advised we are scheduled to have our annual maintenance shutdown from Dec. 23rd - Jan. 1st and will reopen Jan. 2nd.
- Members of the CGAC may use the YMCA of Greater Saint John during our shutdown by presenting their membership card at the YMCA Front Desk
- The CGAC will re-open for our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

SWIMMING LESSON REGISTRATION

- Winter 2020 lessons are now available for viewing on our website. (Aquatics > Lesson Schedule)
- Registration opens:
 - **Family Inclusive: November 25th**
 - **Member Registration: November 26th**
 - **Public Registration: November 28th**
- 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.

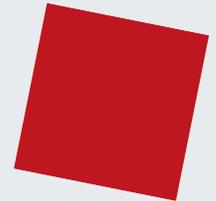


PROGRESSIVE 50/50 DRAW



Canada Games Aquatic Centre

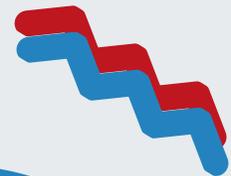
CONGRATULATIONS SUELLEN FOR WINNING OCTOBER'S 50/50 DRAW!



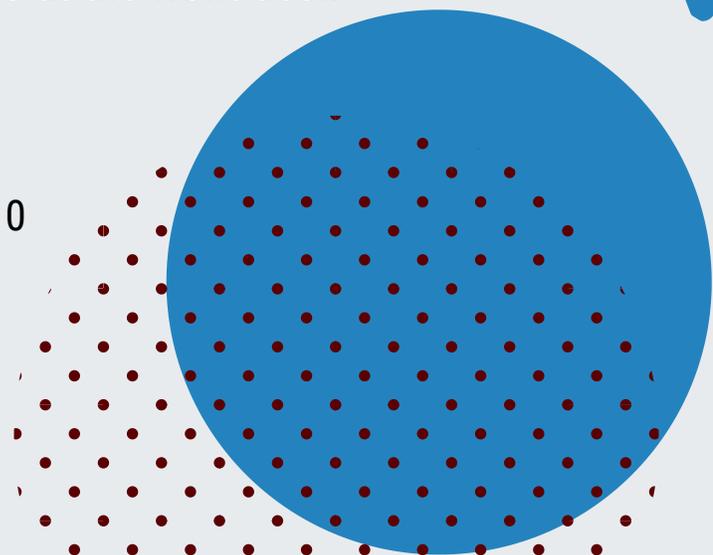
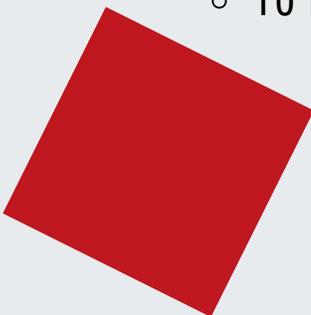
DON'T HAVE YOUR NUMBER YET?

- Purchase your numbers each month for a chance to win
- If there a non-winner this month, the pot rolls over to next months draw!
- Repurchase your numbers to be entered in the next months draw.
- The draw will be on the last Friday of the month! Check out our Facebook page to see it live!
- **Don't forget to repurchase your number before Nov. 29th!**

WHERE DO I PURCHASE MY NUMBERS?



- Numbers are available at the front desk!
- Numbers are:
 - 1 number for \$2
 - 3 numbers for \$5
 - 10 numbers for \$10





TRX-CIRCUT

Wednesday @ 12:30pm

Moving through a variety of total body exercises using the TRX suspension system will maximize overall body strength while utilizing one piece of equipment for ease and speed from exercise to exercise.

SHRED

Thursday @ 12:10pm

Shred is high intensity and endurance-based workouts utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.



TRANSFORM

Monday @ 6:30pm

Get ready to sculpt your core, legs, glutes, and upper body through the use of a step! Transform LIVE offers progressions and regressions that make the class accessible and effective for everyone!

RECIPE OF THE MONTH

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



SLOW COOKER BEEF STEW

Ingredients

- 2 pounds beef stew meat, cut into 1 inch cubes
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

Directions

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture.
2. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
3. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

LIFT REPLACEMENT INFO

Please note the CGAC will be conducting maintenance on our elevator/lift before our shutdown. The lift will be unavailable during this time.

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 **Monday, January 16th**.

REDUCED HOLIDAY SCHEDULE: DEC 16TH—DEC 22ND						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM						FIT SWIM 6:00-7:10 + 7:10-8:20 (COMPETITION POOL)
6:45AM						
8:45AM						SPIN (SPIN ZONE)
9:00AM		DEEP H2O (DEEPEPEND COMPETION)		DEEP H2O (DEEPEPEND COMP)		SUPERSWEAT (STUDIO B)
9:30AM	MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)	
10:15AM		YANG YIN YOGA (STUDIO B)				
11:15AM	*ARTHRITICS (\$) (LEISURE POOL)		*ARTHRITICS (\$) (LEISURE POOL)		ARTHRITICS (\$) (LEISURE POOL)	SUNDAY
12:10PM	ACCUMULATOR (STUDIO B)	METABOLIC MELT (STUDIO A)	BUTTS AND GUTS (STUDIO B)	SPIN (SPIN ZONE)	PYLATA (STUDIO B)	
	AQUACISE (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUACISE (LOWER LEISURE)			
	FIT-SWIM (COMPETITION POOL)	DEEP H2O (DEEPEPEND COMPETION)	FIT-SWIM (COMPETITION POOL)			LEGEND
12:30PM	HIIT (STUDIO A)		TRX-CIRCUIT (STUDIO A)	DUMBBELL COMPLEX (STUDIO A)		AQUATICS
5:30PM	CIRCUIT WORK-IT (STUDIO A)	HIIT (STUDIO A)		FIT SWIM (COMPETITION POOL)	SPIN (SPIN ZONE)	CARDIO & TONING STUDIO A
6:30PM	TRANSFORM (STUDIO B)	VINYASA YOGA (STUDIO B)	YIN YOGA (STUDIO B)	SPIN & SCULPT (STUDIO A)		CARDIO & TONING STUDIO B
7:30PM	DRUMS ALIVE (STUDIO B)	AQUA-TABATA (LOWER LEISURE)	AQUACISE (LOWER LEISURE)	AQUA-BOOTCAMP (LOWER LEISURE)		SPECIALTY (\$)
CGAC ANNUAL SHUTDOWN:				DEC 23RD— JAN 1ST		

Thank you

We would like to thank our members and users for their support over the past year. Our year-over-year membership numbers have increased in 2019 by 22% as of September. As you are aware, the Aquatic Centre has been taking steps to reduce our dependence on municipal funding. The Aquatic Centre has always been subsidized by the Regional Facilities Commission, but we have committed to and implemented an ambitious plan to reduce the amount of municipal funding required to operate. We appreciate our members and users' understanding and support as we work to ensure the long-term viability of our facility.

This spring we submitted our budget for 2020 to the Regional Facilities Commission, and we are happy to announce that our funding was approved at the requested level. This includes approved capital work, to decrease water and energy usage which we will begin in the early New Year.

We appreciate your continued support,

Elizabeth Moore

Membership Manager