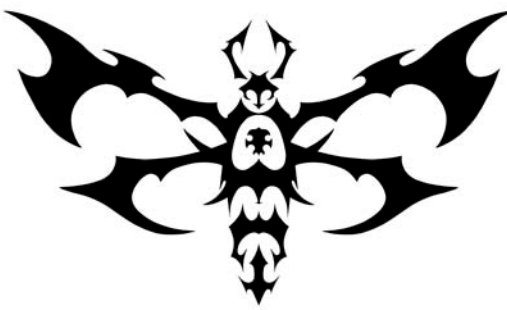


Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 1 May 2012

Grand Opening

Although Chrysalis Physiques has been training clients since 2009, Chrysalis CrossFit only opened its doors to members in April of this year! This was definitely cause for celebration. Read about the day in the segment below.

Welcome, Malibu

On May 19 Chrysalis CrossFit welcomed Malibu, a foster greyhound rescued by Hi Speed Hounds



of Winnipeg. Malibu is a retired racer with over 110 races, the majority in which she placed extremely well. She is underweight right now and needs a little TLC, so Hélène and Luc are helping her through, and hope to help her find her forever home

CCF on the Web!

We are now on the Web! "Like" us on [Facebook](#) to get full access to photos, events, and online resources and visit us at chrysaliscrossfit.com.



'Krys-uh-lis'

What's a chrysalis again? It's a cocoon. We like think of CCF as the place where you can "build your wings".



Grand Opening

Chrysalis CrossFit officially opened its doors to the public on April 19, 2012. Since then, we have been working busily to get our programming off the ground, and had the chance to celebrate our Grand Opening on May 12th.

Neighbours and Friends Welcomed

The garage doors were opened, signs and balloons strung up, and coffee and snacks were ready to go as we welcomed our first guests. Kids loved meeting Isabelle, our beloved "gym dog", and volunteers Grant and Chantale handed out helium balloons, which were a big hit for everyone under 48 inches. There was excellent membership and community representation from Burn In members,



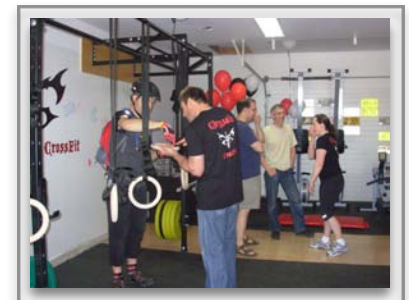
Balloons and Breadless Sandwiches were just part of the fun at the Grand Opening! It was a rare opportunity to learn about CrossFit, the community around Chrysalis, and to gather with friends and family.

neighbours, and friends. Big thanks to Lise for buying the first tshirt, and to Nicole for bringing the beautiful orchid arrangement!

Community Event

Although there was another CrossFit community event going on the same day, Matt Winchar and his team from Undeafated CrossFit stopped by to see the gym, and to meet everyone in person. All CrossFit "boxes" think of themselves as part of a

greater CrossFit community, and it was fantastic to have representation from another box in the city.



Hélène and Luc showed off the equipment we have to offer all day to friends, family, and members. Two brave souls, Angie and Ryan, did a WOD, and Luc and Karrie did a Fran demo at the end of the day. Suzanne, Wayne, James, Nishad, and Taran also volunteered, and we could not have done it without them.

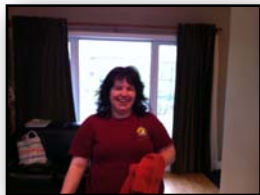
Big thanks to everyone that stopped by, helped out, or sent their well wishes. Our next community event in June is coming up, so check the Facebook page for details!

The Fab 4

Heather



Amazed by the changes in her daughter, Karrie, and son-in-law James, Heather was curious to try CrossFit to see what it was all about. With a recreational history that includes running, curling, and walking her beast-dog, Rex, Heather has developed a strong Pull Up, and is absolutely determined to master “that medicine ball thing”!



Nicole

Nicole has a background in kickboxing and Muay Thai, and is known for being extra encouraging to others in class, while consistently setting the standard for the pace in the group. We love seeing Nicole’s tenacity for training unleashed in a group setting, and she inspires us with her commutes to the gym by foot all the way from Corydon Village.



Lise

A passionate dog-owner and previous gym rat with dumb bell slinging experience, Lise is looking for new ways to work around her Rheumatoid Arthritis, and is using CrossFit to strengthen her joints and increase her work capacity, so that she can enjoy the outdoors and activities in her daily life, unencumbered. Lise has a fantastic Squat, and has never been *above parallel*!

The Deadly Duo



Kim

Hailing from East Selkirk, Kim was hooked after being referred by her sister, and longtime CP client, Krista ‘Thor’ Gibson. Kim has an athletic history that includes soccer and touch football, which she works around with an inhaler to manage Exercise-Induced Asthma. Kim is one of the coolest people you will ever meet. Try not to get along with her, it won’t work!

Karlene



Karlene likes that Chrysalis is a “sweat gym” like her old basement gym community centre. With a background in competitive rowing, Karlene has impressed us with her mental toughness and athleticism. A cheerleader for her fellow Fab 4 members, Karlene is also lifting some of the heaviest weights we’ve seen in Burn In, and we love her biceps!

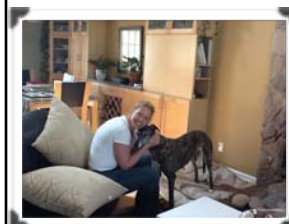
Meet our
New
Members!



Meet our new members and members in our introductory program: *Burn In*

Photo Box

Featured photos from our box this month



Krista and Belle being sweet, pre-WOD



James, after his first Baseline WOD



Ryan and Angie being coached through a WOD by Hélène at the Opening



Malibu and her daytime buddy, Karrie, on a Saturday morning

Our T-shirts Are Here!

We received a first shipment of our first Chrysalis “T” in time for our Grand Opening. We have unisex and women’s Ts from sizes S to XXL for only \$30! They are black and sport our cool logo shown on the right.

