



April 2010 Issue

Volume 26

You're invited to the Grand Opening **'CrossFit Bear Mountain'**

You and your guests are invited to attend the Grand Opening of our new gym, **CrossFit Bear Mountain**, on *Wednesday, April 21st at 6:00 pm*. Join us in the gym for light refreshments, membership information and the opportunity to win "One Month Free" CrossFit.

Until the grand opening of the new gym, we encourage you to experience CrossFit workouts – on us! **WARNING!** Be prepared to sweat!

What is CrossFit?

CrossFit is a sport – the sport of fitness! It is a strength and conditioning program that delivers a broad, general and all inclusive fitness program. It is constantly varied, randomized, functional movement executed a high intensity.

CrossFit specializes in not specializing, and in doing so, will make you a better athlete in sport and in life!

The CrossFit program is designed for universal scalability making it the perfect workout for all ages and fitness levels. The same routines are used for older individuals as are used for elite athletes. The needs of Olympic athletes and our grandparents differ by degree, not kind. The human body requires strength and conditioning in functional* movement to remain mobile and independent.

**Functional movements are movements that are performed in everyday life*

We look forward to training with you!

Days and Times:

Monday and Wednesdays: 6:30 am

Tuesday and Thursdays: 6:00 pm

Saturdays: 9:00 am

It's Spring...

The MAC Heads Outdoors!

Where has the time gone? It feels like we just began the new decade and here we are... already four months in! April brings exciting fitness opportunities for everyone. With the arrival of spring and daylight savings time in March, we can look forward to longer days and more outdoor activity.

The MAC is excited to offer new programs this spring that will take your fitness outdoors! Our new CrossFitters will experience Bear Mountain's local rugged terrain in their workouts! Join us – see what all the hype is about!

Watch for announced hikes throughout spring and summer into Goldstream Park. Whether you hike up the mountain to the summit or down to the base to take on the 'stair challenge', you'll love getting your sweat-on with a group of outdoor enthusiasts.

Tennis anyone...? This spring tennis lessons are being offered with professional tennis pro, *Marlow Mahoney*. Look ahead in the newsletter for more details.

Happy Easter!



From all of us at the MAC to all of you...Happy Easter!

A Touch of Easter History...

Easter is a Christian celebration of Christ's rising; it has also been called a moveable feast because it doesn't fall on a set date every year, as most holidays do. Instead, Christian churches in the West celebrate Easter on the first Sunday following the full moon after the vernal equinox on March 21. Easter is unique as it also has pagan origins. Where did the colored eggs, cute little bunnies, baby chicks, leg of lamb dinners, and lilies come from? They are all symbols of rebirth and the lamb was a traditional religious sacrifice.

How ever you decide to enjoy the Easter celebrations, have a little fun, hide some eggs and make it a family adventure.

Easter Weekend Club Hours:

With the Easter weekend fast approaching, we would like to remind you that all *Group Fitness classes will be canceled on Good Friday, April 2nd and Easter Monday, April 5th.*

Club Hours:

Friday, April 2nd	8:00am – 10:00pm
Saturday, April 3 rd	7:00am – 10:00 pm
Sunday, April 4 th	7:00am – 10:00pm
Monday, April 5th	8:00am – 10:00pm

Titlist Performance Institute (TPI) Golf & Fitness...Together at Last!

The golf season is fast approaching - are you ready? Check out this great program created especially for you!

Steve Sims, CPGA Professional, TPI certified, and Tanya Scheck, MAC Kinesiologist, are excited to offer a program that combines golf and fitness together with the goal of improving your game. Steve will guide you through a golf specific swing assessment to assess your strengths and weaknesses. Once this is completed, Tanya will design an exercise program based on recommendations made by Steve's swing assessment. This combined professional approach is guaranteed to improve your golf game and overall health.

Contact Steve or Tanya to start gearing up for the spring golf season! Book your appointment today!

Steven Sims

CPGA Professional
TPI Certified Golf Fitness Instructor
Email: ssims@bearmountain.ca
Cell: (250) 858-4805



Tanya Scheck

Fitness Professional
Kinesiologist
Email: tscheck@bearmountain.ca
MAC Phone: (250) 391-3758



Leave the Towels Behind!

Please remember to leave MAC towels in the laundry hamper once you have completed your workout. We have hampers in both change rooms and one in the lobby for easy disposal. In 2009, over 400 bath towels and 350 hand towels went missing.

We are currently working on a new towel distribution system to prevent further towel loss. In the meantime, *to ensure membership rates do not go up*, we ask all members to "please leave the towels behind!"

Thank you.

Sign up now!

MAC Triathlon Clinic

The 2009 Triathlon Clinic offered at the MAC was extremely successful. All participants who were registered trained hard and tested their new athletic skills by entering various competitions throughout the summer. With so many success stories, we decided to once again offer a Triathlon Clinic, beginning this April.

Training for a triathlon takes commitment, determination, and the spirit of adventure. It also requires a financial commitment. Coaches for the three disciplines are ready to train you! All we need from you is a financial commitment and the will to train!

Cost: \$250 per person, plus GST (that's only \$12.50 per coaching session!)
**Cost does not include race entry fee*

Date: The 10 week clinic gets underway **Monday, April 12th**. Participants will meet at the MAC Monday evenings from 6:00-7:30pm for a pool and bike session, and Thursdays evenings from 6:00-7:00pm at Frontrunners Westshore for a training run.
End date: June 17th at Frontrunners Westshore

Daily training assignments will be given to each participant to complete between the scheduled coaching sessions.

Your Goal: To compete at the New Balance Victoria Sprint Triathlon at Beaver Lake on **Sunday, June 20th**. Race distance: 500 metre swim, 25 km bike, 5 km run.

Meet your coaches:

Kelly Guest is a renowned triathlon coach with over 5 years of experience. Kelly has been among the top triathletes in the world. Some of his accomplishments include:

- ≈ Member of the 2002 Commonwealth Games triathlon team for Canada.
- ≈ 2007 Off-road Triathlon Elite Male of the year
- ≈ National Off-Road Triathlon Champion

Nick Walker has been a highly competitive runner for the past 14 years competing locally, nationally and even internationally. He was selected to the World Junior Cross Country team in 2001. He is a multiple provincial cross country, track and road running champion. He has helped coach athletes from beginner runners to successful Ironman triathletes.

Please forward your intent to commit along with your payment of \$262.50 (which includes GST) by **Friday, April 9th**. We look forward to being a part of your triathlon journey!

Cancer Awareness Month ~Yoga for Life~

Daffodil days are here...April is Cancer Awareness Month; the month where we support those battling cancer and celebrate the lives of those lost by purchasing daffodils.

Many of us have been touched by the disease in one form or another, whether it be personally, a loved one or an acquaintance. April is one month of the year where we give back to those living with cancer or who may have lost their life by giving a beautiful daffodil.

The story of the Canadian Cancer Society's daffodil campaign begins in Toronto in the 1950s. Volunteers used daffodils to decorate tables for fundraising teas for the Society. The bright, cheerful flowers created an atmosphere that radiated hope and a faith that cancer could be beaten. Jackie Brockie, a volunteer who worked at Eaton's, arranged for Lady Eaton to host a "Daffodil Tea" at the store, attended by 700 women.



In the spring of 1956 volunteer Lane Knight arranged a day for restaurants to give part of their receipts to the Society. Volunteers were on hand to give patrons a daffodil as a token of appreciation. When some recipients tried to pay for the flowers or make donations, the Society realized their potential as a fundraiser.

Volunteer Fran Shannon headed the team that planned daffodil sales in Toronto the following year. An anonymous donor paid for 5,000 blooms to be flown from British Columbia and that year more than \$1,200 was raised. Daffodil Days had truly begun!

Over the years other provinces and cancer organizations around the world have adopted Daffodil Days as a way to herald in April, Cancer Awareness Month. Today, the Canadian Cancer Society is the world's largest purchaser of daffodils. Here in Nova Scotia, hope arrives every spring with the sale of over half a million blooms.

In recognition of 'Cancer Awareness Month' the MAC will be featuring a "Yoga for Life" class with Megan Fraser. Please join Megan on **Sunday, April 18th** at **9:30 am** in support of this worthwhile cause. There is an optional "by donation fee" to participate with all proceeds being donated to the BC Cancer Society.



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Months must be used consecutively

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Infrared Sauna
10 Visit Punch Pass



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Get your groove on with...

Hip Hop!

Hip Hop is a funky style of dance that is fun, positive and filled with high energy! Your instructor, Tara Meyer, will teach you the latest dance steps set to popular music that will make you want to move. It's all about finding your inner confidence and adding your own personal flavour ...*with attitude!* This class combines Hip-Hop and cardio to get you into the bathing suit shape while having fun and learning some of the freshest moves that you can actually use on the dance floor. Be sure to wear loose comfortable clothes and clean sneakers.

Start Date: Tuesdays evenings, beginning April 6th

Time: 7:00 – 8:00pm

Cost: *No charge for the month of April!*

Meet Your Instructor, Tara Meyer:

Tara started training in dance at the age of nine and became a professional dancer at sixteen. She has performed in various disciplines in a variety of stage shows, TV and film work. Her training includes: *Princess Grace Ballet School, Monte Carlo, Monaco; Ecole Superieure de Danse, Montreal, Quebec* and *The Edge, Hollywood, California.*

Tara began teaching in 1999 when she became an instructor and choreographer in ballet, lyrical, jazz, hip hop and belly dancing. She has taught strength, stretch, flexibility and muscle conditioning to dancers, skaters, hockey players and women of all ages. In 2003, Tara was chosen by Kelly Kono (Janet Jackson and Justin Timberlake's Dancer) as *Canadian Female Dancer of the Year*. From there, Tara accepted the position as lead dancer in production shows with Princess Cruises where she worked until 2008.

While traveling and performing abroad, Tara spent any free time she had expanding her knowledge by becoming a Registered Pilates Instructor and also enrolling in an extensive Personal Fitness Trainer diploma program through NAIT (Northern Alberta Institute of Technology).

Her goal is to create a comfortable environment for her clients so they will achieve their personal fitness goals, relieve stress, gain fulfillment, feel stimulated and have fun while doing it! Her hope is to inspire people to better themselves, to enhance their self-image and self-confidence.



Tennis Lessons Now Available

Whether you are a beginner or been in the game awhile, all tennis players can benefit from instruction. If you are a beginner wanting to learn tennis, then lessons with a professional are the best way to get started. If you are a skilled player, then fine tuning your skills with tennis pro will give you the advantage over your opponent. Whatever your skill level, we are excited to introduce Tennis Pro *Marlo Mahoney* who will either get you in the game or keep you ahead of the serve!

Formerly a Tennis Instructor for the Kelowna Recreation Department, Marlo comes to us with an extensive playing and coaching history. She has been competing in regional tennis tournaments since the age of 13, holding ranked positions in Junior Under 16, Under 18, Ladies 4.5 Singles, and Mixed 5.0 Doubles. Showcasing her ability to play at all levels and her enthusiasm for the game will benefit players of all ages.

Marlo is available to instruct lessons mid-April - lessons are by appointment only.

Beginner:

These sessions will focus on the fundamentals of tennis. Beginners will learn basic forehand and backhand ground strokes, volleys and serving; all while feeling confident and having fun on the court.

Intermediate:

Keeping with the consistency learned as a beginner, the intermediate lessons will include overheads, approach and passing shots, as well as strengthening core skills.

Advanced:

At a higher pace, the advanced lessons are intended for players ready to take their game to the next level. These lessons will prepare anyone for competitive play using strategy, placement of shots and spins to control the court.

Start Date: Mid- April. You choose the days and times that fit your schedule

Lessons: *Group or Individual

Cost: Private one-on-one: \$50 per hour

Semi-Private:
(2-4 people) \$65 per hours

Group Lessons:
(more than 4) \$120 per hour



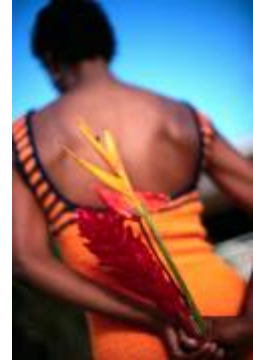
*Are you looking for group lessons, but don't have a group to sign up with you? No problem... leave your name at the MAC front desk and we'll arrange the group lessons for you!

For more information or to book your tennis lessons, please email Tanya Scheck at tscheck@bearmountain.ca.

Back Health Workshop

How healthy is your back? How often do you feel back discomfort or pain? What activities are you doing that may cause your back to feel weak? Do you know what neutral spine is? Is your core strong? If you are looking for answers to these questions, MAC Kinesiologist Tanya Scheck can help you!

On **Sunday, April 11th**, join Tanya for a one-hour workshop on back health. During the session, Tanya will teach you how to alleviate back discomfort and improve your posture. She will teach you how to safely strengthen your back and core muscles. You will learn proper lifting techniques as well as unsafe movements to be aware of and avoid.



Back Health Workshop:

Date: **Sunday, April 11th**

Time: 11:00 am - Noon

Cost: \$5 per person

Please *pre-register* at the MAC front desk prior to **Friday, April 9th**.

Nut-free Parsley Pesto and Lamb Chops

This pesto made with parsley and sharp Pecorino Romano cheese makes a colorful topping for tender lamb chops. It could also be tossed with pasta, spread on sandwiches, or mixed with cream cheese for a dip to serve with crudité's.

For pesto:

2 cups packed fresh flat-leaf parsley leaves
3/4 cup grated Pecorino Romano cheese (2 ounces)
1 small garlic clove, coarsely chopped
1/4 cup extra-virgin olive oil, plus more for storing (optional)
Freshly ground pepper



For Lamb:

8 lamb loin chops (each 4 ounces and 1 inch thick)
Coarse salt and freshly ground pepper
1/2 cup Parsley Pesto (recipe above)

Directions:

For pesto: In a food processor, finely chop parsley, cheese, and garlic. With the motor running, add oil in a slow, steady stream; season with pepper. Serve immediately, or transfer to an airtight container and cover with a thin layer of oil; refrigerate up to 4 days or freeze up to 3 months.

Makes 1/2 cup.

For lamb: Heat a large skillet over medium. Pat dry lamb with paper towels. Season chops on both sides with salt and pepper. Cook (in two batches, if necessary) 4 to 6 minutes per side for medium-rare. Serve immediately, topped with pesto. Prep time: 15 minutes. Total time: 15 minutes.

By Everyday Food: Fresh Flavor Fast by Martha Stewart Living