



# Newsletter

*The friendly place to workout*

May 2020  
Volume 3, Issue 5

## FROM THE OWNERS

We are still here and anxious to reopen when it is safe to do so. I have spent this down time tidying up a few things in the office at the gym and in our personal space. Larry is renovating the Furnace and Maintenance rooms; something YOU don't see but it's an area that could not be done while members are coming and going.

Our website is being updated; look for it in the next few days. It is more professional, bright and active and contains a lot of information. In the meantime, the old site will be down.

This month we celebrate our 2nd anniversary. Last year, for our first anniversary, we had a social hour for those who had been members for one year. We had planned another such event but unfortunately we cannot really do anything to celebrate as we are all social distancing.

As we enter our third year, we will be simplifying our rates. We are going "cents-less". This means that all our fees will be rounded up or down so there will be no loose change to handle. To do this, we have included the HST in all amounts. When men first started to join, we established a discounted rate based on limited hours (closed from 8AM to 1PM) and limited equipment for men. Since then, the closed hours are reduced (8AM to 11AM) and we have added a second treadmill and a rowing machine. The "Incentive" was supposed to be for a limited time but it has become so popular (and we love that everyone is coming in so much) that we have decided to keep it. We believe that with these changes, you will find that the rates are still reasonable. New rates are (taxes included): Women—\$50, Men/Students—\$45. Family—\$-5 per member, Incentive—\$-10.

We are making plans for the reopening; we just have to wait for Premier Ford to release details of his plan along with dates. We are working out a "Welcome Back" special for all our current members—it will depend on the date of reopening. Until then, keep well and stay safe. Looking forward to seeing everyone again.

Cathy & Larry



**There are no active members who joined in the month of May; however, we are celebrating our 2nd anniversary as owners of Chances Fitness Centre. We are enjoying the experience and looking forward to year three.**

*It's a slow process but quitting won't speed it up.*

### **Our Mission:**

**To provide a clean, safe, friendly facility for anyone wishing to improve their health through exercise.**

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### **Chances—what's in a name?**

We asked our members to finish this sentence and we received some fabulous responses:

Chances Fitness Centre gives me a "Chance" to\_\_\_\_\_.

- exercise in a clean and safe environment.
- exercise without having to worry about weather conditions.
- lose weight.
- get fit.
- get healthy.
- meet others.
- feel self worth.
- socialize with friends.
- try out different equipment.
- work out at a time that's convenient to my schedule
- destress.
- feel good about myself.
- stay in shape while in the company of friends.
- meet with friends while getting in shape.
- get moving and feel good about myself.
- meet my fitness needs.
- get moving and feel good about myself.
- stay physically fit while meeting new people.

We plan to use these in our website and other media. Thank you members for your responses.

### **DISCLAIMER**

Tips published in this newsletter are derived from other sources and are neither supported or discouraged by the owners, managers, and staff of



May 4: Cora F                      May 27: Tabatha P  
 May 4: Keegan P                  May 28: Jessica T  
 May 21: Marilyn R                May 28: Maria B  
 May 29: Adam T

**The only exercise I have done this month...  
 is running out of money.**

Don't let this be you.

Try doing some exercise at home or get outside for a walk—remember to keep your distance; it's not a social time.

You may be out of work or have fewer hours and your income may be reduced. Hopefully adjustments can be made so your finances will remain healthy.

**"In the Nick of Time."**  
*Through the 18th century, businessmen often kept track of debts owed (and interest that built on loans) by carving nicks on a "tally stick." When someone arrived to pay off their debt before the next nick was carved, they'd save that day's worth of interest - hence, 'nick of time.'*

**The lighter side of COVID19**

- **2019: stay away from negative people; 2020: stay away from positive people.**
- **Kinda starting to understand why pets run out of the house when the front door opens.**
- **Breaking News—John Travolta was hospitalized for suspected COVID-19 but doctors now confirm that it was only Saturday Night Fever and they assure everyone that he is Staying Alive.**
- **So me and my husband were sitting on our couch watching TV yesterday , Suddenly I hear that I got a text on my phone which I had left in the kitchen. I go to check it—it's from my husband: Please bring the chips on your way back.**

**An exercise you can do at home.**



Take this jump-rope challenge. "The best cardio workout is the jump-rope double-turn maneuver," says Michael Olajide Jr., former number one world middleweight contender and cofounder/trainer at AEROSPACE High Performance Center in New York City. "It's intense: You'll burn about 26 calories per minute! Do a basic jump for 5 minutes, then jump twice as high and turn the

rope twice as fast so it passes under your feet twice before you land. This takes timing, patience and power. But you'll get in great shape just by working at it." (Once you've mastered that, up the ante with our 30-minute jump rope workout.)



Behind all your stories is always your mother's story, because hers is where yours begins.

Happy Mother's Day to all mothers.

**Community Corner**

**check out what's going on;  
 post an event in which you are involved.**

- **No community events.**
- **Events have been cancelled due to the social distancing that we should all be doing**
- **Stay at home**

**How to Get Fit**

**F = frequency**  
**I = intensity**  
**T = time**

**Stop eating**

**C:** carbonated beverages  
**R:** refined sugars  
**A:** artificial food  
**P:** processed food

**Share Your Achievements With Us**

We look forward to hearing about your achievements when you return.