

TERMINAL CITY TIMES

MAY 2022 • VOL. 29 NO. 5



SPECIAL EVENTS • ENTERTAINMENT & DINING • CLUB NEWS • FEATURES & MORE

May

AT A GLANCE

MAY 5 WINEMAKER'S DINNER

Phantom Creek Estates

**MAY 8 MOTHER'S DAY
FAMILY BUFFET**

MAY 10 TCC SALON

Social Isolation & Community

MAY 11 WINE TASTING

Spring/Summer By-The-Glass
Tasting

**MAY 18 MONTHLY MEMBERS'
WINE TASTING**

**MAY 19 MEMBERS' NETWORKING
LUNCH**

TCC SALON

The Trials and Joys of Retirement

MAY 23 VICTORIA DAY

Club and Pub Closed

**MAY 27 GOURMET DINNER
SERIES**

REGISTER FOR EVENTS

online via Member Central
email concierge@tcclub.com
call 604 681 4121
text 604 200 2279

contact

837 WEST HASTINGS STREET
VANCOUVER, BC
V6C 1B6, CANADA

call 604 681 4121
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f terminalcityclub
@ @tcclub
in Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8629
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday	6 a.m. – 8 p.m.
Saturday & Sunday	7 a.m. – 7:30 p.m.

MEMBERS' LOUNGE

Monday – Friday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 9 a.m.
Saturday & Sunday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 11:30 a.m.

LIONS PUB

Monday – Wednesday	11 a.m. – 10 p.m.
Kitchen	11 a.m. – 8 p.m.
Thursday – Saturday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Sunday	CLOSED

THE GRILL (IN CUVÉE/1892)

Monday – Friday	11 a.m. – 9 p.m.
Coffee	7 a.m. – 8 a.m.
Breakfast	8 a.m. – 10:30 a.m.
All Day Menu	11 a.m. – 9 p.m.
Saturday & Sunday	
Coffee	8 a.m. – 9 p.m.
Brunch	9 a.m. – 2:30 p.m.
All Day Menu	3 p.m. – 9 p.m.

FITNESS CENTRE

Monday – Friday	6 a.m. – 10 p.m.
Saturday & Sunday	7 a.m. – 8 p.m.



President's Letter MAY 2022

Take our monthly member survey

Feedback helps to make your experience at the Club the best it can be! To complete the survey, scan the QR code below or click [here](#) (digital copy only).



DEAR FELLOW MEMBERS,

After what feels like an unusually cold and temperamental April, we arrive at spring's most optimistic month. It feels like anything can happen in May. Spring is our most reinvigorating season, and we are delighted to unveil our elegant new Grill restaurant to you later this month. Thank you, sincerely, for your patience. Now, we are amply rewarded with a handsome new space to enjoy and to share with our nearest and dearest. Our culinary team is also keen to find new inspiration and creative expression in the playground that is their expanded kitchen!

I have been a member for 30 years and, as many longstanding members know, the Grill has served us well since the tower opened in 1998. It's familiarity and consistency has been a strength, but this contemporary refresh is an upgrade that our members can be proud of. On behalf of our Board, staff, and members, I'd like to express my gratitude to Jennifer Kurtz (Kurtz Design), our general contractor BLT Construction, and its teams for their amazing work. I'd also like to thank Robert Pankhurst, TCC Director of Banquets, who helped manage the project. The space looks splendid and opening details will be shared soon. It is also my special honour to announce the Dr. Ignatius Cheung Room, a 14-person Chef's Table tucked behind the Grill restaurant. Our Board is proud to name this space after past president Dr. Ignatius Cheung; the Chef's Table will be available for your most special celebrations.

If you have not yet had the pleasure of booking a Bespoke Dinner Experience during the past two years, I encourage you contact reserve@tcclub.com to save your summer date soon. Depending on your creative vision, our culinary and beverage team will design a custom menu and drink pairing for you and your lucky guests for an evening to remember – we all have much to catch up on! Last month, I learned that a film-buff member celebrated his birthday with a spectacular movie-themed dinner, so I encourage you to get creative – our team will enjoy the challenge.

The Club, along with many in the Hospitality industry, has experienced a high turnover rate the past two years. To stay competitive and retain our people and high-quality of service you expect, effective June 2022, the Board has unanimously approved increasing our service charge from 17% to 20%. Non-member Catering service charge will now be 22%.

It's been heartening to see some of the Club's pre-pandemic vibrancy return over the past month. In April, we hosted our first Members' Wine Tasting in two years, welcoming more than 100 members and their guests to a launch of our new Club wines. Our sparkling, white, red, and rosé wines were made with care by Okanagan Crush Pad, and the accompanying labels – cheerful, expressive, and energetic – were designed by our own Marketing Coordinator, Josephine Ly.

As we make our return to a full events calendar, I encourage you to weigh in on the kinds of offerings you would like to see featured at your Club via this month's survey. We are proud to offer a diverse events calendar including unique dinner salons, riveting discussion groups, exclusive "liquid learning" opportunities, rewarding networking lunches, and engaging Gourmet Dinners. Still, there's more to come.

As the weather improves, I look forward to seeing you on a patio soon.

Marian Robson
President, Terminal City Club

Stay informed AT THE CLUB

house rules reminder

Please take a moment to review the following TCC House Rules:

GUEST POLICY

Guests are welcome at the Club; however, members must be accompanying their guests throughout their visit. **Members are responsible for ensuring that their guests respect the Club's dress code, phone policy, and House Rules.**

DRESS CODE

Unless otherwise specified, the Club, with the exception of the Fitness Centre, has a minimum dress code of **smart casual**. Smart casual includes collared shirts, golf shirts, blouses, knee-length shorts, khakis, and

solid-coloured denim. T-shirts without large logos or slogans are permitted provided they are worn with a sports jacket. All footwear must be clean and smart. All hats, runners, flip-flops, and torn denim are not permitted.

DEVICE POLICY

Text messaging and emailing is permitted but all ringtones and notifications must be set to silent. Talking on cellphones in the Club is prohibited except:

- lobby areas
- second floor hallway
- the Business Centre
- private function rooms
- designated phone booth (second floor)



upcoming club & outlet closures

VICTORIA DAY

The Club and Lions Pub will be closed on **Monday, May 23** for Victoria Day.

MOTHER'S DAY

Note that brunch service will be unavailable on **Sunday, May 8** for our annual Mother's Day Brunch. Regular service will resume in the evening.

welcome to our newest members!

We are excited to extend a very warm welcome to our Club and community to the following individuals:

Serj Abnoosi,
Sylva Abnoosi
F. Phillip Abrary
Sheila Biggers
Graeme Blaikie
Paul Bouchard
Daniele Chiodini
Jeffrey Hobbs
Sonia Hobbs
Michael Jarvela
Andrew Koppang
Peter Kuo
James Long
Marlene Long
Erin Mathany
Frank Melo
Mary Murray
Lea Peterson
Ian Sanderson
Stephen Swatton
Stephen Winstone
John Wray
Angela Wu
Andreas Yuan

zajac nights presents

SUMMER NIGHTS

TERMINAL CITY CLUB SATURDAY, JUNE 4

\$169 per person via EventBrite (QR code below)

Take part in an elegant evening on Saturday, June 4 alongside community members, business leaders, and philanthropists in support of Summer Nights for Zajac Ranch.

Each room at Terminal City Club will be designed to reflect the full spectrum of summer abroad with exciting entertainment, decadent cuisine, and endless drinks (included in ticket cost). Guests will experience inspiring stories, musical performances, wine fairies, bid on silent auction items, and have the opportunity to experience unlimited cocktails, beer, wine and the cuisine of Terminal City Club set in food stations throughout the rooms.

All proceeds raised will benefit the Zajac Ranch for Children. Zajac Ranch is a fully inclusive summer camp where everything is accessible for children with medical conditions and disabilities.



Around THE CLUB

may live music schedule

THURSDAYS, FRIDAYS &
SATURDAYS IN 1892
6 – 9 P.M.

- May 5 Dave Martone
- May 6 Olaf De Shield
- May 7 Cassandra Maze
- May 12 Julia Nicholson
- May 13 Olaf De Shield
- May 14 Adam Thomas
- May 19 Dave Martone
- May 20 Neal Ryan
- May 21 Adam Thomas
- May 26 TBD
- May 27 Tess Anderson
- May 28 Neal Ryan



new menus & patio season LIONS PUB

A brand new drink list will be making its appearance in May, followed by a seasonal menu refresh - just in time for patio season! We've assembled a thoughtful selection of wines for our new Lions Pub Reserve list, new beers, and creative spiritless cocktails. Be sure to visit the pub and enjoy what's sure to be a lively summer patio season filled with sunshine!



May AT THE CLUB



WINEMAKER'S DINNER

Phantom Creek Estates

THURSDAY, MAY 5

6 – 9 p.m.

\$175 + tax and service charge

Phantom Creek Estates turned heads around the world when a stunning new winery sprung up on BC's most celebrated vineyard land a few years ago. Two legends of wine, Olivier Humbrecht from Alsace and Mark Beringer from California, brought stature, allure, and headlines when they joined the team at Phantom Creek. On May 5, Chief Winemaker Mark Beringer will join us for a sumptuous dinner and share a thrilling range of reds and whites from this unique, historic South Okanagan site. Come and learn why this member of the Napa Beringer dynasty is so enthusiastic about the wines he is making in our province. a big ticket price – but it'll be worth it.



Mother's Day Family Buffet

SUNDAY, MAY 8

10:30 a.m. | 11 a.m. | 12 noon

Adults: \$95 + tax and service charge

Children (4-12): \$40 + tax and service charge

**Waitlist Only*

Join us on Mother's Day for a spectacular brunch buffet featuring dozens of decadent items ranging from traditional eggs benedict, fresh seafood, fresh salads, fruits and pastries to a never-ending dessert buffet. And don't forget to capture this special day with a family photo at the photo booth!



TCC SALON

Social Isolation & the Loss of Community

TUESDAY, MAY 10

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill.

After 28 years as CEO of United Way & Big Brothers Big Sisters of Canada, Michael McKnight has seen many communities evolve. Whether it's technology, changing social and personal norms, or fluid migration - it's undeniable that a different understanding of community is emerging. So how do we engage with this new community model without leaving others behind?



WINE TASTING

Spring/Summer By- The-Glass Selections

WEDNESDAY, MAY 11

4:30 – 6 p.m.

\$20 per person + tax

It's our semi-annual BTG Makeover! Join us in Cuvée and get to know our new seasonal list of Wines By The Glass. Our Wine Director DJ Kearney will pour tasters, tell stories and suggest pairings in a casual, un-fussy tasting.

May AT THE CLUB



FOR OUR MEMBERS **Members' Monthly Wine Tasting**

WEDNESDAY, MAY 18

5 – 6:30 p.m.

\$10 per person + tax & service charge

**Registration required*

Sample a suite of special wines and enjoy live music. This is a member favourite that we are thrilled to bring back to our regular programming. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.

MEMBERS ONLY **Networking Lunch**

THURSDAY, MAY 19

12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte from the Grill.

Join the city's entrepreneurs, executives, and business and community leaders over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.

TCC SALON

The Trials & Joys of Retirement

THURSDAY, MAY 19

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill.

Retirement means the end of Zoom meetings, office politics, deadlines, and work. But leisure and relaxation do not equal fulfilment. Retirement can trigger anxiety and questions about identity and purpose, particularly as advancements in health mean we're living even longer. Join Dr. Stephen Tredwell, retired orthopaedic surgeon and Professor Emeritus at UBC, in this discussion on mapping out a fulfilling retirement.

Gourmet Dinner Series

FRIDAY, MAY 27

6 p.m.

\$95 per person + tax & service charge (optional wine pairings available for purchase)

Join us this month, as Executive Chef Dan Creyke takes you on a splendid themed culinary journey. These dishes are sure to impress, especially when paired with the brilliant selections artfully chosen by Wine Director DJ Kearney.



WINE LOCKER CLUB May Wine Collections

Your Club wine pros DJ Kearney and Owen Stuart have curated an exciting collection of bottles from around the globe so that you are never short of an enticing pour for all occasions. Each set offers diversity and value, and will always include an outside-the-box 'discovery' bottle. Naturally these wines are neither mainstream nor widely available, adding cachet to your locker trove. You'll look like a pro and delight all who are lucky enough to sit at your table! This is a quarterly offering, and the next compilation will be available in September 2022.

SIGN UP

You may choose a mixed selection of white/pink and reds, or a red-only line-up (or how about both?!). There are just 24 of these offerings available, so please email wine@tclub.com to secure yours. The cost is \$275 (plus tax and service charge) for each six-bottle collection.

MIXED COLLECTION

Six wines from Germany, Austria, France, Spain and New Zealand

- dry, layered pinot blanc from steep, slatey slopes in Germany's Mosel Valley
- super natural white blend from one of Austria's fanatical, mad genius winemakers
- silky, mineral-drenched Provençal Rosé from a revered Cru Classé estate
- swanky red blend from the acknowledged superstar of Spain's celebrated Priorat region
- Hawke's Bay in New Zealand makes shockingly good syrah, and this wine proves it!
- lush fruit and crushed rocks collide in a swashbuckling red blend from the foothills of Mt. Ventoux

RED COLLECTION

Features six wines from Argentina, France, Austria and California

- summer is coming and it's time to get into juicy, peppery, chillable zweigelt
- this concrete-egg fermented pinot noir from Argentina channels Burgundy in spirit
- think Sancerre only makes sauvignon blanc? Not so, there is killer pinot also!
- aristocratic Right Bank Bordeaux blend made by the wine team at Château Haut Brion is both aristocratic & delectable
- this suave Argentine Malbec made the *Wine Spectator* Top 100
- a lithe, micro-production Sonoma gamay from one of California's most exciting estates

Liquid ASSETS



PARÉS BALTÀ CAVA PINK BRUT NV – PENEDES, SPAIN \$48

We love this sophisticated sparkler from one of Spain's most revered Cava estates. Made from the typical white cava grapes parellada and macabeo but the inclusion of garnacha gives it a glowing pink hue and plenty of strawberry and raspberry flavours. Bony dry and intense with a toasted pastry finish, it's a pretty (and pretty serious!) patio sip. Best yet, the vines are lovingly farmed organically and biodynamically, the fermentation is wild, and minimal sulphur is used. A true wine of the moment.



PIERRE GIRARDIN ÉCLAT DE CALCAIRE BOURGOGNE PINOT NOIR 2018 – BOURGOGNE, FRANCE \$88

Pierre-Vincent grew up learning in the cellar of his father, Vincent Girardin, from a very young age. When Vincent Girardin sold his domaine in 2011, he made sure to keep 4.5 hectares of his best sites to one day pass on to his son. In 2017, Pierre-Vincent made his first vintage and announced himself as a rising talent in Burgundy. Now only 26, this 13th generation winemaker is both ambitious and preternaturally talented. The organic fruit for his fragrant and mineraly Bourgogne rouge comes from Vosne-Romanée and sees a year in oak, but just 10% new. You'll see what all the fuss is about...



SCREAMING EAGLE 2019 – NAPA VALLEY, CALIFORNIA \$5000

In a realm of its own, this is among the most sought-after wines in the world. Perfection defines this cult wine: from the magical Silverado Trail property, impossibly complex soils, impeccable vineyards, varied oak barrels, and the brilliant hands making the wine, Screaming Eagle is truly sublime and extremely scarce. We have secured a 3-bottle case of the 2019, resplendent with 100 perfect points. Recently spotted on a shelf in California for \$4,800 USD, remember that there is a virtually endless wait list. Here is your chance.

Please note that the Screaming Eagle is strictly first come, first served.

SPRING / SUMMER

BY-THE-GLASS WINE TASTING

WEDNESDAY, MAY 11 | 4:30 - 6 P.M.

\$20 plus tax per person - registration is strongly recommended.

It's our semi-annual BTG Makeover! Join us in Cuvée and get to know our new seasonal list of Wines By The Glass. Our Wine Director, DJ Kearney, will pour tasters, tell stories and suggest pairings in a casual, un-fussy tasting. Register through Member Central or contact conciierge@tclub.com.

Member of the Month

CHRISTINE GIRODAT

Given her parents' respective careers, the obvious direction for Christine Girodat was business or finance. Dad ran his own business, that he began from a briefcase and grew into a successful company. Mom had a long career in banking. Both parents led by example with strong family values. Their hard work, dedication and unwavering support of family, friends and community provided a solid foundation for Christine and her siblings.

"I had the opportunity to work with my dad for many years while attending school. I truly admired the work he did every day and enjoyed working alongside him and his exceptional team." Interesting enough, Christine chose music. "I grew up in Kitchener-Waterloo, well truly 'Waterloo'. I was fortunate to be involved in sports, music and had a passion for learning. That, coupled with talented mentors, set the stage."

After finishing high school in Waterloo, Christine went to the University of Western Ontario in London, where she graduated with an honors degree in Music Education. She then went on to obtain a second degree, a Bachelor's of Education and embarked upon a successful career in Ontario teaching music, math, and business. Unfortunately, her career in education was cut short for health reasons. The symptoms from Juvenile Rheumatoid Arthritis made playing, and ultimately teaching, more and more difficult.

Shortly after Christine's difficult decision to leave teaching, she met a woman who suggested she consider a career in banking. "I started my career in banking as an account manager almost 20 years ago and I have found the journey to be very rewarding. I consider myself a life-long learner and the opportunity to tap into my education and experience, earn my PFP and take on many different roles within the bank has been exceptional."

As Christine's career continued, it felt like those influences in her life — her father's business acumen, her mother's own successful career, as well as her own work in business and education — were now catapulting her into new and exciting opportunities.

In 2006, Christine made the move to Vancouver to join her husband, Jason who had accepted a job offer. Leaving friends and family was not easy, she says. "Yet, it was such an amazing opportunity and we knew it would be a great experience." With the move came opportunities for Christine to take on new

roles in leadership, private banking and most recently with the commercial team based here in Vancouver. "I truly enjoy what I do. We have a fantastic team, and we have the privilege of working with outstanding clients."

Christine has also kept her focus on family, friends, and community. One of the ways she gives back is through volunteering. The list of organizations that have benefited from her time and expertise include Junior Achievement, RBC Race for the Kids, BC Cancer Society, RMHBC and BC Women's Health Foundation.



"Jason and I settled into life in B.C. quite well and enjoy all that this beautiful province has to offer." Christine joined the Terminal City Club 15 years ago. "When Jason and I moved here it was just the two of us, so the club has been a special setting for us to enjoy. We have met so many wonderful people and we are truly grateful for the friends we have in our lives. The staff are amazing and my favourite way to enjoy the club is on a Sunday in the summer. We start in the gym, followed by a lovely brunch on the patio. We are fortunate to have such a beautiful location."

Covid has moved her exercise to outdoor options including walking the seawall daily. "As long as I can get outside, I am happy, whether that be walking, hiking, biking or skiing, these are many of the activities Jason and I enjoy."

Time with Jason is most important, says Christine, whether it's a dinner out, a shared bottle of wine, or exploring new and exciting places as they travel. Some of their favourite destinations include France, Greece, Italy, and Ireland.

"Living a distance from Waterloo, we often will pick a destination with the goal that my family can come together and use these special trips as an extended opportunity to reconnect."

Christine says that she and Jason look forward to their next adventure abroad.

Have You HEARD?



SIDE HUSTLE HERO

JOAN POSIVY

Joan Posivy is launching a new podcast called Side Hustle Hero on June 21. Each episode will feature insights from an experienced entrepreneur who will share what's worked and what hasn't. Do you have a side hustle success story to share? Contact Joan at joan@posivy.com.

Joan found early success at a Canadian financial institution before pivoting and opening a self-storage facility to generate passive income while crafting her voice in the personal development industry. Soon she was getting hired as a coach and speaker, and in 2015 she published *The Way Success Works: How to Decide, Believe, and Begin Your Best Life*.



WELCOME TO THE WORLD BABY WU

JEREMY WU

TCC Member Services Lead Jeremy Wu welcomed the newest addition to his family last month. We can't wait to meet Hailey Wu, and wish Jeremy and his family all the best while they settle in with this new addition!

— *Do you have news to share?*

Contact Amanda Jun, Club Relationship Manager, at ajun@tcclub.com.

GET A HEAD START & *Plan a Summer Sipper!*

The big summer holidays are just around the corner, so if you've got an event or big celebration in mind, now is the time to get in touch with our Catering team! This summer is primed to be an excellent opportunity to plan a get together with everyone you've waited patiently to celebrate with.

Contact: catering@tcclub.com.



TELUS HEALTH CARE COLUMN

How diet can support your immune system.

A LOOK INTO THE IMMUNE SYSTEM

Our immune system protects our bodies from invaders such as bacteria, viruses, and toxins. Our first line of defense is the innate immune system. This includes barriers such as the skin, mucous membranes, stomach acid, enzymes, and cells to fight off harmful germs, parasites or cells (ie. cancer). From the moment you are born, your innate immune system is active. Our acquired immune system learns to recognize foreign substances and is responsible for creating antibodies and immune cells to attack invaders. Immunizations train the system to create antibodies to protect from these harmful invaders

WHAT FACTORS DECREASE THE IMMUNE SYSTEM?

1. Lifestyle factors such as poor diet, lack of sleep, and stress
2. Chronic disease (such as uncontrolled diabetes, cancer, gastrointestinal conditions, and HIV)
3. Environmental toxins (ie. air pollution, smoking, alcohol)
4. Aging

NUTRITION & LIFESTYLE GOALS TO SUPPORT THE IMMUNE SYSTEM

Having a balanced nourishing diet supports all cells, not only immune cells. There are no quick fixes or specific foods that offer specific protection, but certain behaviours and patterns can help prepare your body for invaders and inflammation in the body.

1. Limit ultra-processed foods (ie. soda, candies, cold cuts, fast food, packaged cookies, cakes and salty snacks)
2. Limit refined sugars (sweetened beverages, flavored yogurts, high sugar cereals, granola and bars, candy and baked goods). Aim for 10g or less of sugar per serving for yogurt, cereals and cereal bars.
3. Consistent sleep schedule with 7-9 hrs of sleep per night
4. Staying regularly active
5. Foods rich in the following nutrients: vitamin A, C, E, D, zinc, selenium, iron, and protein

BOTTOM LINE

Overall, there is still more research to be done to determine how diet may help or harm the immune system, but there is a clear connection between dietary choices and overall health. A diet rich in whole foods such as vegetables, fruits, nuts/seeds, legumes, and lean proteins, and low in ultra-processed foods can help prevent chronic disease and support a healthy immune system.

To learn more, visit telushealth.com/carecentres or email: tia.young@telus.com.





Focus ON FITNESS

HOURS

WEEKDAYS 6 a.m. - 10 p.m.

WEEKENDS 7 a.m. - 8 p.m.

CLOSURES

MAY 23 Victoria Day

JUNE 4 Closing at 5 p.m.

POLICIES

SWIMMING POOL AREA

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

GUEST POLICY

The Fitness Centre guest fee of \$25 will be waived on weekends for the spouse or common-law partner of a member. Guest fees are also waived for members' children and grandchildren under the age of 19. Members will be limited to six guests per visit. Non-member guests must always be accompanied by a member.

JUNIOR SWIM & SQUASH PROGRAMS

Junior group and private lessons are available for kids aged 3+ (swim) and 6-15 (squash). Our spring group swim/squash cycle is currently in-progress, but if you are interested in learning more or in enrollment for the next cycle, please visit the Fitness Centre front desk.



KIDS SWIM: STROKE IMPROVEMENT

Fridays, 4–5 p.m. | May 6 - June 10 (5 lessons) | \$150 plus gst

Coach John Ryan will be running an intermediate level swim class on stroke improvement this Spring for our junior swimmers! This is an excellent opportunity to help aquatic loving kids refine and improve their skills.

Registration Requirements

Please note that kids must be 8+ and able to swim one length of a pool (25m) with a front crawl stroke, non-stop.

Visit the Fitness Centre Front Desk for more information or to register.

JUNIOR PRIVATE LESSONS

Private lessons are available upon request. Please contact the following trainers via the Fitness Centre Front Desk.

SWIM John Ryan
SQUASH Barry Gifford

SWIM

ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the pool area:

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH

COURT BOOKINGS

Squash bookings are available through [sportyhq.com](https://www.sportyhq.com). New users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Strings tend to lose tension over a period of six to eight months; and with a new restring, your shots will have more control and spring in them. See the Fitness Centre front desk for more information.

SQUASH SOCIAL

Thursdays, 4–6 p.m.

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beverages and food always follows at Lions Pub.

SQUASH DRILLS

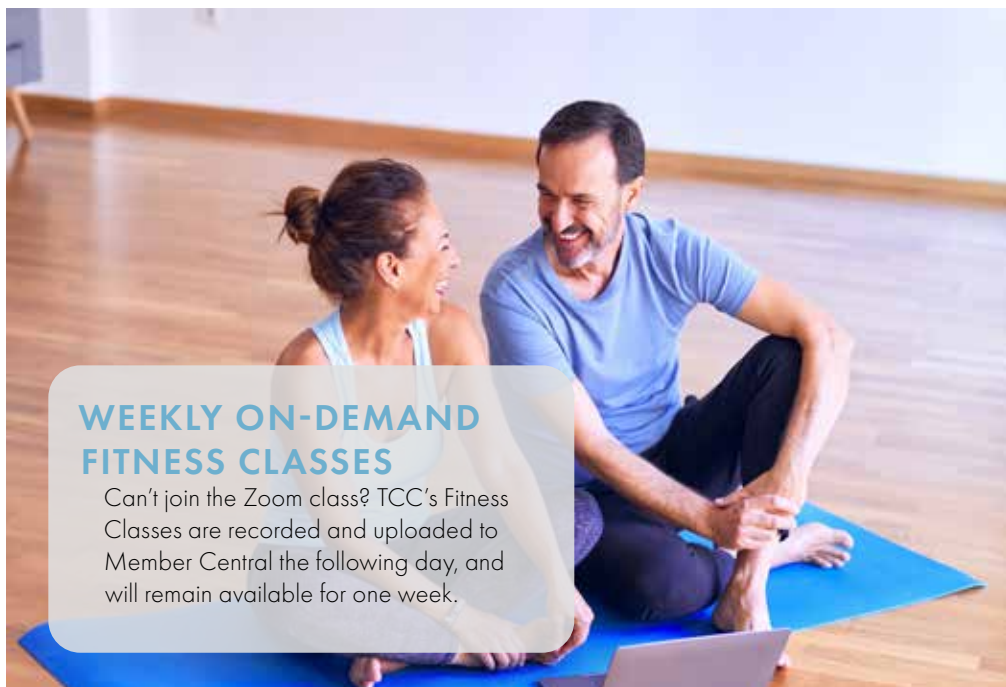
Saturdays, 10–11 a.m. | \$25

For intermediate/advanced Vancouver Squash League players. To register, contact Barry for placement prior to 8 p.m., Fridays.

FREE BEGINNERS CLINIC

**Second Wednesday of each month
May 11, 5–6 p.m.**

Learn the basics of squash in a fun environment! Contact the Fitness Centre front desk prior to 8 p.m. on Mondays to register.



WEEKLY ON-DEMAND FITNESS CLASSES

Can't join the Zoom class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day, and will remain available for one week.

TRAIN

SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Wednesdays, Thursdays, or Saturdays (other days upon request).

PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Regardless of your skill level, John can help you improve your technique and stamina, learn new techniques, and gain confidence and ease in the water!

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one session designed entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and

experienced Certified Personal Trainers well set you up with targetted programs specific to you.

PRIVATE PILATES WITH ZORICA

Zorica provides Pilates based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain free movement patterns, as a BASI® certified Pilates Instructor with eight years of devoted intense study with master teacher's.

Personalized Programs

- Restorative/Conditioning Exercises for specific needs
 - Stretching for Functional Movements
 - Alignment and Corrective Exercises for mature population (osteoporosis, scoliosis)
- Availability, Monday to Friday, 1-4 p.m.

If you are interested in scheduling private lessons with any of our experienced trainers, visit us at the Fitness Centre front desk.

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.			CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	PURE CORE WITH LEILA	F.I.T. STRENGTH WITH LEILA
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA				
12:15 p.m.						
12:30 p.m.						

F.I.T. WITH VANESSA Mondays, 12 noon – 1 p.m. ■

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

VINYASA YOGA WITH CLARE Tuesdays, 7 – 8 a.m. ■

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CARDIO & CORE WITH LEILA Tuesdays, 12 noon – 1 p.m. ■

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA Wednesdays, 7 – 8 a.m. ■

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. Private classes with Zorica are also available.

CARDIO KICKBOXING WITH LEILA Wednesdays, 9 – 10 a.m. ■

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH VANESSA Thursdays, 7 – 8 a.m. ■

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

SCULPT & STRETCH WITH LEILA Thursdays, 9 – 10 a.m. ■

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA Fridays, 9 – 10 a.m. ■

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA Saturdays, 9 – 10 a.m. ■

Start your weekend right with this high energy full-body intensity training (F.I.T.) class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight.

Class Legend:

■ ZOOM ■ IN-PERSON

MAY 29, 2022 — SAVE THE DATE FOR FAMILY NIGHT

JUNGLE SAFARI

