



## A NOTE FROM LORNA

Why not take a trip to Italy this month without even leaving the Club?? I hope you'll join me for our first in a series of 'Travel Adventure Dinners' on Wednesday February 24th when we celebrate the beautiful food, wine and cycling of Italy. Chef David Ross is preparing a feast including all of your favorites: antipasti platters, risotto and pastas, and our friends from

Butterfield & Robinson will be on hand to give us all of their great insights on the best cycling trips to plan for your next vacation. One huge communal table, delicious wine and food, and loads of inspiration for your next trip! Reserve early at [stratusevents@torontoathleticclub.com](mailto:stratusevents@torontoathleticclub.com) to get in on the fun, or call ext. 296 for more information.

The Cambridge Group of Clubs is pleased to announce our new sponsorship of 'Women of Influence', the organization that promotes and supports women in business and in leadership roles in communities across Canada. Check out their website for more details on the 'Personal Finance for Independent Women' seminar on Feb. 17th in the Distillery District. We will keep you informed of the "Women of Influence" speaker series and other exciting events in the weeks and months ahead.

Please let us know how you're enjoying the Club and if there's anything at all you'd like to see to make your time with us more enjoyable.

Stay well.  
Lorna

## MESSAGE FROM MATT

Thanks to your support and generosity we were able to provide New Circles with coats, shoes, bed linens, scarves, towels, shirts and much more to Canadians in need. New Circles is a charity we happily support; for more information please visit [www.newcircles.ca](http://www.newcircles.ca).



Your referrals are what help keep the Toronto Athletic Club at membership capacity and we cannot thank you enough. If you have a friend or colleague that would like to reserve the next membership at the Club please contact myself at ext. 202 or Karen at ext. 203 and we would be happy to take care of them for you.



## SQUASH NEWS:

On Tuesday Feb 16th at 6pm Squash at the TAC takes on a whole new meaning as the #3 in the world, Amr Shabana from Egypt, takes on Canada's own Jonathan Power, retired world #1.

You definitely don't want to miss this one! This match forms part of a 4 man round robin hosted by the Cambridge Group of Clubs, utilizing the Adelaide and Cambridge Clubs as well. The other players are Canadian, Shahraz Razik and World #4 from France, Greg Gautier.

### TORONTO & DISTRICT (T&D)

Our T & D teams are still all in the hunt for Playoff positions and the standings are as follows:

- Men's B - 6th place
- Men's D - 2nd place
- Men's C - 2nd place
- Men's E - 6th place

Many thanks again to the Captains Peter Haynes, Derek Sigurdson, Dave Kennedy and Rob Baird who make this league enjoyable for all.

## ARTS & EVENTS

### Italian Night at Stratus

Wednesday February 24th  
Beginning at 6:30pm

With special guests from

**Butterfield  
& Robinson**  
LOW DOWN TO SEE THE WORLD

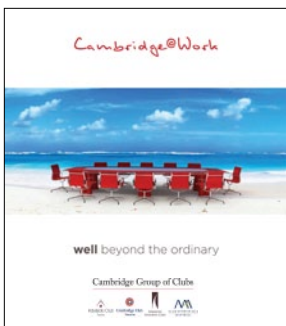
Experience the best Cycling in Italy!

COME AND ENJOY...

- Antipasto Spread
- Veal Scallopini
- Linguine di Mare
- Wild Mushroom Risotto
- Dessert Selection
- A selection of Italian Wines

\$45 per person (plus taxes & gratuity)

Seating is limited, so RSVP early to [stratusevents@torontoathleticclub.com](mailto:stratusevents@torontoathleticclub.com)



## Cambridge@Work

Cambridge Group of Clubs is pleased to announce the exciting launch of Cambridge@Work. Our team of experts will bring a focus on health and fitness directly to your workplace! Ask us about the new learn@lunch seminar series, health fairs, on site yoga classes and fully managed wellness calendars. Contact Nancy Sawler, VP Corporate Health, at 416-865-0900 ext. 204 or [nsawler@cambridgegroupofclubs.com](mailto:nsawler@cambridgegroupofclubs.com) and Karen Campbell, Corporate Events Manager, at 416-865-0900 ext. 203 or [karen@torontoathleticclub.com](mailto:karen@torontoathleticclub.com).



# Yoga & Pilates

## COMING SOON TO THE TAC...

- Partner **Yoga** Workshop
- Restorative **Yoga** Intensive Circuit
- Pranayama **Yoga** Intensive (Meditation)
- Introduction to **Yoga**
- **Yoga** for Athletes Workshop
- Introduction to **Pilates**
- **Pilates** for Low Back Pain

Studio **Life**

**WELCOME APRIL HANNAH BARTHAU**  
New Certified Swim Instructor/Coach at the TAC!

## SPORT MEDICINE CLINIC

**THE CLINIC IS PLEASED TO ANNOUNCE THE ADDITION OF JAN MURRAY, TZABIA SIEGEL AND THE CLUBS VERY OWN SAM WALLS TO THE CLINIC TEAM.**

**Jan Murray:** Jan has over 25 years of fitness therapy and massage experience. Jan combines Massage therapy, Osteopathy, Pilates, Thai Body Work treatment and appropriate stretching exercises to create a personalized treatment program for each individual under her care.

**TZABIA SIEGEL AND SAM WALLS WILL FORM THE CLINICS NEWLY MINTED NUTRITION TEAM.**

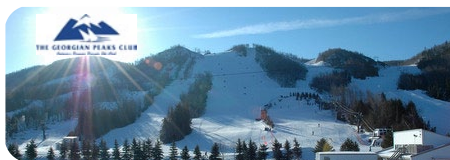
**Tzabia Siegel:** Tzabia's understanding of the science of nutrition and the art of nourishment comes from a Certification as a Holistic Nutritionist, 9 years of practices as a Nutritional Advisor and 30 years of personal studies of food, its effect on us, and the teaching of natural cooking. Tzabia is also a Professional Coach with a specialty in lifetime weight loss.

**Sam Walls:** Sam is actively involved in the Strength and Health field as an exercise physiologist specializing in weight management and performance nutrition. He is actively involved in the TAC fitness department, giving workshops in training, designing exercise programs and providing individualized nutritional consulting for optimal performance.

Please contact the clinic for further information on these providers and for scheduling details.

## Reciprocal Corner

### Featured Club:



### THE GEORGIAN PEAKS CLUB

P.O. Box 400 Thornbury, ON  
T: 519.599.6771  
[www.georgianpeaks.com](http://www.georgianpeaks.com)

Lift Tickets: • Adult: \$55 • Children (5-12): \$45 • Children (under 5): Free

NOTE: Reservations to be made in advance. 4 visits per season. Membership card required.

FOR A FULL LISTING OF OUR RECIPROCAL CLUB NETWORK  
PLEASE VISIT [www.torontoathleticclub.com](http://www.torontoathleticclub.com)



TD Waterhouse Tower  
416.865.0900  
[www.torontoathleticclub.com](http://www.torontoathleticclub.com)  
Cambridge Group of Clubs

## Are you working your heart effectively?

Meg Sharp, Senior Director of Personal Training CGoC

We all know that regular aerobic exercise is beneficial for numerous reasons, one of the most important ones being cardiovascular health and prevention of cardiovascular disease. But are we paying enough attention to HOW we perform our aerobic exercise? It turns out simply engaging in activity – even if we do it everyday and up to hours a week – may not be enough.

A recent article from the ACSM's Exercise & Sports Science Review highlights that engaging in high intensity interval training is significantly more effective than moderate exercise at improving cardiovascular health, performance and as importantly rehabilitation after heart attack. And although physically and for some mentally more challenging, the great news is significant benefits are incurred with only 1-2 session per week. So you don't have to abandon your training sessions where you're able to read the paper, socialize or cover serious distance at a moderate pace – rather you need to replace one or two sessions a week with a shorter, harder workout!

There's endless ways of performing effective interval training, and much of course depends on your current fitness level, but here are some basic guidelines to help you out!

1. Check with your doctor or one of our exercise professionals to ensure this type of training is appropriate. This is especially important if you have suffered any type of cardiac incident or have high blood pressure.
2. Chose an activity you are already comfortable with.
3. Warm-up at a moderate pace for 5-10 minutes.
4. "Work" Interval: Kick the intensity up for anywhere between 30 seconds and 4 minutes.
5. "Recovery" Interval: Return to a VERY comfortable pace again for at least the same amount of time as your work interval.
6. Repeat this pattern for a number of cycles. You want to build to the point where you can perform these intervals for at least 20 minutes.
7. Cool down for 5-10 minutes.

Duration of both the intervals and the entire workout will vary according to your fitness level and experience. If you are new to this I definitely suggest you start with a longer warm-up and then 30 seconds of "work" with at least 60 seconds "recovery." Start with 4 or 5 of these cycles, and build from there!

For further information and details on how to structure your workouts please speak with one of our personal trainers, or feel free to contact me directly:  
[meg@torontoathleticclub.com](mailto:meg@torontoathleticclub.com)

Happy Sweating! Your hearts will thank-you!

### Reference:

Wisloff, Ellingsen & Kemi (2009). *High-Intensity Interval Training to Maximize Cardiac Benefits of Exercise Training*. *Exerc. Sport Sci. Rev.*, Vol 37, No. 3, pp 139-146