

What's Happening at Elmwood Fitness Center

July 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
					Waterslide outside by the pools all day. Kid's Night	Spinning Le Tour de France 9:30am Waterslide outside by the pools all day.
Harahan open 10am-6pm; Waterslide outside by the pools. No group fitness classes. Kidsports and Childcare are closed. DT, KN, HP closed. BBQ Chicken Lunch (available for purchase) and Live Band 1pm-4pm <i>Black Rain</i>	4	Harahan, Heritage, and Kenner Open 5am-8pm; Harahan and Heritage No Group Fitness after 12pm; Waterslide outside by the pools. Kenner No Group Fitness Classes. Downtown is Closed.	5	6	7	8
		Waterslide open for the kids outside by the pools all day.	Cholesterol Screening 6am - 11am		Kid's Night Summer Concert Series - 7pm-10pm <i>Riverdog with Karaoke Night</i>	9
11	12	13	14	15	16	17
	HP Coffee Social Dr. Graham Free Consultations 4pm-7pm		New Member Reception 11am	HA Ice Cream Social	Kid's Night Summer Concert Series - 7pm-10pm <i>Boogiemem</i>	Movie Night 8pm-11pm <i>JAWS</i> Outside by the pools. Kid's Night Movie Night at Kidsports <i>Shark Tales</i>
18	19	20	21	22	23	24
				HA Senior Orientation	Kid's Night	Regional Swim Meet Lap Pools Closed Outside 7am-1pm
25	26	27	28	29	30	31
Regional Swim Meet Lap Pools Closed Outside 7am-1pm	HA Senior Potluck		New Member Reception 5:30pm HP Birthday Celebration		Kid's Night Summer Concert Series - 7pm-10pm <i>Refugeez</i>	

August 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
			Cholesterol Screening 6am-11am		Kid's Night HA Senior Social	
8	9	10	11	12	13	14
	Blood Drive 2pm-8pm Harahan location HP Coffee Social		New Member Reception 11am		Last day of summer camp Kid's Night Summer Concert Series - 7pm-10pm <i>Omega 3</i>	
15	16	17	18	19	20	21
Outdoor Café Closed					Kid's Night	
22	23	24	25	26	27	28
			HP Birthday Celebration New Member Reception 5:30pm		Kid's Night	
29	30	31				

Legend: HA=Harahan, DT=Downtown, HP=Heritage, KN=Kenner, KS=Kidsports, f.d.=front desk



Elmwood Fitness Center's MEMBER CONNECTIONS

A Newsletter For the Elmwood Fitness Center Community

July-August 2010

POOL RULES FOR ALL

As we are now in the heart of the Summer months at Elmwood Fitness Center, we would like to remind everyone once again of our pool safety and etiquette rules.

We want everyone to have fun and be safe at Elmwood Fitness Center. The following pool rules must be followed:

Sharing of lanes – We ask that if all lanes are filled with lap swimmers, please be courteous to your fellow members and share lanes during the busiest hours. This way everyone can get their laps in.

Lanes are for lap swimmers only!

Kickboards are for lap swimmers or lessons only- Kickboards are not toys and an injury could occur if used improperly.

No running on the deck- The deck is very slippery; any fall could result in an injury.

All rafts and flotation devices are prohibited- Floats provide a false sense of confidence, and allow small non-swimmers access to the deep end of the pool. (Only arm floats and flotation devices with a bottom are allowed).

Dive Blocks are off-limits- Members are not allowed to sit on, dive off of, or hang on the blocks. Only swim team

members are allowed on the blocks.

Sitting on another person's shoulders is prohibited- An injury could occur if a person falls from that height.

Diving is prohibited- Diving is not allowed in any pool. The pool is too shallow and diving may cause an injury.

Balls and water guns are prohibited- Water guns are prohibited in all areas of the club with no exceptions. The only pool toys allowed are dive sticks or dive rings; these are not to be thrown.

Hanging on rails or lane ropes is prohibited- Hanging on the lane rope will weaken it and slipping from the rail could cause an injury.

All infants must wear a swim diaper- The swim diapers are made for the water and have a protective seal.



In This Issue

Pool Rules For All

- Page 1

Summer and Fall Programs at Elmwood Fitness Center

- Page 1

Congratulations to Our Elmwood Artistic Gymnastics Team

- Page 2

Congratulations to the Elmwood Senior Sharks Swimming Team

- Page 2

Team Rising Sun Triathlete Qualifies for World Championships

- Page 3

Happy 4th of July!!

- Page 3

Upcoming Events at Elmwood Fitness Center

- Page 3

Calendar of Events July / August 2010

- Page 4

Club Locations

EFC Harahan
1200 S. Clearview Pkwy.
Harahan, La 70123
504-733-1600

EFC Heritage Plaza
111 Veterans Blvd. • Suite 475
Metairie, La 70005
504-832-1600

EFC Downtown
701 Poydras St. • 1300 Annex
New Orleans, La 70139
504-588-1600

EFC Kenner
200 West Esplanade • Suite 112
Kenner, La 70065
504-739-1600

SUMMER AND FALL PROGRAMS AT ELMWOOD FITNESS CENTER

As we approach the middle of the Summer time, we would like to remind everyone of our many programs that are happening around the club.

If you are looking for something different in your workout routine, here are some of our many programs that continuously run throughout the year:

- | | |
|-------------------------|----------------------|
| Biggest Loser Program | Pre-Natal Yoga |
| Power of 3 | Cheerleading Camp |
| Military Boot Camp | Yoga for Weight Loss |
| Pilates Reformer Series | Kinesis |
| TRX Training | Weight No More |
| Swimming Lessons | |

For more information and pricing on any one of these programs, feel free to ask the front desk at any location.

We hope everyone has a very safe and happy Summer!!

CONGRATULATIONS TO OUR ELMWOOD ARTISTIC GYMNASTICS TEAM

The Elmwood Team competed and represented the State of Louisiana at the Level 8 Regional Championships in Tupelo, MS April 17-18th.

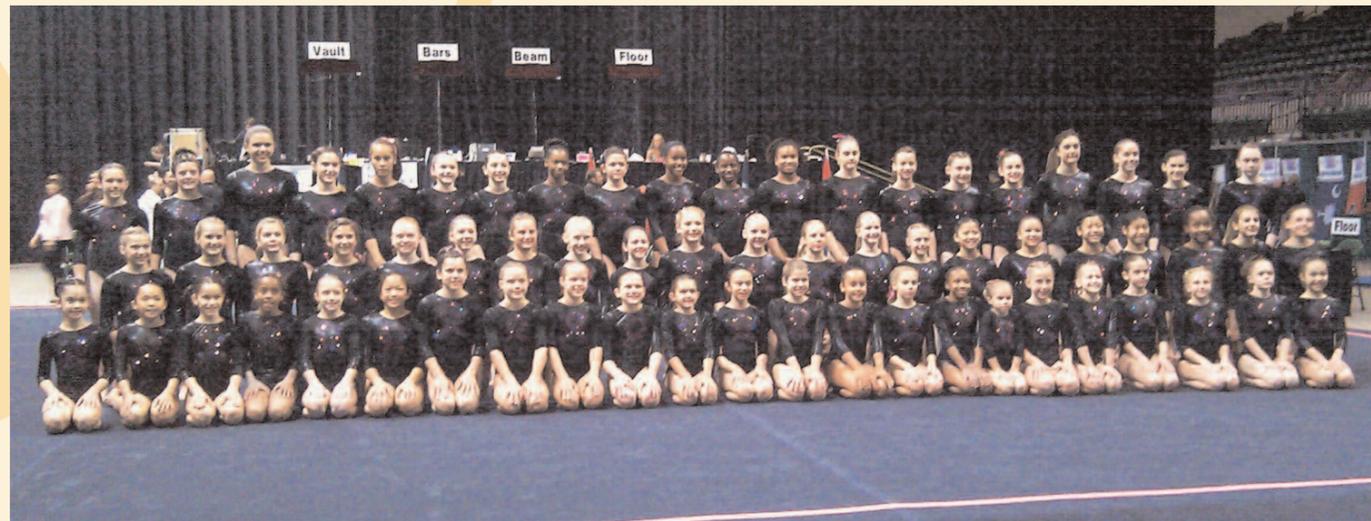
Some of our team that took medals were:

Amanda DiVittorio who competed as an All-Star at Regionals and placed 4th on vault and 6th All-Around.

Naomi Mareschal and Melanie Green were members of the Louisiana Level 8 Regional Team which placed 4th at Regionals. Individually, Naomi was 11th All-Around. Melanie was the Level 8 Silver Bar Medalist and placed 10th All-Around.

The Level 8 Team Regional Competition which consisted of gymnasts from Louisiana, Mississippi, Alabama, Georgia, Florida, Tennessee, North Carolina, and South Carolina and Team Louisiana placed 4th in the team competition and was made up of the top 8 Level 8 gymnasts from the Louisiana State Championships.

Congratulations on a great job!!



CONGRATULATIONS TO THE ELMWOOD SENIOR SHARKS SWIMMING TEAM

Elmwood Fitness Center is proud to be a sponsor of the Greater New Orleans Senior Olympics for Weightlifting and Racquetball Competitions.

Our Elmwood Senior Sharks Team also participated in the Greater New Orleans Senior Olympics back in March of this year. With a record number of participants, our senior swim team took home many medals in the swim category. Congratulations to all of our participants!!

Shown in the photo on the right - left to right are:

Kneeling: Jerry Olivier, Betty Russo, and Ellen Hall

Standing: Tim Souther, Bill Jennings, Sharon Hughes, Diane Lepler, Virgil Bernard, Bob Allen, Dave Sullenberger, and Joyce Constance

The Senior Sharks are now training for the annual Louisiana State Senior Olympic Games (LSOG) to be held Sunday, October 24, 2010 at the LSU Auditorium in Baton Rouge. Swimmers who qualify at the State event will be eligible for the biannual National Senior Games to be held in Houston in June 2011.

If you are interested, the minimum age to participate in Senior Olympics is 50. For more information and to register to participate, check the websites at GNOSO.net and LSOG.net.



TEAM RISING SUN TRIATHLETE QUALIFIES FOR WORLD CHAMPIONSHIPS

On May 1st, in the town of St. George, Utah, Quentin Stewart set his sites on qualifying for the Ironman World Championships. In spite of it being an inaugural event, the St. George course had quickly become a hot topic of debate as to whether it would be the toughest Ironman course in North America. On race day, there was little to be argued. Featuring a bike course that started at 3,200 feet and climbed several peaks upwards of 4,700 feet, triathletes faced quad burning ascents and lightning fast descents. The run course offered little reprieve as competitors faced two laps of rolling climbs from 3,000 - 4,700 feet.

If the course wasn't enough of a challenge, Quentin races in one of the fastest age-groups in the field. Finding himself in 366th position after the swim, Quentin rode his bike 112 miles in 5:30:27 for an average speed of 20.3 mph. This was good enough to move him up the ranks with the 47th overall bike split. After over 6.5 hours of racing, it was now time to lace up the running shoes and face the marathon. It's been said that the run makes or breaks your triathlon and this proved to be the case at St. George. Quentin quickly found a good pace to settle into and ran the 26.2 miles in just over 3 hours and 16 minutes for a 7:30 pace. Putting down the 22nd fastest run split for the day (including the pro athletes), Quentin claimed 5th place in his age group and secured his spot for the World Championships in Kona, Hawaii later this year.

To aid in his quest for Kona, Quentin began working with our own USAT Level 2 coach, Jeff Delaune in December 2008. "When Quentin came to me, he was a self-professed mid-pack cyclist with a history of injury and inconsistent training and results", said Jeff. In their time together, he's completed his first triathlon (Ochsner Ironman New Orleans 70.3), placed 4th in his age group at his first

Iron-distance event, Vineman, and participated in 5 marathons. Prior to working with Jeff, he had not raced a single triathlon or marathon. In each of these five marathons, he's set a personal record beginning with a 3:21 in Huntsville, and most recently ran the Rock n' Roll Mardi Gras Marathon in 2:56.

When asked about his coaching, Quentin notes, "Jeff has trained me in a way that I have remained injury free and achieved success in every race, distance, and discipline we have prepared for. Without a doubt, what has been accomplished is the result of a consistent and objective training plan that has been implemented by Jeff. Furthermore, as a coach and individual, he has a remarkable ability to adapt the training plans and loads as needed based on the data he is presented. Such a drastic improvement in my athletic performance would not have been possible without his coaching and guidance".

"It's been a great joy to work with an athlete of Quentin's ability, determination, and drive. I take a great deal of pride in watching him succeed and continue to improve. His threshold power has improved a full 70 watts in the time we've worked together and his run splits continue to amaze me", Jeff Delaune

Looking forward to Kona, we're eager to see what these two are capable of pulling off on the big island. "I'm sure I'll be a nervous wreck on October 10th. Watching the results come in at St. George kept me on the edge of my seat. When I saw that he grabbed a qualifying spot, I literally jumped out of my seat", Jeff Delaune

Jeff Delaune is a USA Triathlon Level 2 Certified Coach and works with Ben Elder and the Team Rising Sun multisport team at Elmwood Fitness Center. To find out how he can help you reach your multisport goals, contact him at jpdelaune@msn.com.

HAPPY 4TH OF JULY!!

Elmwood Fitness Center would like to wish everyone a very Happy 4th of July! We invite everyone to come and join us outside by the pools for a BBQ Lunch and Live Music by Black Rain from 1pm - 4pm.

Please make note of our Weekend Holiday Hours and Group Fitness Schedule:

Saturday, July 3rd

All clubs regular hours and all group fitness classes as regularly scheduled.

Sunday, July 4th

Elmwood Harahan - 10:00am - 6:00pm

No Group Fitness Classes. Kidsports and Childcare are closed.

BBQ Chicken Lunch available for purchase at \$9.99.

Live Band - Black Rain - 1:00pm - 4:00pm - Outside by the pools.

Monday, July 5th

Elmwood Harahan, Heritage Plaza, and Kenner - 5:00am - 8:00pm

Elmwood Downtown Closed.

Elmwood Kenner - No Group Fitness Classes.

Silver Sneakers - 10:00am

UPCOMING EVENTS AT ELMWOOD FITNESS CENTER

Be on the look out for the following events happening at Elmwood in the coming months:

Sunday, July 4th - BBQ Chicken lunch outside (available for purchase) by the pools with water-slide for the kids and a Live Band 1pm - 4pm - *Black Rain* - Elmwood Fitness Center Harahan.

Friday, July 9th - Karaoke with Live Band - *Riverdog* - 7pm - 10pm - Outside by the pools at Elmwood Harahan.

Friday, July 16th - *Boogiemen* - Live Band outside by the pools 7pm - 10pm.

Friday, July 17th - 8pm - 11pm - *JAWS* Move Night outside by the pools. Kids Night in

Kidsports Movie Night showing *Shark Tales*.

Saturday, July 3rd and 24th - Spinning Le Tour de France Program

Every Friday Night - Kids Night at Elmwood Gymnastics!!

Coming in September - *Biggest Loser Program with Special Guest.*

Ask the front desk for more details.

Elmwood Heritage Plaza Group Fitness Schedule:

8:30am - Aquatics

9:30am - Aquatics

9:30am - Spinning w/ Joy

10:00am - Silver Sneakers

11:00am - Body Pump w/ Linda

Elmwood Harahan Group Fitness Schedule:

6:30am - Yoga w/ Laura

7:00am - Spinning w/ Sue

8:00am - Body Pump w/ Scott - Studio B & C

9:00am - Pilates w/ Mary - Studio B & C

9:00am - Spinning - Extended Ride w/ Courtney

9:00am - Aquatics

9:00am - Senior Land Class (Strong Bones) - Studio A

10:00am - Yoga w/ Louanne

10:00am - Body Pump w/ Pam - Studio B & C

10:00am - Aquatics

10:30am - Line Dancing - Studio A

11:00am - 12:30pm - Zumba Extended w/ Pam - Studio B & C

11:30am - Line Dancing - Studio A

Have a Very Happy and Safe 4th of July Weekend!!
Your Elmwood Fitness Center Team.

