

What's Happening at Elmwood Fitness Center

January 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
						HA, DT and KN closed. 1 Childcare & Kidsports closed. HP opened 8am-12pm. Group Fitness Classes available at HP: 8:30am-9:30am - Body Pump 9:30am-10:30am - Spinning 9:30am-10:30am - Zumba
2	3 Senior Coffee Social at Elmwood Heritage	4	5 Cholesterol Screening 6am - 11am Elmwood Harahan Les Mills Body Pump Launch (All clubs)	6	7 Senior Coffee Social at Elmwood Harahan Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	8
9	10 Supplement Night at Elmwood Harahan 5:00pm-7:00pm	11 Senior Cooking Demo at Elmwood Harahan	12	13	14 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	15
16	17	18	19 Senior Birthday Celebration at Heritage Plaza	20	21 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	22
23 Biggest Loser 2011 Opening Reception Elmwood Harahan Auditorium 6:00pm	24	25	26 New Member Reception 5:30pm Elmwood Harahan Café Area	27 Senior's Orientation at Elmwood Harahan	28 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	29
30 Biggest Loser Program Begins	31					

February 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 Cholesterol Screening 6am-11am at Elmwood Harahan \$25.00 per person	3	4 Senior Coffee Social at Elmwood Harahan 2:00pm Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	5
6 Elmwood Harahan closes at 4:00pm	7 Senior Coffee Social at Elmwood Heritage Plaza	8 Senior Cooking Demo at Elmwood Harahan	9	10	11 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	12
13	14	15	16 Seniors Potluck for Valentine's Day at Elmwood Harahan	17	18 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	19
20	21 Ochsner Blood Drive 2:00pm-8:00pm Elmwood Harahan back parking lot	22	23 New Member Reception 5:30pm Elmwood Harahan Café area Senior Birthday Celebration at Elmwood Heritage	24 Senior's Orientation at Elmwood Harahan	25 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	26
27	28					

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

January-February 2011

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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

DEAR MEMBERS,



On behalf of the employees of Elmwood Fitness Center, I would like to take this opportunity to thank all of our members for their gracious support and loyalty which has helped Elmwood maintain its role as an industry leader throughout the past twenty-two years.

Since our inception, Elmwood has set the standard for the Louisiana health and fitness industry and continues to lead the way. Examples of our continued commitment were witnessed this past year with the replacement of carpet and rubber flooring in the weight room in Harahan, expansion of our childcare facility and new spinning bikes at the Heritage Plaza location, addition of the Xrkaide inter-active gaming program at Kidsports, and the men's locker replacement, which is currently underway. In addition to these improvements, many behind-the-screen upgrades, such as pool pump replacement and salt water cell replacement have been upgraded at the Harahan location.

As we prepare to enter into a new year, more than ever before, we are committed to inspiring your confidence with the most "state-of-the-art" facilities, world class services and programming, and innovative equipment upgrades. As part of our long-range strategy, we are not only committed to the health and fitness of our adult community, but also continue to spearhead the fight against Childhood obesity with cutting-edge programs, services, and fundraisers for the youth of our community.

Again, thank you for being part of the Elmwood Family. Your decision to achieve your fitness goals at Elmwood Fitness Center is very important to us, and we will continue to make our facilities and services the best they can possibly be for you, our members.

Have a happy and healthy New Year!

Randy Strassel
General Manager

ROCK YOUR HOMETOWN RACE!



Whether you're an experienced runner or casual walker, we encourage you to participate in this exciting event on Sunday, February 13! Race includes live bands and cheer squads lining the course on a foot tour through New Orleans. Celebrate at the Finish Line Festival complete with Post Race Concert.

Event Includes: Marathon – 26.2 miles
 Half Marathon – 13.1 miles
 Half Marathon Relay – Leg 1: 8 miles; Leg 2: 5 miles
 ING KiDS ROCK – 1 mile final mile event

Join the Fun Today! For more information, visit www.mardi-gras.competitor.com.

ELMWOOD GYMNASTICS TAKES TOPS AT PLANET FALL FESTIVAL

Congratulations to our EGA Artistic Team Level 7's who won their very first optional competition at the 2010 Planet Fall Festival in Hattiesburg, MS.



Kamryn Ryan - 1st place on Bars, Beam, Floor, and All-Around!!!
Kloe Donley - 1st place on Vault, 3rd on Beam, and 2nd All-Around
Anna Aguilar - 2nd place on Beam, 3rd on Bars, 4th All-Around
Abigail Nix - 2nd place on Bars, 3rd on Floor, 5th All-Around
Jamie Scherдин - 3rd place on Vault, 6th All-Around
Abbigail Crouchet - 4th place on Floor, 7th All-Around

Great Job Team!!

ROCK AND RIDE 2010 - A SPINNING SUCCESS

The 6th Annual Rock and Ride was held on Saturday, November 14th. Over 275 riders were Spinning to the sounds of "Five Finger Discount" on a beautiful day, outside by the basketball courts. We would like to thank everyone that participated in this event!! The event raised over \$14,000 to fight childhood obesity and the "I Can Do It Program" to provide scholarships for financial assistance.

We had a huge support from you, our members, as well as our following community partners that helped put on this event:

- | | |
|-----------------|------------------------------|
| Coca-Cola | Nordic Kitchen's & Bath |
| First NBC | 5 Finger Discount |
| Heim Consulting | La-Z-Boy Furniture Galleries |
| Irene's Cuisine | Gibbs Construction |
| Smoothie King | Kelley & Abide |
| Bag of Donuts | Charles Theriot, CPA |



BODY COMBAT KICKS INTO HIGH GEAR!

December 4th, 2010, Elmwood Fitness Center Harahan saw the launch of our newest group fitness class to be added to the schedule: "Les Mills Body Combat." This class is an intense cardio workout that gets your whole body moving. With a showing of over 105 members and 7 instructors the launch went beautifully!!

This class has been added to the already 105 group fitness classes that are offered weekly at the Elmwood Harahan facility. If you would like to join us for this cardio workout, no experience or equipment is required. Just show up for the class to work out!

Body Combat is being offered on the following days and times at the Elmwood Harahan facility:

Monday's – 6:30pm – 7:30pm – Studio's B & C

Thursday's – 7:00pm – 8:00pm – Studio's B & C
 Friday's – 11:15am – 12:15pm – Studio A
 Saturday's – 11:00am – 12:00pm – Studio's B & C



2011 BIGGEST LOSER PROGRAM

"STAND UP and GET SHRUNK" and be a part of the "LOSE FAT NATION" with Elmwood's 2011 Biggest loser Program

Over 2500 lbs and 800 inches lost in our 2010 Biggest Loser Program.

Program Overview

Members will be divided into specific teams that will be guided by one of Elmwood's Certified Personal Trainers. The objective of the program is to lose the greatest percentage of weight and inches determined by circumference measurements in a 10 week period.

The program includes:

- Meeting weekly with your Personal Trainer in a Group Setting
- Training in a highly motivating environment
- Nutrition Lectures from our Local and Nationally Recognized Dietitians
- Weight Tracking and Measurements by your Personal Trainer
- Individual and Team Prizes • Biggest Loser T-Shirt

Program Schedule

Welcome Event: Monday, January 24th - 6:00pm - Elmwood Fitness Center Harahan Auditorium

Length of Program: January 31st - April 9th

Awards Ceremony: April 18th - 6:00pm - Elmwood Fitness Center Harahan Auditorium

Program Cost

\$250.00 Members/ \$450.00 Non-Members

Non-Member fee also includes a 10-week membership to all 4 of our fitness centers.

SENIOR ELMWOOD SHARKS SWIMMING IN MEDALS

Congratulations to the Elmwood Senior Sharks that were well represented at the Louisiana State Senior Olympic Games (LSOG) held Sunday, October 24, 2010 at the LSU Natatorium in Baton Rouge with 10 swimmers competing and qualifying for the 2011 National Senior Games. Our most senior swimmers were Betty Russo, age 78, Jerry Olivier, age 78 and Virgil Bernard, age 77. Our "rookie" was Richard Deichmann who competed in the 50 to 54 age group. Betty Russo was also one of the most successful winning 6 gold medals at distances from 50 to 200 yards. The Senior Sharks are now training for the GNO Senior Olympics games to be held at UNO Aquatics Center on March 13, 2011, and the biannual National Senior Games to be held in Houston in June 2011. EFC is a sponsor of GNO Senior Olympics, and Weightlifting & Racquetball competitions are held at the Harahan location. Minimum age to participate in Senior Olympics is 50. For more information and to register to participate, check the websites at GNOSO.net, LSOG.net, and NSGA.com.

In the photo taken at the EFC Indoor Lap Pool – Left to Right - Virgil Bernard, Betty Russo, Jerry Olivier, Bill Jennings.

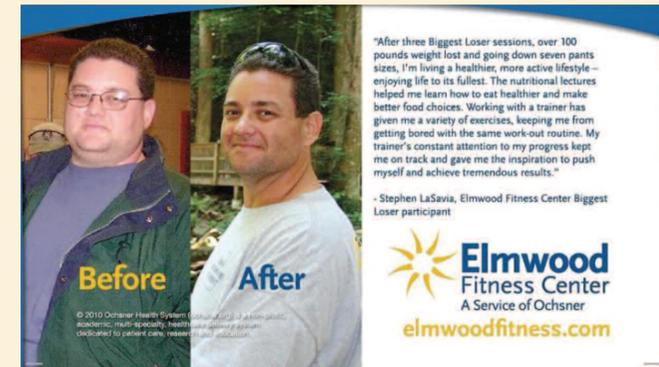


HOLIDAY PARTY - A ROCKIN GOOD TIME

We would like to thank everyone who attended the Annual Holiday Party on Saturday, December 11th. The evening was a success and everyone had a great time! With over 35 local restaurants and caterers, the food was exceptional and the entertainment by Paragon kept everyone on the dance floor.

We would like to take this opportunity to thank everyone that was involved, including our hard working staff, Freeman for the beautiful decorations around the club, as well as the following restaurants and caterers that made the night a success!

- | | |
|---------------------------|--|
| The Alpine | Acme Oyster House |
| Barreca's Restaurant | Byblos Restaurant |
| Café Zucchini | Cajun Land Brand Spices & Seasonings |
| Cavillino's Italian | Cold Stone Creamery |
| Corky's Bar-B-Q | Court of Two Sisters |
| Creole Country Sausages | Creole Cuisine Restaurant Concepts |
| Crescent City Brewhouse | Fat Harry's |
| Figaro's | Full of Flavor: A Personal Chef Experience |
| The Gazebo Café | Irene's Cuisine |
| Kyoto 2 | Labella's Catering |
| Lakeview Harbor | Lee's Hamburger (Metairie Rd.) |
| Lonnie's Catering | P & G Restaurant & Bar |
| Phil's Grill | Quartermaster Restaurant |
| Riomar | Salu |
| Sammy's on Elysian Fields | Seymour Restaurant (Harahan) |
| Shimmy Shack | Sunshine Café |
| Vincent's | VooDoo BBQ & Grill |
| Zeke's Restaurant | Haydel's Bakery |



"After 3 Biggest Loser sessions, over 100 pounds weight lost and going down 7 pants sizes, I'm living a healthier, more active life style - enjoying life to it's fullest. The nutritional lectures helped me learn how to eat healthier and make better food choices. Working with a trainer has given me a variety of exercises, keeping me from getting bored with the same work-out routine. My trainer's constant attention to my progress kept me on track and gave me the inspiration to push myself and achieve tremendous results".

—Stephen LaSavia - 2010 Biggest Loser Winner and 2009 Runner up

For more information about enrolling, contact Tavis Piattoly, Director of Health and Fitness, at 504-842-6152 or tpiattoly@ochsner.org.

Please note that this program is not affiliated with the NBC Program.