

## What's Happening at Elmwood Fitness Center

### March 2011

| SUN   | MON   | TUES  | WED   | THURS  | FRI  | SAT   |
|---|---|---|---|--|--|---|
|   |   | 1<br>Senior Coffee Social at Elmwood Heritage   | 2<br>Cholesterol Screening 6am-11am HA \$25.00 per person A Self Defense Class for Adults 6pm-9pm Studio A HA \$45 per person | 3  | 4<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm  | 5<br>Downtown Closed. Kenner closes at 2pm Heritage closes at 4pm Harahan closes at 5pm Childcare/Kidsports closes at 3pm |
| 6<br>Downtown, Heritage, Kenner closed. Harahan hours 7am- 5pm Childcare/Kidsports closes at 12pm | 7<br>Downtown closes at 2pm with No Group Fitness Classes. Heritage, Kenner & Harahan close at 6pm. No Group Fitness Classes after 11am. Childcare/Kidsports open until 12pm. | 8<br>Kenner, Downtown & Harahan clubs closed for Mardi Gras. Heritage Plaza opened 8am-12pm. Group Fitness Classes Available: Spinning and Body Pump. | 9<br>Kid's Camp   | 10<br>Kid's Camp                                 | 11<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm | 12<br>Les Mills Quarterly at Emwood Harahan   |
| 13<br>Daylight Savings Time Begins  | 14  | 15<br>Senior's XRKade Hour - 2pm Elmwood Harahan Kidsports  | 16  | 17   | 18<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm | 19  |
| 20  | 21  | 22  | 23<br>Senior Birthday Celebration at Heritage Plaza<br>New Member Reception 5:30pm- 6:30pm Harahan Café Area                  | 24   | 25<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm | 26<br>Jr. Honeybees Clinic 12pm-4pm Harahan<br>26th Annual Ochsner Run Ochsner Jefferson Highway                          |
| 27  | 28  | 29<br>Senior's Birthday Celebration at Harahan  | 30  | 31<br>Senior's New Member Orientation at Harahan |  |   |

### April 2011

| SUN  | MON   | TUES | WED  | THURS  | FRI  | SAT   |
|--|---|------|--|--|--|---|
|  |   |      |  |  | 1<br>Seniors Coffee Social at Elmwood Harahan<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm    | 2   |
| 3<br>Seniors Coffee Social at Elmwood Heritage Plaza<br>Dr. Graham Free Consultations 4pm-7pm Harahan                            | 4   | 5    | 6<br>Cholesterol Screening 6am-11am Harahan \$25.00 per person | 7  | 8<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm  | 9   |
| 10   | 11  | 12   | 13   | 14<br>Senior Potluck at Elmwood Harahan        | 15<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm   | 16<br>Easter Egg Hunt and Kid's Expo at Elmwood Kidsports 9am-1pm |
| 17<br>Ochsner Ironman 70.3 Triathlon   | 18  | 19   | 20<br>Seniors Birthday Celebration at Elmwood Heritage Plaza   | 21   | 22<br>All clubs close at 8pm. No Group Fitness Classes after 1pm. Childcare/Kidsports open until 1pm | 23<br>Crescent City Classic                                       |
| 24<br>Heritage Plaza Opened To All Members 8am-12pm. Harahan, Kenner & Downtown Closed. Group Fitness Classes at Heritage Plaza. | 25<br>Ochsner Blood Drive at Harahan - Back Parking Lot 2pm - 8pm | 26   | 27<br>New Member Reception at Harahan 5:30pm- 6:30pm Café Area | 28<br>Senior New Member Orientation at Harahan | 29<br>Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm   | 30  |

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

March - April 2011

## RACING SEASON AT ITS PEAK!

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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. • I300 Annex

New Orleans, La 70139

504-588-1600

**EFC Kenner**

200 West Esplanade • Suite 112

Kenner, La 70065

504-739-1600



The weather is finally starting to warm up and let the racing and triathlon season begin!!

We are well underway with both the racing and triathlon season in full swing. February saw an incredible turn out for the Rock & Roll Mardi Gras Marathon and 1/2 . With over 17,000 participants and the streets packed with family and friends to cheer everyone on, it was a beautiful day and a great race. Congratulations to everyone who participated and completed this event!!



Up next the 26<sup>th</sup> Annual Ochsner Run on Saturday, March 26<sup>th</sup>. This race promises to be another fun and great race. Held behind Ochsner Hospital on Jefferson Highway, this 5k and 1-mile race/walk is a fun family event for all with a great after party. If you would like to participate in this race feel free to register at Elmwood Harahan on Thursday, March 3<sup>rd</sup> from 11am – 1pm. If you can't register in person feel free to register online or call (504) 842-7113. This race is a great mini-warm up to the Ochsner Ironman 70.3 to take place on Sunday, April 17<sup>th</sup> or a warm-up for the ever popular Crescent City Classic to take place on Saturday, April 23<sup>rd</sup>.



Ochsner Ironman 70.3 is in its 3<sup>rd</sup> year and promises to be another great event again this year. As always members from Elmwood's Team Rising Sun will be participating in all of these events and if you are interested in becoming a part of this team or training with our great coaches, Ben Elder and Jeff Delaune, feel free to call Elmwood at 504-733-1600 and meet up with them.

## CONGRATULATIONS TO THE GYMNASTICS TEAM!

We would like to congratulate our Level 7's that competed in Phoenix, AZ back in January. The National Judges Cup saw many gymnasts from all over the country and our own Kamryn Ryan placed 1<sup>st</sup> in the Nation – National Champion!



### DON'T FORGET YOUR MANNERS, PLEASE.

As our clubs continue to stay busy throughout the year, we would like to remind everyone to be respectful to both old and new members of the club by remembering some of our do's and don'ts in the weight room as quoted from one of our Assistant General Managers, Tavis Piattoly in an article from nola.com....

1. **Don't hog the machine.** "People just sit on the machines and rest before they do their next set," Piattoly said. "Not cool. Finish your reps and step aside for the next guy."
2. **Don't leave your weights on the bar or the floor.** "Reracking the weights is definitely a big deal."
3. **Don't leave puddles.** "Leaving sweat on the machines with the possibility of infections is not sanitary. Wipe off your machines."
4. **Don't take calls in the exercise area.** "Being on the cell phone while in the weight room, we don't allow it here, but people do it anyway." Please take notice of the signs designating the cell phone areas.
5. **Don't make loud noise while exercising.** "You're not impressing anyone; you're annoying them. And you're not helping yourself. Excessive grunting and yelling is really unnecessary."

### HOLIDAY CAMPS AND KIDS EVENTS

If you are looking for a fun camp for the kids over the Mardi Gras and Easter Holiday, Elmwood Fitness Center Kidsports will be offering them for the following dates:

- |                                  |                                   |                                   |
|----------------------------------|-----------------------------------|-----------------------------------|
| Monday, March 7 <sup>th</sup>    | Monday, April 18 <sup>th</sup>    | Monday, April 25 <sup>th</sup>    |
| Wednesday, March 9 <sup>th</sup> | Tuesday, April 19 <sup>th</sup>   | Tuesday, April 26 <sup>th</sup>   |
| Thursday, March 10 <sup>th</sup> | Wednesday, April 20 <sup>th</sup> | Wednesday, April 27 <sup>th</sup> |
| Friday, March 11 <sup>th</sup>   | Thursday, April 21 <sup>st</sup>  | Thursday, April 28 <sup>th</sup>  |
|                                  |                                   | Friday, April 29 <sup>th</sup>    |

For more information on prices and times free to call Elmwood Kidsports at 504-733-1200.



#### KIDS EASTER EGG HUNT AND KIDS EXPO

Elmwood Kidsports will be having an Easter Egg Hunt and Kids Expo on Saturday, April 16<sup>th</sup> from 9am – 1pm outside on the basketball courts at Elmwood Harahan. This year's event will have a morning Easter Egg Hunt for the kids and then continue into a fun expo for all kids and adults to enjoy dancing to the sounds of Radio Disney, trying different activities, information on Summer Camp and spending the afternoon outside with friends.



#### LOOKING AHEAD

Don't forget that the Summer season is coming, so get your kids ready for Summer Camp and Swim Lessons all here at Elmwood Fitness Center!

## 2011 MARDI GRAS HOLIDAY HOURS

Carnival Time is upon us!! So don't forget our hours at each of the clubs during this time:

- Happy Mardi Gras to everyone!
- Saturday, March 5<sup>th</sup> – Downtown Closed.  
 Kenner 8am – 2pm.  
 Heritage 8am – 4pm.  
 Harahan 7am – 5pm.
- Sunday, March 6<sup>th</sup> – Downtown, Heritage, Kenner closed.  
 Harahan hours 7am – 5pm.

Monday, March 7<sup>th</sup> –  
 Downtown closes at 2pm.  
 Heritage, Kenner, and  
 Harahan close at 6pm.  
 No Group Fitness Classes  
 after 11am

Tuesday, March 8<sup>th</sup> – Downtown, Harahan, and  
 Kenner closed.  
 Heritage Plaza opened 8am –  
 12pm  
 Group Fitness classes available.



### LOUISIANA SENIOR OLYMPIC 2010 HALL OF FAME INDUCTEE

Congratulations to Elmwood's Robert Baker for making the 2010 Hall of Fame for the Louisiana Senior Olympics! Induction into the Hall of Fame is one of the highest honors that LSOG can bestow on an individual. Robert has won a total of 49 medals in various track and field events at Louisiana Senior Olympic Games. He also attended Nationals in 2001 and won a Gold Medal in high jump, and a Bronze medal in the 400 meters and the long jump. In 1992 Bob competed in the USATF outdoor championship and won Bronze in the long and triple jump. He has also competed in National and World Championships in the Pentathlon, Heptathlon, and Decathlon.

### LOUISIANA SENIOR OLYMPIC ATHLETES OF THE YEAR

Congratulations to Elmwood's own Fred Eitmann and Lucille Walker for receiving the Greater New Orleans District and Louisiana Senior Olympic Games Athletes of the Year!

Fred has participated in the Senior Olympic District and State Games since 1993 and Lucille since 2000. They have both also participated in the National Games. They are both participants in a variety of events such as Track & Field, Bowling, and Bean Bag Baseball. Congratulations again to the both of them!

Both individuals have received medals in nationals and continue to excel at their various sporting events.

### EASTER HOLIDAY CLUB HOURS:

Just a reminder that our club hours for the weekend of April 22<sup>nd</sup> – 24<sup>th</sup> are as follows:

- Friday, April 22<sup>nd</sup>, 2010 – All clubs at 8:00pm. No group fitness classes after 1:00pm. Childcare & Kidsports closes at 1:00pm.
- Saturday, April 23<sup>rd</sup>, 2010 – All clubs open, regular hours. All group fitness classes as regularly scheduled.
- Sunday, April 24<sup>th</sup>, 2010 – Harahan, Kenner, and Downtown are closed.  
**Heritage Plaza will be open to all members from 8:00am – 12:00pm. Group Fitness Classes will also be available.**



### DAYLIGHT SAVINGS TIME TO BEGIN MARCH 13TH

Just a friendly reminder to all that Daylight Savings time begins on Sunday, March 13<sup>th</sup>, 2011. So don't forget to Spring ahead!!

#### SAVE THE DATE

**Friday, May 13<sup>th</sup>** – Springtime Evening Rock and Ride! Be on the look-out for more details!