

What's Happening at Elmwood Fitness Center

September 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
					Harahan Senior Coffee Social	Elmwood Downtown Closed. Poolside DJ-Harahan Poolside-5pm-8pm
4	5	6	7	8	9	10
Live Band outside by the pools 3pm - 6pm <i>The Boogiemen</i>	Harahan is open till 8pm with Group Fitness Classes until 11:15am. DT, KN & HP closed. Kidsport closed. Childcare is available from 9am-12pm. BBQ Lunch - 12pm-3pm. Live Band-Bag of Donuts - 1pm-4pm			Seniors XRKade Day at Elmwood Harahan	Kid's Night in Elmwood Gymnastics. Grand Opening of Elmwood Harahan Running & Fitness Store-All day at Harahan Elmwood's Twilight Race-5K & 1 Mile Fun Run-7pm behind EFC Harahan with Party & Band	Rock-N-Ride on the Northshore with Elmwood Fitness Center and Stonecreek Spa and Club 9am-12pm at Stone Creek Spa and Club in Covington. Harahan back to normal hours-7am-7pm on the weekends.
11	12	13	14	15	16	17
	Senior Coffee Social at Elmwood Heritage	Senior Movie Day			Kid's Night in Elmwood Gymnastics	National Gymnastics Day - Elmwood Gymnastics open to everyone from 10am-12pm
18	19	20	21	22	23	24
Ochsner Blood Drive at Elmwood Harahan in the back parking lot from 2pm-8pm	Senior Birthday Celebration at Elmwood Kenner	Senior Birthday Celebration at Elmwood Heritage Plaza	Senior Birthday Celebration at Elmwood Heritage Plaza	Seniors New Member Orientation at Elmwood Harahan	Kid's Night in Elmwood Gymnastics	Yoga Workshop for the Shoulders with Tom Machado 1pm-4pm - Harahan - \$40.00 per person for members \$45.00 per person non-members
25	26	27	28	29	30	
			New Member Orientation at Harahan 5:30pm		Kid's Night in Elmwood Gymnastics	

October 2011 - Breast Cancer Awareness Month

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
	Senior Coffee Social at Elmwood Heritage Plaza Free Consultations with Dr. Graham 4pm-7pm Harahan				Senior Coffee Social at Elmwood Harahan Kid's Night in Elmwood Gymnastics	
9	10	11	12	13	14	15
				Seniors XRKade Day at Elmwood Harahan	EFC 18th Annual Golf Tournament-Lakewood Country Club-Tee Time 1pm Kid's Night in Elmwood Gymnastics	
16	17	18	19	20	21	22
			Senior Birthday Celebration at Heritage Plaza		Kid's Night in Elmwood Gymnastics	
23	24	25	26	27	28	29
			New Member Reception at Harahan 5:30pm	Senior New Member Orientation at Harahan	Seniors Potluck-Elmwood Harahan Kidsports Halloween Bash - 6pm-8:30pm	Elmwood Harahan Group Fitness Mini-Convention - 8:30am-4:30pm
30	31					
All Clubs Close at 8pm Kidsports/Gymnastics Closed at 4pm. No group fitness classes after 11:15am.						

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

September-October 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

TWILIGHT RUN & POST RACE PARTY



Elmwood Fitness Center and Ochsner Health System presents the Twilight Run & Post Race Party Friday, September 9th, 2011, 7:00PM - 5K AND 1 MILE RUN.

Come join us for a great cause and a great party!! All proceeds go to the "I Can Do It"

Program for fighting childhood obesity and Elmwood Fitness Sports Teams.

Post Race Party - Music by *Paragon*.

Great food from local New Orleans restaurants

Free t-shirt

Help Fight Childhood Obesity

The race course starts and ends on Elmwood Park Boulevard right across the street from the Palace Theater. Walkers and runners of all ages and experience levels are encouraged and welcomed in both the 1-Mile and 5K events.

Cost of race is \$25 per person. All Elmwood members will receive a discount through online registration. Please be sure to use the discount code "ELMWOOD." Cost is prepaid and non-refundable.

To register online go to <http://www.active.com/running/harahan-la/elmwood-fitness-center-twilight-run-2011>.

or

Register at the front desk of any Elmwood Fitness Center location.

OPENING OF RUNNING AND FITNESS STORE AT ELMWOOD FITNESS CENTER HARAHAN

Elmwood Fitness Center and Varsity Sports are pleased to announce the opening of the Running and Fitness Store at Elmwood Fitness Center Harahan!

The Running and Fitness Store will be open 7 days a week for you to be able to purchase any athletic gear, including the latest in running shoes, apparel, triathletic gear, swim gear, group fitness items, and nutrition products.

Make sure to stop by and check it out! Any sales on items will be featured on our Facebook page, so be sure to go to Facebook and become a fan.

The hours will be as follows:

Monday – Thursday – 9:00am – 8:00pm

Friday – 9:00am – 6:00pm

Saturday – 10:00am – 5:00pm

Sunday – 10:00am – 4:00pm

Join us for the Grand Opening on Friday, September 9th all day at the Elmwood Harahan location!!!



ELMWOOD TUMBLING AND TRAMPOLINE NATIONALS RESULTS - 2011

Elmwood Tumbling and Trampoline Team had 13 athletes compete in 30 events at the National Championships in San Antonio, Texas, last month.

The team had **5 National Champions** – Patrick Lyell-TU&DM, Gretchen Schultz-DM, Graycen Neu-TU, and Alexcia Perilloux-TU.

We also had **4 Silver Medalists**– Gretchen Schultz-TU, Annie Hasney-TR, Bailey Axelrad-TR, and Kylee Olsen-DM and **1 BRONZE MEDALISTS**– Rachel Thevenot-TU.

Elmwood took home a total of 21 Top 10 Awards.

Two athletes from Elmwood Tumbling and Trampoline Team, **Gretchen Schultz and Rachel Thevenot** also represented Region 3 in the Regional All-Star competition in which our Region took 1st Place.

Elmwood's Team had 5 Level 9 & 10 athletes, **Mandie DiMarco, Gretchen Schultz, Rachel Thevenot, Patrick Lyell and Graycen Neu** qualify to the ODP Qualification Camp at the Olympic Training Center in Huntsville, TX August 26-29. They will have to compete in tumbling and trampoline to try to earn a spot on the Olympic Developmental Team for 2012.

Our tumbling and trampoline team coaching staff Toni Mortillaro and Jared Olsen had the honor of being nominated as National Coaches of the Year.

Congratulations on a great job at Nationals and Good Luck at the ODP Qualification Camp!

NUTRITION PACKAGE EXTENDED THROUGH THE YEAR!

Let our Elmwood Nutritionists help you stay on track through the football season and into the holidays. To assist with this, we will be extending our "Summer Special" of \$50 off a nutrition package with Alexis until the end of the year. This special is available to all members and non-members.

A Comprehensive Nutrition Package includes a 90-minute initial consult plus one follow-up visit. The regular price for the consultation is \$150.00. You can book your package by contacting Alexis Weilbaecher at 504-736-4755 or aweilbaecher@ochsner.org and schedule your appointment today!

HOLIDAY CAMP FOR KIDS

It's not too early to start thinking about Holiday Camp for the kids!

Kids Holiday Camp will be starting the week of Thanksgiving and then again for Christmas and New Year's. Camp will be from 9:00am – 4:00pm with before and after care available if needed from 7:30am – 9:00am and from 4:00pm – 5:30pm.

Cost for camp will be \$35.00 per day/per child and before and after care will be \$5.00 each per day/per child. Pizza and Peanut Butter and Jelly Lunch will also be available for \$5.00.

Camp will be available for children ages 3 – 12 years of age. Please be sure to bring lunch, swimsuit, and a towel!! Reservations are required in person and a form must be filled out for each child.

The dates for camp will be as follows:

November

Monday, Nov. 21st
Tuesday, Nov. 22nd
Wednesday, Nov. 23rd
Friday, Nov. 24th

January

Monday, Jan. 2nd
Tuesday, Jan. 3rd
Wednesday, Jan. 4th
Thursday, Jan. 5th
Friday, Jan. 6th
Monday, Jan. 16th

If you require days that are not offered above, please let someone in Kidsports know so they can work with you. Space will be limited so be sure to register your child early. For more information call 504-733-1200.

December

Thursday, Dec. 22nd
Friday, Dec. 23rd
Monday, Dec. 26th
Tuesday, Dec. 27th
Wednesday, Dec. 28th
Thursday, Dec. 29th
Friday, Dec. 30th

DON'T FORGET THE CLUB HOURS FOR LABOR DAY...

Monday, September 5th – Elmwood Harahan opened from 5:00am – 8:00pm with group fitness classes until 11:15am. Heritage Plaza, Downtown, and Kenner are Closed. Kidsports will be Closed. Childcare will be available from 9:00am – 12:00pm.

Live Band – *Bag of Donuts* – Outside by the pools at Elmwood Harahan from 1:00pm – 4:00pm

BBQ Lunch available for purchase – 12:00pm – 3:00pm.

The following Group Fitness Classes will be available:

9:00am – Body Flow – Studio A
9:00am – Step Class – Studio B
9:00am – Senior Cardio Class – Studio C
9:00am – Spinning
10:00am – Yoga – Studio D
10:15am – Body Pump - Studios B/C
10:30am – Body Combat – Studio A
11:15am – Zumba – Studio B/C



ELMWOOD FITNESS CENTER & STONE CREEK CLUB & SPA ARE PLEASED TO BRING YOU:



Rock & Ride on the Northshore • Saturday, September 10th, 2011 • 9:00am - 12:00pm

The event will take place at Stone Creek Club & Spa in Covington, LA.

Sign up for one of the 3 45-minute spin classes. Choose your time of 9:00am, 10:00am, or 11:00am.

Spin to live music by Weathered. And after your ride enjoy food and beverages outside by the pools.

Cost is \$40 for any Elmwood / Stone Creek Member / Ochsner Employee and \$50 for any non-member.

Space is limited, so sign up before the Friday, September 2nd deadline. All benefits go to the "I Can Do It" Program to fight childhood obesity.

Registration can be picked up at the front desk of the Elmwood Harahan location and e-mailed or faxed to Michael Heim at mheim@ochsner.org or 504-733-1684 or Jennifer Holoway at jenniferh@stonecreek-clubandspa.com. You can also bring the registration form to the front desk of Elmwood Fitness Harahan or

Stone Creek Club & Spa.

For questions and further information, call Jennifer Holoway at 985-801-7117 or Michael Heim at 504-842-6524.

ELMWOOD SENIOR SHARKS SHINE AT THE NATIONAL SENIOR GAMES

Congratulations to the Elmwood Senior Sharks Swim Team who attended the National Senior Games swimming competition held in Houston, TX. June 25 through June 30 at the University of Houston Natatorium.

Over 10,000 athletes competed in 18 different sports including basketball, shuffleboard, triathlon, etc. Oldest athletes competing were 102 years old among the males and 98 years old among the females. And as Mr. Bill Jennings puts it, "You don't stop playing because you get old; you get old because you stop playing."

Special congratulations to Elmwood member and Ochsner's Dr. Richard Deichmann who won two bronze medals.

The Elmwood Senior Sharks collectively also won 19 ribbons emblematic of finishes in 4th through 8th place. Future National Senior Game competitions will be held in Cleveland, Ohio in 2013 and Minneapolis, Minnesota, in 2015.

Shown in the photo left to right are: Doug Holmes, Patricia Arnold, Jerry Olivier, Bob Grascel, Kathleen Pilie, Bill Jennings, and Don Mouney. Also competing but not shown were Dr. Cecile Many and Dr. Richard Deichmann.



UPCOMING EVENTS AT ELMWOOD FITNESS CENTER:

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

Sunday, September 4th – Live band outside by the pool – The Boogiemens – 3:00pm – 6:00pm

Monday, September 5th – **LABOR DAY** – Harahan open from 5am – 8pm. Group Fitness Classes until 11:15am. Kidsports closed. Childcare will be available from 9:00am – 12:00pm. All satellites are closed. Live band outside by the pools "Bag of Donuts" from 1:00pm – 4:00pm. BBQ Lunch will be available for purchase at the outdoor café from 12:00pm – 3:00pm.

Friday, September 9th – Elmwood's Twilight 5K and 1 Mile Fun Run – 7:00pm behind Elmwood Fitness Center Harahan with after party and live band "Paragon." Register at the front desk or online at www.active.com.

Friday, September 9th – Grand Opening of the Elmwood Fitness Center and Varsity Sports Running and Fitness Store – All day at Elmwood Harahan.

Saturday, September 10th – **Elmwood Harahan back to normal hours on the weekends of 7:00am – 7:00pm on Saturdays and Sundays.**

Saturday, September 10th – Rock-N-Ride on the Northshore with Elmwood Fitness Center and Stonecreek Spa and Club – 9:00am – 12:00pm at Stonecreek Spa and Club in Covington. Cost is \$40 for any Elmwood / Stone Creek Member / Ochsner Employee and \$50 for any non-member.

Saturday, September 17th – National Gymnastics Day – 10:00am – 12:00pm – Elmwood Gymnastics will be open to kids of all ages with games, open gym, face painting and more.

Saturday, September 24th – Yoga Workshop for the Shoulders with Tom Machado – 1:00pm – 4:00pm – Elmwood Harahan - \$40.00 per person for members/\$45 per person non-members

Friday, October 14th – Elmwood Fitness Center 18th Annual Golf Classic at Lakewood Country Club – Tee Time is 1:00pm

Friday, October 28th – Elmwood Kidsports Halloween Bash – 6:00pm – 8:30pm – Kidsports

Saturday, October 29th – Elmwood Harahan Mini-Fitness Convention – 8:30am – 4:30pm.

Every Friday Night – Kids Night at Elmwood Gymnastics!!

Ask the front desk for more details on any of these events.

BIGGEST LOSER FALL 2011 PROGRAM

It's that time of year again! The weather will hopefully start to get cooler soon, and let the workouts begin!! We have had over 1500 lbs. and 600 inches lost in our 2011 Biggest Loser programs so far this year.

Elmwood Fitness Center's Biggest Loser program will start up again for the 2011 Fall Season on October 3rd. This year's program will run from October 3rd – December 10th. The Welcome Event will be Monday, September 26th at 6:30pm in the Elmwood Harahan Auditorium, and will conclude with an awards ceremony on Monday, December 19th at 6:30pm.

Registration is going on from August 25th – September 12th for members at \$200 per person, and then from September 13th – September 23th, members can register for \$250 per person and non-members are welcome to register for the program at \$450 per person. For non-members the cost does include a 12-week membership to any Elmwood Fitness Center.

All members who are interested in more information about our Biggest Loser program, should contact Tavis Piattoly, Director of Wellness and Retail Services, at 504-842-6152.

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