

What's Happening at Elmwood Fitness Center

November 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4 Senior Coffee Social at Elmwood Harahan Kid's Night at Elmwood Gymnastics	5
6	7 Senior Coffee Social at Heritage Plaza	8	9 New Member Reception at Elmwood Harahan 11:00am	10 Seniors Bingo Day at Elmwood Harahan	11 Kid's Night at Elmwood Gymnastics No evening Spinning Classes due to Rock & Ride at Harahan & Heritage	12 7th Annual Rock and Ride 9:00am-11:00am Elmwood Harahan outside basketball courts - \$40 per person. No morning Spinning Classes at Harahan and Heritage.
13	14	15	16 Wine and Cheese Social at Elmwood Heritage Plaza 5:30pm-7:30pm	17	18 Kid's Night at Elmwood Gymnastics	19
20	21 Holiday Camp at Elmwood Kidsports Nov. 21-23	22	23 All Clubs Close at 8pm; no classes after 11:15am	24 Harahan, Kenner & Downtown Closed. Heritage Plaza Open from 8am-12pm with Group Fitness Classes. Elmwood Gymnastics Closed Nov. 24-27	25 Harahan, Kenner & Heritage Plaza hours 8:00am-8:00pm. No Group Fitness Classes after 11:15am; Downtown Closed.	26 Massage Your Partner Workshop Elmwood Harahan 1:00pm-3:00pm Registration required.
27	28 Ochsner Blood Drive 2:00pm-8:00pm Elmwood Harahan back parking lot.	29	30 Senior Birthday Celebration at Heritage Plaza Senior New Member Orientation at Harahan			

December 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 Senior Coffee Social at Elmwood Harahan Kid's Night at Elmwood Gymnastics	3 Harahan Closes at 5:00pm, weightroom & track Close at 4pm. Elmwood Fitness Center Annual Holiday Party at Harahan 8:00pm-11:00pm.
4	5 Senior Coffee Social at Elmwood Heritage Plaza Free Cosmetic Consultations with Dr. Graham 4pm-7pm Harahan	6	7	8	9 Kid's Night at Elmwood Gymnastics	10 Santa's Workshop at Elmwood Kidsports 9:00am-11:30am
11	12	13 Wine and Cheese Social at Elmwood Heritage Plaza 5:30pm-7:30pm	14 New Member Reception at Harahan 11:00am	15 Senior Holiday Potluck Lunch	16 Kid's Night at Elmwood Gymnastics	17
18	19 Holiday Camp Dec. 19-23	20 Senior Birthday Celebration at Elmwood Kenner	21 Senior Birthday Celebration at Heritage Plaza	22 Senior Birthday Celebration at Elmwood Harahan	23	24 Harahan and Heritage Plaza Close at 4pm. Kenner Closes at 2pm. Downtown Closed. Childcare/ Kidsports Closed. Group Fitness Classes regular schedule.
25 All Clubs Closed	26 All Clubs Open regular hours. Limited Group Fitness Classes	27 Holiday Camp Dec. 27-30	28	29	30	31 Harahan and Heritage Plaza Close at 4pm. Kenner Closes at 2pm. Downtown Closed. Childcare/ Kidsports Closed. Group Fitness Classes regular schedule.

Jan. 1, 2012 - Harahan, Kenner, Downtown Closed. Heritage Plaza Open 8am-12pm.

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

November - December 2011

In This Issue

Save The Date!
- Page 1

18th Annual Elmwood Fitness Center Golf Tournament Great Success
- Page 1

Holiday Camps for Kids of All Ages!
- Page 2

Santa's Work
- Page 2

Holiday Cooking at Café Zucchini
- Page 2

Rock and Ride 7 - Saturday, November 12th - 9am-11am
- Page 3

Fitness Conference Proves to be a Great Workout for All!
- Page 3

Don't Forget the Club Hours During the Holidays....
- Page 3

Calendar of Events November / December 2011
- 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

SAVE THE DATE!

Elmwood Fitness Center's Holiday Party
Saturday, December 3rd – 8:00pm – 11:00pm
Be sure to block your calendar for our Annual Holiday Party to be held this year on Saturday, December 3rd at Elmwood Fitness Center Harahan!!

Join us as we transform the club into a Holiday Party atmosphere with great food from some of your favorite local restaurants, party pictures, and live entertainment by "Paragon"!

Please note that Elmwood Fitness Center Harahan will be closing at 5:00pm on Saturday, December 3rd. The weightroom and upstairs track will be closing at 4:00pm.

Cost is FREE for all members, and \$10.00 for guests. Cash bar will be available. Adults only party. Dress is holiday attire, no jeans please.



18TH ANNUAL ELMWOOD FITNESS CENTER GOLF TOURNAMENT GREAT SUCCESS



Our 18th Annual Golf Classic was held at the Lakewood Country Club back on October 14th. Many community partners chipped away at obesity by raising over \$13,000. Players had a great time and enjoyed a beautiful day on a course that had so much to see! Thank you to all members, employees and community businesses for all your support and participation in this fun event!

We would like to recognize our sponsors for this event and helping us make it such a huge success:

ACME Oyster House
Power Shack
Lauricella Land Company
A.C Cross
Fitness Expo
Freeman Decorating
Helm Paint
Glazier
Coca Cola Company
Lakeview Harbor
Heim Consulting
Zoom Media Connect
Gillis, Ellis and Baker
XCEL
Anthony's Landscaping
O'Brien Flooring
Schneider Paper Products

Crescent Crown Distributing
Kelley Abide
La-Z-Boy Furniture Galleries
NRLC
Big Easy Electric
Pro Security
Equity Office



HOLIDAY CAMPS FOR KIDS OF ALL AGES!

Elmwood Fitness Center is please to offer 3 different varieties of Holiday Camp!

Kids ranging in ages from 3 - 14 can participate in any of the following throughout the holidays:

Camp Overview

Kidsports Holiday Camp



This camp is for kids from 3 years to 12 years of age. Experience a wide variety of fun activities such as indoor and outdoor sports, XrKade interactive fitness, adventure challenge, pool activities, and much more. Please be sure to bring lunch, swimsuit, and towel!! For more information on this camp call (504) 733-1200.

Youth Fitness Camp



This camp is for kids from 10 years to 14 years of age. Give your child the opportunity to experience a variety of workout classes to keep them active and engaged! Campers will participate in classes including Zumba, Spinning, Cardio Kick Boxing, Pilates, and Yoga. For more information on this camp call (504) 733-1200.

Gymnastics/Cheer/Tumbling Camp



This camp is offered for kids from 3 years to 12 years of age. Learn a combination of artistic gymnastics, tumbling, trampoline, and cheerleading fun and activities. Campers will spend their days rotating between gymnastics equipment, our 100 foot tumbling strip, plus a Tumble Trak, two trampolines, and two full spring floors. For more information on this camp call (504) 733-4496.

CAMP DATES:

NOVEMBER 21st, 22nd, and 23rd

DECEMBER 22nd, 23rd, 27th, 28th, 29th, and 30th

JANUARY 3rd, 4th, 5th, 6th, and the 16th



There will be more dates for Mardi Gras and the Spring Holiday in 2012.

CAMP PRICES:

9:00am - 4:00pm - \$35 per day/per child

Before Care: 7:30am - 9:00am - \$5.00 per day/per child

After Care: 4:00pm - 5:30pm - \$5.00 per day/per child

Pizza/PB & J Lunch: \$5.00 per day



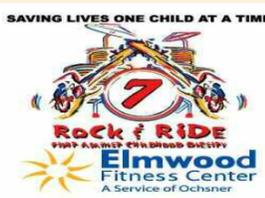
HOLIDAY COOKING AT CAFÉ ZUCCHINI

Looking to make the Holidays a little less stressful in the kitchen? Just let Café Zucchini lend a helping hand by offering a great menu for the Holiday Season! Just be sure to call ahead of time and place your order no later than Monday, November 21st for pick-up on Wednesday, November 23rd by 4pm. Choose from a slow roasted turkey breast or rosemary and garlic pork loin as your entrée, and pair it with some great side dishes.

And if you are on a limited budget this year, you have the option of purchasing the sides for half the price. So if you are looking for a quart instead of a 1/2 pan, it's half the cost. Just visit the menu on the www.elmwoodfitness.com and click on the Café Zucchini tab (Thanksgiving Catering Menu).

Chef Marc Gilberti and his staff makes your holiday feasts easy so you can enjoy them, not stress over them. Reheating directions come on each dish for no hassle preparation. For more information call Diana Meyer at (504) 842-9571.

ROCK AND RIDE 7 - SATURDAY, NOVEMBER 12TH - 9AM - 11AM



Come and join the 7th Annual Rock & Ride for the fight against Childhood Obesity. This year's event will be held Saturday, November 12th from 9am - 11am outside on the basketball courts at the Harahan location.

This year's event will have 2 classes with live music provided by "The Five Finger Discount". The cost is \$45 per person/per class to benefit the "I Can Do It" program and it includes the following:

- T-Shirt
- Food and Drinks
- After party by the pool with live music

The last day to register is Saturday, November 5th. Sponsorship opportunities are available. You can register at any front desk. For more information call Michael Heim at (504) 842-9524.



FITNESS CONFERENCE PROVES TO BE A GREAT WORKOUT FOR ALL!

Saturday, October 29th, Elmwood Fitness Center's Group Fitness Department held its first "Fitness Conference." The whole day was filled with a variety of group fitness classes that members and non-members had to register for and select. With over 100 participants registering to take classes such as "Barre, Piloxing, and Tabata", the day was filled with new challenges. The afternoon brought on more challenging classes such as Rock-N-Roll Spinning, Zumba Fundamentals and more.

A BIG "THANK YOU" goes out to all of our group fitness instructors that donated their time and effort for a great cause!! Proceeds for this event benefited Breast Cancer Research!



DON'T FORGET THE CLUB HOURS DURING THE HOLIDAYS....

NOVEMBER

Wednesday, November 23rd, 2011 - All Clubs Close at 8:00pm. No group fitness classes after 11:15am

Thursday, November 24th, 2011 - Elmwood Harahan, Kenner and Downtown CLOSED. Elmwood Heritage Plaza opened 8:00am - 12:00pm w/ group fitness classes.

Friday, November 25th, 2011 - **CLUBS IN HARAHAH, HERITAGE, AND KENNER OPEN FROM 8AM - 8PM.** DOWNTOWN IS CLOSED. No group fitness classes after 11:15am.

DECEMBER

Saturday, December 24th, 2011 - Elmwood Harahan and Heritage Plaza closes at 4:00pm. Kenner closes at 2:00pm. Elmwood Downtown is closed. Normal group fitness schedule. Childcare and Kidsports are closed.

Sunday, December 25th, 2011 - ALL CLUBS CLOSED FOR THE HOLIDAY.

Monday, December 26th, 2011 - All clubs normal hours. Limited group fitness classes.

Saturday, December 31st, 2011 - Elmwood Harahan and Heritage Plaza closes at 4:00pm. Kenner closes at 2:00pm. Elmwood Downtown is closed. Normal group fitness schedule. Childcare and Kidsports are closed.

Sunday, January 1st, 2012 - HAPPY NEW YEAR! Elmwood Harahan, Kenner and Downtown are closed. Elmwood Heritage Plaza opened 8:00am - 12:00pm.

Santa's Workshop

Saturday December 10, 2011
9:00 a.m. - 11:30 a.m.

Cost: \$15.00 Per Child
Tickets: Must be purchased in advance.
Price includes...

Dietzies with Santa

Cookie Decorating

Face painting

And more!

*The XrKade will be open and a DJ will be in the cheer gym.
Photo's provided by: Studio U Photography

*Children Must Be Accompanied By an Adult

RESERVATIONS REQUIRED!
(For Information Call)
(504)-733-1200