

What's Happening at Elmwood Fitness Center

January 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
Harahan, Kenner & Downtown Closed. Childcare & Kidsports Classes Closed. Heritage Plaza Open 8am-12pm with Group Fitness Classes. 8:30am - 9:30am - Spinning 9:15am - 10:15am - Body Pump 10:15am-10:45am - 30-Minute Core Conditioning	1 Harahan, Kenner & Heritage Plaza will have regular hours & regular scheduled group fitness classes. Downtown Closed.	2	3	4	5 Senior Coffee Social at Harahan - 9:30am Senior PHN Event at Harahan Studio A 10:30am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	6
8	9 Senior Movie Day at Harahan Auditorium 2:00pm. Senior Coffee Social at Heritage Plaza Elmwood Downtown Closes at 3:00pm	10 FREE Supplement Day at Elmwood Downtown 4:00pm-6:00pm	11	12	13 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	14
15	16 Military Training Program Starts at Elmwood Harahan FREE Seniors Grocery Tour at Rouses on Veterans Blvd., 9:00am must register to attend.	17 Senior Birthday Celebration at Harahan Café area.	18 Senior PHN Event at Harahan Studio A 10:30am FREE Seniors Grocery Tour at Rouses on Tchoupitoulas, 9:00am must register to attend.	19	20 Seniors Ochsner Lecture at Harahan Auditorium - 10:00am Topic: Fall Prevention Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	21
22	23	24	25 Senior PHN Event at Harahan Studio A 10:30am Seniors Birthday Celebration at Heritage Plaza 11:00am New Member Reception at Harahan Café Area 5:30pm - 6:30pm	26 Seniors New Member Orientation at Harahan Auditorium 10:00am - 11:00am	27 Senior Cooking Demo at Harahan Auditorium 12:00pm Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	28
29	30 Biggest Loser 2012 Opening Reception Harahan Auditorium 6:30pm FREE Supplement Day at Heritage Plaza 4:00pm-6:00pm	31				

February 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 Senior Coffee Social at Harahan 10:00am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	4
5	6 Senior Coffee Social at Heritage Plaza Senior Movie Day at Harahan Auditorium 2:00pm. Biggest Loser 2012 Begins	7	8	9	10 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	11
12	13 Seniors Grocery Tour at Rouses on Baronne 9:00am, must register to attend.	14 FREE Supplement Day at Heritage Plaza 8:00am Seniors Potluck for Valentine's Day at Harahan 12:00pm	15 Seniors Grocery Tour at Rouses on Clearview Parkway 9:00am, must register to attend.	16	17 Senior Lecture at Harahan Auditorium 10:00am - Topic: Senior Fitness Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	18 Downtown Closed. Kenner Closes at 2pm. Heritage Plaza Closes at 4pm. Harahan Closes at 5pm. Childcare/Kidsports Closes at 3pm
19 Downtown, Kenner & Heritage Plaza Closed. Harahan hours 7am-5pm. Childcare/Kidsports Closes at 12pm.	20 Downtown Closes at 2pm with no group fitness classes. Heritage Plaza, Harahan, & Kenner Close at 6pm. No group fitness classes after 11am. Childcare/Kidsports Closes at 12pm. Senior Birthday Celebration at Harahan Café area 12pm	21 Harahan, Kenner & Downtown are Closed for Mardi Gras. Heritage Plaza hours 8am-12pm. with limited group fitness classes.	22 Kid's Camp Senior Birthday Celebration at Heritage Plaza 11am	23 Kid's Camp Senior New Member Orientation at Harahan Auditorium 10:00am	24 Kid's Camp	25
26	27	28	29 Senior Bingo at Harahan Café area 2:00pm New Member Reception Harahan Café area 5:30pm			

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 2012

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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

HOLIDAY PARTY - ANOTHER SUCCESS



We would like to thank everyone who attended the Annual Holiday Party on Saturday, December 3rd. The evening was a success and everyone had a great time! With over 30 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 and Riverview Photography that made the night a success!



The Alpine
Barreca's Restaurant
Café Zucchini
Cold Stone Creamery
Court of Two Sisters
Creole Country Sausages
Crescent City Brewhouse
Figaro's
Kyoto 2
Lakeview Harbor
Lonnie's Catering
Phil's Grill
Riomar
Royal House
Sammy's on Elysian Fields
Shimmy Shack
Sterling Catering
Vincent's
Zeke's Restaurant

Acme Oyster House
Byblos Restaurant
Cajun Land Brand Spices & Seasonings
Corky's Bar-B-Q
Copeland's of New Orleans
Chateau Cafe
Fat Harry's
Full of Flavor
Labella's Catering
Lee's Hamburger (Metairie Rd.)
P & G Restaurant & Bar
Quartermaster Restaurant
Riverbend Bakery
Salu
Seymour Restaurant (Harahan)
Sunshine Café
Three Muses
Voodoo BBQ & Grill
Haydel's Bakery

OCHSNER IS PLEASED TO ANNOUNCE - VITAMINS & SUPPLEMENTS



The Ochsner Vitamins and Supplements line consists of high-quality, private-label vitamins and supplements approved by Ochsner's own Physician Advisory Board. Ochsner Vitamins are created in an NSF-certified Good Manufacturing Practice laboratory to ensure all of our products and raw materials are tested for purity, efficacy and safety prior to formulation. Because Ochsner's name is on the label, you can be certain that almost 70 years of unparalleled clinical expertise and quality outcomes stands behind what is in the bottle.

Ochsner Vitamins and Supplements are a product of Ochsner Health System, southeast Louisiana's largest non-profit, academic, multi-specialty, healthcare delivery system. To purchase any of Ochsner's vitamins and supplements visit Elmwood Fitness Center in Harahan. For more detailed information about which ones are right for you, please visit OchsnerVitamins.com.

If you have any questions about your order please contact us by email or by phone.
Email Address: vitamins@ochsner.org Phone Number: 504-736-4739



ELMWOOD SHARKS VISITOR!

Check out who stopped by to the Elmwood Sharks Swimming Practice! He was kind enough to take a picture with the team. Thanks Coach Miles for stopping by!

Don't forget that if you would like to see what the Adult Elmwood Sharks Team is about, starting January 1st, come try out the Elmwood Sharks Master's Swim Team for a week FREE!

Practice is offered Monday, Wednesday and Friday from 5:30am - 7:00am and Monday - Thursday 6:15pm - 7:30pm.

In addition, we offer Saturday practice from 9:00am - 10:30am. All practice is held in the eight-lane outdoor lap pool. In order to participate on the Elmwood Masters Swim team you must be 18 years or older and a member of Elmwood Fitness Center. The monthly fee to be a member is \$30 per month.

This offer will be good for all of 2012!

For questions and more information, contact Christina Offutt at coffutt@ochsner.org or (504) 736-4762.



OCHSNER'S GET FIT NOW



You don't have to rely on pre-packaged puddings, bars, and shakes - with Ochsner's Get Fit NOW, you'll lose weight while indulging in real food that's prepared fresh daily. Every meal and snack is perfectly portioned, so there's no more guesswork and no more obsessing - we do the work for you!

As a part of our 2012 launch, we're offering 20% off of Ochsner's Get Fit Now for the first two weeks in January (January 2 - 6 and 9 - 13). This Get Fit NOW introductory special starts at \$140 per week, a savings of \$35 off of the regular starting price of \$175 per week, and is available to EFC members and non-members. Sign up for a week, two weeks, or even a month or more, to start shedding extra pounds - fast!

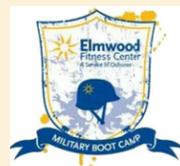
Space is limited, so to get started on Ochsner's Get Fit NOW, email or call Alexis Weilbaeher (aweilbaeher@ochsner.org) or 504.736.4755 with any questions!
Get Fit NOW prices are \$175 to \$225 per week depending on calorie range; individual calorie needs are determined by Elmwood Fitness Center nutritionist based on age, height, weight, gender, exercise regime, and goal weight, via New Customer Assessment sheet, attached. Get Fit NOW includes two meals and a snack daily (breakfast is on your own, with guidance provided by Elmwood nutritionist).

Sign up for Ochsner's Get Fit NOW plan & lose up to 5 pounds per week! Elmwood Fitness Center's nutritionists have teamed up with The Fit Gourmet to create Ochsner's Get Fit NOW, a program that provides you with the full-body benefits of your individually-tailored nutrition plan - delivered straight to your door!

You don't have to rely on pre-packaged puddings, bars, and shakes - with Ochsner's Get Fit NOW, you'll lose weight while indulging in real food that's prepared fresh daily. Every meal and snack is perfectly portioned, so there's no more guesswork and no more obsessing - we do the work for you!

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2012 MILITARY TRAINING PROGRAM AT ELMWOOD HARAHAH JANUARY 16TH - FEBRUARY 24TH



The Military Training Program at Elmwood Fitness Center encompasses the type of workout and exercises that you would experience in any aspect of Military Training. Whether you want to become a member of the Military or want a challenging progressive workout routine, this program has something for you. The program offers 2 LEVELS of military style training based on your level of fitness. Train like the athlete you've always wanted to be.

Basic Training - the primary goal of Basic Training is to develop core strength, flexibility, and cardiovascular fitness while building a strength base. You will perform a variety of Military style exercises that use body weight and functional strength combined with strength, cardiovascular, speed, and agility training.

Boot Camp - once you have completed the Basic Training curriculum, take your training to the next level in our Boot Camp program. Boot camp will incorporate similar exercises but at a higher intensity.

FREE Demo Classes:

Wednesday, January 11th - 6:00am, 9:00am, and 6:00pm

Friday, January 13th - 6:00am, 9:00am, and 6:00pm

All interested participants can sign up for a demo class by visiting Elmwood Fitness Center (Harahan) or calling (504) 733-1600.

Program Date:

Monday, January 16th - Friday, February 24th

*Classes will be available at 6:00 am, 9:00 am, and 6:00 pm

Military Training Program Overview
6 Week Program (Classes will meet 3 days/week with a Military Training Program Instructor)

Pre and Post Testing will be conducted to determine your level of strength and endurance

Class Duration (60 minutes)

Program Cost: \$270 - Members \$350 - Non-members

Elmwood Military Training T-Shirt at completion of program

Results

In 6 weeks participants have seen a 50% increase in push up strength, 45% increase in abdominal strength (sit up test), and a 30% increase in running endurance (15 minute run test)

Testimonial

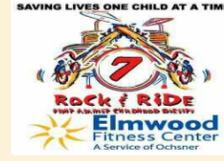
"I have been in Chris's boot camp for over 3 years and I can honestly say that it's the best, most challenging yet fun workout I have ever experienced. Plus, as my long term commitment proves, Chris never allows this class to get too predictable - he always has great tricks up his sleeve in order to keep me guessing. Lastly, if you're looking to see not only physical results but also to spend an hour or so laughing and sweating, Chris's boot camp is by far the place to be!!!"

— Ashley Lenfant

Elmwood Member and Military Training Participant

For more information, please contact Chris Mercadel at 504-481-7102 or cmercadel@ochsner.org or Tavis Piattoly at 504-842-6152 or tpiattoly@ochsner.org.

ROCK AND RIDE 2011 – A SPINNING SUCCESS



The 7th Annual Rock and Ride was held on Saturday, November 12th. Over 80 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 \$6,000 to fight childhood obesity and the "I Can Do It Program" to provide scholarships for financial assistance.

A BIG THANK YOU goes out to all of our members, employees, and community partners that helped put on this event:

Heim Consulting
Irene's Cuisine
La-Z-Boy Furniture Galleries
Louisiana Delta Marine
Coca Cola Bottling Company

Charles Theriot, CPA
NRLC
Nordic Kitchen & Baths
Smoothie King



2012 MARDI GRAS HOLIDAY HOURS

Carnival Time is almost here!! So don't forget our hours at each of the clubs during this time: Happy Mardi Gras to everyone!

Saturday, February 18th – Downtown Closed.
Kenner 8am – 2pm.
Heritage 8am – 4pm.
Harahan 7am – 5pm.
Sunday, February 19th – Downtown, Heritage, Kenner closed.
Harahan hours 7am – 5pm.
Monday, February 20th – Downtown closes at 2pm.
Heritage, Kenner, and Harahan close at 6pm.
No Group Fitness Classes after 11:00am
Tuesday, February 21st – Downtown, Harahan, and Kenner closed.
Heritage Plaza opened 8:00am – 12:00pm
Limited Group Fitness classes will be available.



2012 BIGGEST LOSER PROGRAM

Registration going on now!

Kick-Off Welcome Event - Monday, January 30th - 6:30pm - Elmwood Harahan
Program Starts Monday, February 6th !

The Biggest Loser Challenge at Elmwood Fitness Center is the challenge and experience you've been looking for to get motivated and change your overall level of fitness and quality of life. The program will challenge your level of fitness by competing with other teams and members of the fitness center to be categorized as **ELMWOOD'S BIGGEST LOSER.**

Over 1500 lbs and 600 inches lost in our 2011 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
Train 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
Team Challenge
Program Fees

MEMBERS – Through January 6th - \$200

MEMBERS – January 7th – January 20th - \$250

NON-MEMBERS – January 7th – January 20th - \$450.00**

Non-Member fee also includes a 12 week membership to all 4 locations.

What have participants said about the program?

"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 or to register, contact Ray Telschow, Team Lead of Personal Training, at rtelschow@ochsner.org or 504-736-4723.

Please note that this program is not affiliated with the NBC's Biggest Loser.