

## What's Happening at Elmwood Fitness Center

### May 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4 Senior Coffee Social at Harahan - 9:30am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	5
6	7 Senior Movie Day at Harahan - 2:00pm. Senior Coffee Social at Heritage Plaza Wine & Cheese Social at Heritage Plaza 5:30pm-7:30pm	8	9 Humana ABC Medicare Lecture EFC Auditorium 10:00am-11:00am	10	11 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm Spring Night Rock N Ride - Harahan outside by the pools 6pm-10pm - \$35 per person	12 Kids Expo at Harahan FREE to all! 10:00am - 2:00pm
13 Kidsport Closed for Mother's Day. Childcare open until Noon.	14 FREE Supplement Day at Heritage Plaza 4:00pm - 6:00pm	15 FREE Supplement Day at Downtown 4:00pm - 6:00pm	16 Senior Bingo at Harahan Café Area 2:00pm	17	18 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	19
20	21 Senior Birthday Celebration at Harahan - 12:00pm	22	23 Senior Birthday Celebration at Heritage Plaza 11am New Member Reception at Harahan 5:30pm-6:30pm	24	25 Senior Lecture Series Harahan Auditorium - 10:00am Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm Summer Concert Series Begins Bag of Donuts - 7pm-10pm	26 New Extended Weekend Hours at Harahan through Labor Day 7:00am-9:00pm
27 New Extended Weekend Hours at Harahan through Labor Day 7:00am-8:00pm	28 Memorial Day BBQ - 12pm-3pm, Live Band 1pm-4pm - Omega 3 Harahan open 5am-8pm, no group fitness classes after 11:30am; DT, HP, KN closed. First day of summer camp & swim lessons.	29	30	31 Seniors New Member Orientation at Harahan - 10:00am		

### June 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Senior Coffee Social at Harahan - 10:00am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	2 Poolside DJ Harahan Pool Side 12:00pm-3:00pm
3 Senior Coffee Social at Heritage Plaza. Senior Movie Day at Elmwood Harahan Auditorium - 2pm Ochsner Blood Drive at Harahan back parking lot - 2pm-8pm Biggest Loser Kick-Off - Harahan Auditorium - 6:30pm	4	5	6	7	8 Senior Birthday Celebration at Kenner - 11:00am Kid's Night at Elmwood Gymnastics 6:30pm - 10pm Summer Concert Series Bucktown All Stars 7pm-10pm	9 Poolside DJ Harahan Pool Side 5:00pm-8:00pm
10 Varsity Trunk Show at Heritage Plaza FREE Supplement Day at Downtown - 11am-1pm FREE Cosmetic Consultations with Dr. Graham at Harahan - 4pm-7pm	11 FREE Supplement Day at Heritage Plaza 8:00am - 11:00am	12	13 Wine & Cheese Social at Heritage Plaza - 5:30pm-7:30pm New Member Reception at Harahan 11:00am - 12:00pm	14	15 Senior Potluck at Harahan - 12:00pm Kid's Night at Elmwood Gymnastics 6:30pm - 10pm Summer Concert Series Imaginary Frenz 7pm-10pm	16 Mike Reiner on Solo Guitar Harahan Pool Side 1:00pm - 4:00pm
17 Senior Ice Cream Social at Elmwood Harahan 2:00pm	18	19	20 Senior Birthday Celebration at Heritage Plaza 11:00am	21	22 Senior Lecture Series Harahan Auditorium - 10:00am Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm Summer Concert Series Refugee - 7pm-10pm	23 Poolside DJ Harahan Pool Side 5:00pm-8:00pm
24 Zumba Workshop Harahan -TBA	25	26 Senior Cooking Demo Harahan Auditorium 12:00pm	27 New Member Reception at Harahan 5:30pm - 6:30pm	28 Senior New Member Orientation at Harahan Auditorium 10:00am Member Advisory Committee Meeting at Harahan Auditorium 6pm	29 Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm Pool Side DJ Harahan Pool Side 12pm-3pm	30 Poolside DJ Harahan Pool Side 12:00pm-3:00pm

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

May - June 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

## SPRING ROCK AND RIDE BATTLE OF THE BANDS

**FRIDAY, MAY 11<sup>th</sup> - 6:00PM - 10:00PM**

Come and join our annual Spring Rock and Ride for the fight against Childhood Obesity. This year's spring event will be held Friday, May 11<sup>th</sup> from 6:00pm - 10:00pm outside on the basketball courts at the Harahan location. There will be a ride between a battle of 2 great bands - "Five Finger Discount" and River Dog". Choose your time to ride: 7:00pm or 8:00pm.

This year's event will have 2 classes. The cost is \$35 per adult/per class to benefit the "I Can Do It" program and it



includes the following:

- T-Shirt and Glow Necklace
- 10-minute FREE massage
- 45-Minute Spin Class Bag
- Food and Drinks
- After party by the pool with live music by "River Dog" and "Five Finger Discount"
- Chance to win a 50-minute massage

The last day to register is Friday, May 4<sup>th</sup>. Sponsorship opportunities are available. Please note that Spinning class on Friday, May 11<sup>th</sup> will be canceled and the basketball courts will be closed due to this event. You can register at any front desk for the event. For more information call Michael Heim at (504) 842-9524.



## IT'S ABOUT THAT TIME!! BAND NIGHT!



Come join us by the pool this summer for the 2012 Summer Concert Series starting on Friday night, May 25<sup>th</sup>, 2012!

We will also have a live DJ outside by the pools on Saturdays throughout the Summer!

Here is a list of the bands performing this year. All bands will be performing on the outdoor basketball courts from 7pm -10pm, unless otherwise stated.

### SUMMER CONCERT SCHEDULE 2012

Friday, May 25<sup>th</sup> - Bag of Donuts  
Monday, May 28<sup>th</sup> - Memorial Day - Omega 3 - 1:00pm - 4:00pm

Saturday, June 2<sup>nd</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Friday, June 8<sup>th</sup> - Bucktown All Stars  
Saturday, June 9<sup>th</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Friday, June 15<sup>th</sup> - Imaginary Frenz  
Saturday, June 16<sup>th</sup> - Mike on Solo Guitar from 1:00pm - 4:00pm

Friday, June 22<sup>nd</sup> - Refugeeez  
Saturday, June 23<sup>rd</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Saturday, June 30<sup>th</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Wednesday, July 4<sup>th</sup> - Paragon - 1:00pm - 4:00pm

Saturday, July 7<sup>th</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Friday, July 13<sup>th</sup> - Refugeeez

Saturday, July 14<sup>th</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Saturday, July 21<sup>st</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Friday, July 27<sup>th</sup> - Boogiemen  
Saturday, July 28<sup>th</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Friday, August 3<sup>rd</sup> - Refugeeez  
Saturday, August 4<sup>th</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Friday, August 10<sup>th</sup> - Omega 3  
Saturday, August 11<sup>th</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Saturday, August 18<sup>th</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Saturday, August 25<sup>th</sup> - Live DJ by the pools from 12:00pm - 3:00pm

Saturday, September 1<sup>st</sup> - Live DJ by the pools from 5:00pm - 8:00pm

Monday, September 3<sup>rd</sup> - Labor Day - The Boogiemen - 1:00pm - 4:00pm

## ELMWOOD MASTERS SWIM TEAM FINISHES TOPS!!



Congratulations to the Elmwood Sharks Masters Swim Team for finishing first overall at the 2011 Short Course Meters Championship at UNO back on December 10<sup>th</sup> and 11<sup>th</sup>!

We would also like to congratulate the following swimmers of our Elmwood Sharks Master Swim Team who have set new Southern Master Records:

- Vicki Buccino:** 50/200/400/800/1500m Free
- Steven Fisher:** 800/1500m Free
- Fay Lachney:** 100/200/400/800/1500m Free, 200m Back, 100m Breast, 100m Fly, and 200m/400m IM
- Dale Williams:** 100m IM
- Kendra Wilson:** 200yd Breast, 100/200yd IM, 200m IM

## ELMWOOD GYMNASTICS TUMBLING ALONG!

Congratulations to the Elmwood Gymnastics Team! At the state meet this year and out of 40 events, the Elmwood Gymnastics team received 25 gold, 7 silver, and 2 bronze, they also received 7 of some of the highest scores, and 1 highest difficulty award. The team also received USAG La State Double Mini-Team of the Year and Tumbling Team of the Year (both based on scores).

And a BIG congratulations to the following gymnasts for their accomplishments:

- Gretchen Schultz :** USAG La State Tumbling Athlete of the Year (based on scores)
- Patrick Lyell:** USAG La State Double Mini-Athlete of the Year (based on scores)

Keep up the great work!!



## WINNERS OF THE 2012 GNO SENIOR OLYMPICS IN RACQUETBALL!

Congratulations to the following Elmwood Fitness Center members who participated in the 2012 GNO Senior Olympics Racquetball competition:

<b>Ages 50 – 54 – Singles</b>	<b>Ages 55 – 59 – Singles</b>	<b>Ages 50 – 54 – Mix - Dbls</b>	<b>Ages 55 – 59 – Mix - Dbls</b>
Jim Delcano – Bronze	Buddy Wertz – Tin	Jim Delcano - Silver	Buddy Wertz - Bronze
Anthony Zeringue – Tin	Beth Sacco – Gold	Anthony Zeringue – Bronze	Lee Diebel - Silver
Rex Beard – Silver	Frank Taormina – Aluminum	Rex Beard – Gold	Beth Sacco - Silver
	Jim Russo – Silver		Frank Taormina - Gold
<b>Ages 60 – 64 – Singles</b>	Michael Ely – Bronze	<b>Ages 60 – 64 – Mix - Dbls</b>	Jim Russo – Silver
Clarence Simmons – Aluminum		Clarence Simmons - Gold	Michael Ely – Gold
Wayne Skimmer – Gold	<b>Ages 75 – 79 – Singles</b>	Wayne Skimmer – Bronze	Guy Keller – Gold
BJ Kruse – Silver	Raymond Aspiron – Gold	BJ Kruse – Bronze	

Congratulations to all!!

## 4TH OCHSNER IRONMAN 70.3 A HUGE SUCCESS!



Elmwood Fitness Center would like to thank everyone who participated and volunteered in helping make the 4<sup>th</sup> Ochsner Ironman 70.3 in New Orleans such a success!

Ochsner and Elmwood Fitness Center were proud to be a sponsor of the event again this year on Sunday, Apr. 22<sup>nd</sup>. This major event attracted athletes from here and around the country. More than 2,000 participants took part in the event. Ochsner Endurance Sports booth at the expo also brought past winners of Ironman competitions to the New Orleans area.

Congratulations to all local participants for completing this event! See you in June for the Ochsner 5150 Triathlon!



## LUAU PICNIC - ANOTHER FUN YEAR!



Friday, April 20<sup>th</sup> was the Senior Luau Picnic at Elmwood Harahan. With over 165 seniors in attendance, it was another fun filled event. Special thanks to Ronnie Strassel and the Elmwood staff for the grilled burgers, Smoothie King for donating the smoothies, as well as Humana, People's Health, and Silver Sneakers for the giveaways.

The line dancing and raffle for prizes got everyone going and it was great to see everyone together. Thank you to Gabby Tabora and Valerie Tirado for arranging this fun day!!



## 2012 BIGGEST LOSER PROGRAM

REGISTRATION GOING ON NOW!

*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
- 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
- Team Challenge

### Program Schedule

- **Welcome Event:** Monday, June 4th - 6:30pm - Elmwood Harahan Auditorium
- **Length of Program:** June 11th – August 17th

### Program Cost

- Before May 4<sup>th</sup> - \$200.00 Members / \$450.00 Non-Members
- May 5<sup>th</sup> – May 25<sup>th</sup> - \$250.00 Members / \$450.00 Non-Members

Non-Member fee also includes a 12-week membership to all 4 of our fitness centers.

### 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 about enrolling, contact Ray Telschow, Team Lead of Personal Training, at 504-736-4723 [rtelschow@ochsner.org](mailto:rtelschow@ochsner.org).

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

## NEW EXTENDED SUMMER WEEKEND HOURS

Starting Memorial Day weekend, Elmwood Fitness Center Harahan will have extended hours on the weekends only. Saturday's the Harahan facility will be open from 7:00am – 9:00pm and on Sunday's from 7:00am – 8:00pm. All weekday hours will remain the same. All satellite clubs will have regular hours. There will not be any change to Kidsports or childcare hours. The extended hours will apply through Labor Day weekend.

## COME ENJOY MEMORIAL DAY WITH US!



Monday, May 28<sup>th</sup>, 2012, Elmwood Fitness Center Harahan will be having a Memorial Day BBQ by the pool from 12:00pm – 3:00pm with live music by "Omega 3" from 1:00pm-4:00pm. For a minimal cost, come and enjoy lunch by the pool with live entertainment!

Please note that the satellite locations will be closed on Memorial Day. Elmwood Fitness Center Harahan will be open until 8:00pm. No group fitness classes after 11:30am.

## KIDS EXPO RESCHEDULED FOR SATURDAY, MAY 12TH!

Due to inclement weather back in April, the Kids Expo was postponed to May 12<sup>th</sup>. So be sure to mark your calendars for the new date of Saturday, May 12<sup>th</sup> outside by the pools at Elmwood Harahan from 10am – 2pm. This event is FREE to everyone!