

What's Happening at Elmwood Fitness Center

November 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	Senior Coffee Social at Harahan 9:30am - Café Area Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	2
4	Senior Movie Day TBA - 2pm Harahan Auditorium	6	7	8	9	10
		Holiday Camp at Kidsports available for Election Day	FREE Supplement Day at Downtown 12pm-1pm		Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	Yoga Workshop with Tom Machado - 11:30am-2pm - Harahan - Yoga for Athletes - \$40 p/p or \$70 both days
11	12	13	14	15	16	17
Yoga Workshop with Tom Machado - 12pm-2:30pm - Harahan - Yoga Flow Immersion - \$40 p/p or \$70 both days	Wine & Cheese Social at Heritage Plaza 5:30pm-7:30pm			Senior Potluck Harahan Café Area 12:00pm	Senior Lecture Series - Harahan Auditorium - TBA - 10am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	
18	19	20	21	22	23	24
	Holiday Camp at Kidsports 19th - 21st		Senior Birthday Celebration at Heritage Plaza 11am All Clubs Close at 8pm; no classes after 11:15am Gymnastics Closed 21st-223rd	Harahan, Kenner & Downtown closed. Heritage Plaza open 8am-12pm with group fitness classes. Kenner & Heritage Plaza 24-hour access.	Harahan, Heritage Plaza & Kenner open 8am-8pm. No group fitness classes after 11:15am; Downtown closed.	
25	26	27	28	29	30	
			New Member Reception at Harahan 5:30pm w/Nutrition Lecture at 6pm - Harahan Café & Auditorium.	Senior New Member Orientation at Harahan - 10:00am		

December 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
	Free Cosmetic Consultation with Dr. Graham at Harahan 4pm - 7pm					1
2	3	4	5	6	7	8
Junior Honeybees Auditions - Harahan - Studio B/C 12:30pm - 4pm	Senior Coffee Social Heritage Plaza - 9 am Free Cosmetic Consultation with Dr. Graham - 4pm - 7pm - Harahan				Senior Coffee Social at Harahan Café Area - 10am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	
9	10	11	12	13	14	15
Senior Movie Day - Harahan Auditorium - 2pm Ochsner Blood Drive Harahan back parking lot 2pm - 8pm	Harahan Auditorium - 2pm		New Member Reception Harahan Café Area - 11am-12 pm with Nutrition Lecture in Auditorium - 12pm-12:30pm Wine and Cheese Social Heritage Plaza 5:30pm-7:30pm	FREE Supplement Day at Downtown 12pm-1pm	Senior Lecture Series Harahan Auditorium 10am. Kid's Night at Elmwood Gymnastics 6:30pm - 10pm	
16	17	18	19	20	21	22
			Senior Birthday Celebration at Heritage Plaza 11am		Senior Birthday Celebration at Kenner - 11am Holiday Kid's Camp	
23	24	25	26	27	28	29
All clubs close at 4pm. Limited group fitness classes til 11:30am. Childcare/Kidsports closed. 24hr. access for Heritage Plaza & Kenner.	All clubs close at 4pm. Limited group fitness classes til 11:30am. Childcare/Kidsports closed. 24hr. access for Heritage Plaza & Kenner.	All clubs closed. Heritage & Kenner 24-hour access only.	All clubs open regular hours.			
30	31	JAN. 1				
All clubs close at 4pm. Limited group fitness classes til 11:30am. Childcare/Kidsports closed. 24hr. access for Heritage Plaza & Kenner.	All clubs close at 4pm. Limited group fitness classes til 11:30am. Childcare/Kidsports closed. 24hr. access for Heritage Plaza & Kenner.	Harahan, Kenner & Downtown closed. Heritage Plaza open 8am-12pm w/group fitness classes. Childcare & Kidsports closed. 24hr. access for Heritage Plaza & Kenner.	Holiday Kid's Camp 26th - 28th.			

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 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

SAVE THE DATE!

Elmwood Fitness Center's Holiday Party
Saturday, December 1st – 8:00pm – 11:00pm

Be sure to block your calendar for our Annual Holiday Party to be held this year on Saturday, December 1st 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!

Please note that



Elmwood Fitness Center Harahan will be closing at 5:00pm on Saturday, December 1st. 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.



EFC STAFF HELPS TO SAVE A LIFE!



Elmwood Fitness Center would like to recognize 5 of its employees for assisting a guest in a time of great need! Mr. Lloyd Miller was a guest in our club back on Saturday, August 25th, who was going to participate in the racquetball tournament

taking place that day. Before Mr. Miller could begin practicing, he began to feel discomfort and shortness of breath. Soon thereafter, Mr. Miller collapsed and 5 of our employees rushed to his side. **Michael Heim, Heather Ranatza, Jordan Woody, Chris Cook, and Sarah Biles** quickly began to administer CPR and called 911. As they continued to administer CPR, an ambulance arrived within minutes and Mr. Miller was rushed to Ochsner Hospital on Jefferson Highway. Within the hour Mr. Miller was in surgery, and we are very pleased to report that he is doing well. He and his wife even paid us a visit on Tuesday, October 16th to thank our staff for their part in saving his life. We wish Mr. Miller and his family all the best!! A big "Thank You!" goes out to our staff for their quick response in helping Mr. Miller in a time of need!!

ELMWOOD TUMBLING AND TRAMPOLINE TEAM GOES FOR THE GOLD IN PORTUGAL!

Four athletes from Elmwood's Tumbling and Trampoline Team were named to the 2012-2013 USA Gymnastics Olympic Developmental National Team. These athletes were selected to represent the USA along with 19 other countries at the Loule' Cup in Portugal in September.

Gretchen Schultz-age 11, Rachel Thevenot-age 11, and Mandie DiMarco-age 13 competed in tumbling and double-mini trampoline, while Patrick Lyell-age 11 competed in all three events, tumbling, trampoline, and double-mini trampoline.

These athletes took home a total of six individual medals, 2 Gold, 3 Silver and 1 Bronze. Schultz took 2nd in tumbling and 5th in double mini, Thevenot took 1st in tumbling and 3rd in double mini, DiMarco took 2nd in tumbling and 9th in double mini and Lyell took 2nd in tumbling, 1st in double mini and 9th in trampoline.

All four of the athletes were chosen to compete in the team competition for tumbling and double mini, from which the girls earned 2 Gold and 1 Silver, and the boy's team got 1 Gold and 1 Silver medal.

The 3 Elmwood girls took Gold for Team USA with the 3 highest scores from any country for girls tumbling.

Our tumbling and trampoline team coaching staff, Toni Mortillaro and Jared Olsen had the honor of being named as the 2012 USA Gymnastics Olympic Developmental National Coaches of the Year for Tumbling and Double Mini and were also named as the Official Head Coaches for Team USA for Tumbling and Double Mini for the Portugal Meet.



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

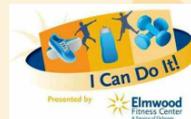
Kidsports Holiday Camp



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/Tumbling Camp



This camp is offered for kids from 3 years to 12 years of age. Learn a combination of artistic gymnastics, tumbling, and trampoline 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 6th, 19th, 20th, and 21st

DECEMBER 21st, 26th, 27th, 28th

JANUARY 2nd, 3rd, 4th, and the 21st

There will be more dates for Mardi Gras and the Spring Holiday in 2013.

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

DAYLIGHT SAVINGS TIME ENDS NOVEMBER 4TH

Just a friendly reminder to all that

Daylight Savings time ends on Sunday, November 4, 2012.

So don't forget to "Fall" back!!



19TH ANNUAL ELMWOOD FITNESS CENTER GOLF TOURNAMENT GREAT SUCCESS

Our 19th Annual Golf Classic was held at the Lakewood Country Club back on October 19th. 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

Schneider Paper Products

Crescent Crown Distributing

Helm Paint

Glazier

Coca Cola Company

Heim Consulting

Zoom Media Connection

Wechem

Sun Interior

Randy Leggio Realty, LLC

Gillis, Ellis and Baker

XCEL

A.C Cross

Freeman Decorating

O'Brien Flooring

Kelley Abide

La-Z-Boy Furniture Galleries

Big Easy Electric

Fitness Expo

Anthony's Landscaping

Pro Security

Phil's Grill



2ND ANNUAL FITNESS CONFERENCE AWESOME WORKOUT FOR ALL!



Saturday, October 6th, Elmwood Fitness Center's Group Fitness Department held its second annual "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 a little over 100 participants registering to take classes such as "Barre Fit, Belly Dancing, and Body Attack," the day was filled with new challenges.

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 21st, 2012 – All Clubs Close at 8:00pm. No group fitness classes after 11:15am. 24-hour access available for Heritage Plaza and Kenner locations.

Thursday, November 22nd, 2012 – Elmwood Harahan, Kenner and Downtown CLOSED. Elmwood Heritage Plaza opened 8:00am – 12:00pm w/ group fitness classes. 24-hour access available for Heritage Plaza and Kenner locations.

Friday, November 23rd, 2012 – **CLUBS IN HARAHAH, HERITAGE, AND KENNER OPEN FROM 8AM – 8PM.** DOWNTOWN IS CLOSED. No group fitness classes after 11:15am. 24-hour access available for Heritage Plaza and Kenner locations.

DECEMBER

Monday, December 24th, 2012 – All clubs close at 4:00pm. Limited group fitness classes until 11:30am.

Childcare and Kidsports is closed. 24-hour access is available for the Heritage Plaza and Kenner locations.

Tuesday, December 25th, 2012 – ALL CLUBS CLOSED FOR THE HOLIDAY. 24-hour access available at the Heritage Plaza and Kenner locations.

Wednesday, December 26th, 2012 – All clubs normal hours.

Monday, December 31st, 2012 – All clubs close at 4:00pm. Limited group fitness classes until 11:30am. Childcare and Kidsports are closed. 24-hour access is available at the Heritage Plaza and Kenner locations.

Tuesday, January 1st, 2013 – **HAPPY NEW YEAR!** Elmwood Harahan, Kenner and Downtown are closed. Elmwood Heritage Plaza opened 8:00am – 12:00pm. Limited group fitness classes. Childcare and Kidsports closed. 24-hour access is available at the Heritage Plaza and Kenner locations.