

What's Happening at Elmwood Fitness Center

September 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Downtown Closed Poolside DJ at Harahan - 5pm-8pm
2	3 Harahan open until 8pm. No group fitness classes after 11:30am. Childcare is available from 9am-12pm. Kenner & Heritage Plaza open 24 hours with no group fitness classes. Downtown closed, Kidsports closed. BBQ Lunch 12pm-3pm. Live Band The Boogiemen 1pm-4pm	4 Senior Coffee Social at Heritage Plaza - 9:00am	5	6	7 Senior Coffee Social at Harahan Cafe Area - 9:30am Kid's Night at Elmwood Gymnastics - 6:30pm-10pm Elmwood's Twilight Race - 5K & 1 Mile Fun Run - 6:30pm behind Fitness Center Harahan with post race party.	8 Harahan back to normal weekend hours - Saturday and Sunday 7am-7pm
9	10 Senior Movie Day "For Greater Glory" 10am-2pm - Harahan Auditorium - Must RSVP for this event.	11 Senior Lecture "Disaster Preparedness" - Auditorium - Must RSVP for lecture. Senior Ice Cream Social at Harahan Cafe Area - 2:00pm	12 Wine & Cheese Social at Heritage Plaza 5:30pm-7:30pm	13	14 Senior Birthday Celebration at Kenner 11am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	15
16	17 FREE Supplement Day at Heritage Plaza 5pm-7pm	18 Senior Birthday Celebration at Harahan Cafe Area - 12pm FREE Supplement Day at Downtown 11am-1pm	19 Senior Birthday Celebration at Heritage Plaza 11:00am	20	21 Senior Lecture Series "Nutrition Workshop" at Harahan Auditorium - 10am - Must RSVP for this event. Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm	22 National Gymnastics Day - Elmwood Gymnastics open to everyone from 10am - 12pm
23	24	25 Senior "BUNCO Game" - Studio A Harahan - 11:00am Must RSVP for this event, space is limited. New Member Reception at Harahan 5:30pm - 6:30pm	26 Senior New Member Orientation at Harahan Auditorium 10:00am	27	28 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	29
30						

October 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Free Cosmetic Consultation with Dr. Graham at Harahan 4pm - 7pm	2	3	4	5 Senior Coffee Social at Harahan Cafe Area - 10am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	6 2nd Annual Core Group Fitness Conference 7:45am-3pm Must register for this event. - Harahan
7 Senior Coffee Social at Heritage Plaza - 9am Senior Movie Day at Harahan Auditorium - "The Best Exotic Marigold Hotel" 10am & 2pm Must RSVP for this event. Ochsner Blood Drive at Harahan back parking lot - 2pm-8pm	8	9	10	11	12 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	13
14	15 Senior Halloween Movie Day - 12pm "Van Helsing" - Harahan Auditorium - Must RSVP Wine & Cheese Social at Heritage Plaza 5:30pm-7:30pm	16	17	18	19 EFC 19th Annual Golf Tournament-Lakewood Country Club - Tee Time 9am Kid's Night at Elmwood Gymnastics 6:30pm - 10pm Senior Lecture Series at Harahan Auditorium - 10am	20
21	22	23	24 Senior Birthday Celebration at Heritage Plaza 11am New Member Reception at Harahan 5:30pm	25 Senior New Member Orientation at Harahan	26 Kidsports Halloween Bash 6pm - 8:30pm	27 Northshore Rock and Ride at Stone Creek Spa and Fitness
28	29	30	31 Seniors Potluck at Harahan Cafe Area - 12pm 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 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

BACK TO FOOTBALL AND FITNESS! FRIDAY & SATURDAY - SEPTEMBER 7TH & 8TH



Ochsner and the Saints are partnering up to help bring your fitness to another level!

Register for the Elmwood Twilight Classic 5K on Friday, September 7th and the Ochsner Saints Back to Football 5K Race on Saturday, September 8th, and receive an entry to the VIP Experience post race of the Ochsner Saints Run. You can also receive an entry by spending \$30 or more at the Elmwood Varsity Store and registering for the Ochsner Saints Back to Football 5K.

VIP Post Race Experience includes:

- Food & Drink
- Entry into a drawing for Saints autographed jersey
- Exclusive Saints race beer glass.

This offer will be limited to the first 200 people, and you must register by Tuesday, August 28th at midnight.

The Elmwood Twilight Classic 5K will be held on Friday, September 7th at 6:30pm at Elmwood Fitness Center in Harahan.



You can register by going to <http://www.active.com/running/harahan-la/elmwood-fitness-centers-twilight-run-2012>

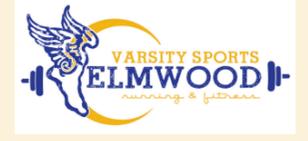
The Ochsner Saints Back to Football 5K will be held on Saturday, September 8th at 7:30am at the Mercedes-Benz Superdome.

You can register by going to <http://www.nflrunseries.com/saints/>

You can also receive \$5 off each race by typing in the race promo code for each registration: **Fitness12**

Once you have registered, you will receive an email the week of the races indicating that you have been included in the VIP Experience.

SEE YOU AT THE RACES!!



BIGGEST LOSER 2012 SPRING/SUMMER PROGRAM ANNOUNCES WINNERS

Elmwood Fitness Center's Biggest Loser program concluded on Friday April 13th with an awards ceremony to recognize the top individual winners, top group, and top personal trainer. This year's program was ten weeks and divided into groups with each group being assigned a Personal Trainer to lead them through a variety of strength, endurance, and flexibility exercises.

The objective of the program was to lose the greatest percentage of weight and inches in a ten week period. The following members finished in the top 3 of their respected groups:

Males:		Females:
1.) Elgin Grossley (45.6 pounds 23.76%)		1.) Angie Flynn (20.02 pounds 19.09%)
2.) Kevin Forrest (19.3 pounds 11.83%)		2.) Barbara Turner (22.6 pounds 18.14%)
3.) Terry Perkins (4.8 pounds 2.24%)		3.) Sandie Blanchard (14 pounds 16.1%)

In addition, personal trainer Pam Graef took the top trainer award for the program as her team accumulated the most points.

Congratulations to all!!!

Biggest Loser Fall 2012 starts October 8th!

2012 Fall Series Registration Dates

	MEMBERS	NON-MEMBERS
Before Sept. 14th	\$200	N/A
Sept. 15th - Sept. 28th	\$250	\$450**

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

Register now through Sept. 28th

Kick-Off Welcome Event - Monday, October 1st - 6:30pm - Elmwood Auditorium
Program Starts Monday, October 8th!!

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 NBC's Biggest Loser.

ELMWOOD TUMBLING AND TRAMPOLINE NATIONAL RESULTS - 2012

Elmwood Tumbling and Trampoline Team had 12 athletes qualified to compete in 38 events at the National Championships in Long Beach, CA last month. The Level 9-10 Team took home a total of 6 Gold, 5 Silver and 4 Bronze medals. We had **6 NATIONAL CHAMPIONS** – Patrick Lyell-Level 10 Tumbling, Gretchen Schultz-Level 10 Olympic Developmental Tumbling, Rachel Thevenot-Level 10 Tumbling, and Mandie Di Marco-Level 10 Tumbling, Level 9 Double Mini & Level 9 Olympic Developmental Double Mini. We also had **5 SILVER MEDALISTS** – Patrick Lyell-Level 10 Trampoline, Level 10 Olympic Developmental Double Mini & Level 10 Olympic Developmental Trampoline, Gretchen Schultz-Level 10 Olympic Developmental Double Mini, and Mandie DiMarco-Level 10 Olympic Developmental Tumbling and **4 BRONZE MEDALISTS** – Gretchen Schultz-Level 10 Tumbling, Rachel Thevenot-Level 10 Trampoline & Level 10 Olympic Developmental Double Mini and Patrick Lyell-Level 10 Olympic Developmental Tumbling. Elmwood took home a total of 15 Medals.

In addition to these medals we had some Top 10 Awards. Patrick Lyell-4th place on Level 10 Double Mini, Rachel Thevenot-6th place on Level 10 Olympic Developmental Tumbling, Gretchen Schultz-7th place on Level 9 Trampoline and Level 10 Double Mini, Mandie DiMarco-10th place on Level 9 Trampoline, Alexcia Perilloux-6th place on Level 8 Double Mini and 7th place on Level 8 Trampoline, Rachel Pizzolato-5th place on Level 5 Trampoline, Shelby Jackson-8th place on Level 5 Trampoline for a total of 25 athletes in the Top 10.

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

Elmwood's Tumbling and Trampoline Team had 4 Level 10 athletes, Mandie DiMarco, Gretchen Schultz, Rachel Thevenot, and Patrick Lyell earn a spot on the Olympic Developmental National Team. They will be attending a Training Camp at the Olympic Training Center in Huntsville, TX August 17-21. This will also be an International Competition at which they will be competing tumbling, trampoline, and double mini against some of the best athletes from other countries. These 4 have also been named to represent the USA in the Loule' Cup in Portugal in September.

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 **National Coaches for the USA Team for Tumbling and Double Mini** for the Portugal Meet next month.

Don't forget to join us for National Gymnastics Day 2012 on Saturday, September 22nd Elmwood Gymnastics will be open from 10:00am – 12:00pm to kids of all ages with games, open gym, face painting, and more



ELMWOOD FITNESS CENTER'S LABOR DAY HOURS

In observance of the Labor Day Holiday, the hours of Elmwood Fitness Center will be as follows:

MONDAY, SEPTEMBER 3RD

Elmwood Fitness Center Harahan - 5:00am - 8:00pm

Group Fitness Classes will be available until 11:30am

Kidsports will be closed

Childcare will be available from 9:00am - 12:00pm

Elmwood Heritage and Kenner will be open 24-hours with no group fitness classes. Elmwood Downtown will be closed.

Come join us for live music by *The Boogiemens* outside by the pools from 1:00pm - 4:00pm.

BBQ Lunch will be available for purchase at the cafe from 12:00pm - 3:00pm.

Please note that this will be the last weekend of extended hours for Elmwood Harahan. Starting September 8th, Elmwood Harahan will be back to normal hours on Saturday and Sunday of 7:00am - 7:00pm.

Happy Labor Day from your Elmwood Fitness Center team!

KIDSPORTS FAMILY FUN & FITNESS AT ELMWOOD FITNESS CENTER OFFERS PARENTS DAY OUT

Walking to 4 years of age

This program will provide the children with fun and games, obstacle courses, a spacewalk, arts and crafts, outdoor pirate ship, and our very own Adventure Challenge. This is a great opportunity for your child to have fun and develop social skills.

Times: Monday, Wednesday & Friday - 9:00am - 1:00pm

Cost: Registration Fee - 1 child \$30 / Family \$50
1 Day a week - \$90 member / \$100 non-member
2 days a week - \$130 member / \$145 non-member
3 days a week - \$150 member / \$165 non-member

Offered September through May
Fees are monthly

For more details ask the Kidsports front desk or call 504-733-1200.

JOIN US FOR ELMWOOD FITNESS CENTER'S 2ND ANNUAL CORE FITNESS CONVENTION

Saturday, October 6th – 7:45am – 3:00pm – Elmwood Harahan

Sign up for different group fitness classes to be taught by instructors from all 4 Elmwood Fitness Center's as well as guest instructors from other fitness centers in the greater New Orleans area.

A portion of the proceeds to support Breast Cancer Research!

First 125 people to register will receive a FREE Shirt!

Register at http://www.active.com/event_detail.cfm?event_id=2049628.

For questions and details, contact Bonnie LeBlanc at (504) 842-6799 or bleblanc@ochsner.org.



19TH ANNUAL ELMWOOD FITNESS CENTER GOLF TOURNAMENT



Join us for Elmwood's 19th Annual Golf Classic that will be held at Lakewood Country Club on Friday, October 19th. Join us and many community partners as we chip away at obesity with all of our funds going to the "I Can Do It" Youth Fitness Program of Elmwood Fitness Center to fight childhood obesity.

When:
Friday, October 19th, 2012

Where:
Lakewood Country Club

Time:
Tee Time 9:00am

Registration and Putting Contest:
8:00am - 8:45am

Format:

Four person scramble
Entry Fee:
\$150 per person
\$600 per team

Late Registration:
\$175 per person
\$700 per team

Entry Fee Includes:
Carts * Lunch/Dinner * On-Course Beverages * Golf Shirts*
Door Prize Drawing * Awards Presentation

Entry Deadline:
Postmarked by
Friday, October 11th

Late Registration:
Monday, October 8th

ELMWOOD KIDSPORTS IS HAVING A HALLOWEEN BASH!

Friday, October 26th, 2012

6:00pm - 8:30pm

Cost: \$15.00 Per Child

Optional: \$5.00 Fee for Adult Pizza and Cake
Tickets: Must be purchased in advanced

Kidsports: Will provide punch, pizza, cake, goodie bag, and picture!

Children must be accompanied by an adult.

The Adventure Challenge and XRKade will be open. There will also be pinatas, face paints, games and a costume contest!

Reservations Required!
For information call (504) 733-1200.



HALLOWEEN HOURS

Elmwood Fitness Center would like to wish everyone a very happy and safe Halloween!

The following will be our hours of operations at all clubs on Wednesday, October 31st:

Elmwood Fitness Center Harahan and Downtown will close at 8:00pm.
Group Fitness class schedule to be announced.

All satellite members are able to use Elmwood Harahan on Wednesday, October 31st.

No Group Fitness Classes after 11:15am at Elmwood Downtown, Kenner, and Heritage Plaza.

Elmwood Heritage and Kenner will be available 24-hours.

Kidsports/Childcare will close at 4:00pm.

Gymnastics is closed. Youth Fitness classes are canceled.

Happy Halloween to all!