

## What's Happening at Elmwood Fitness Center

### November 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Dr. Graham Free Cosmetic Consultations Elmwood Harahan 4pm-7pm	2	3 Cholesterol Screening 6am - 11am	4	5 HA Senior Coffee Social Elmwood Gymnastics Kid's Night	6 Foot Foundation Workshop Harahan 1pm-3pm
7 Daylight Savings Time Ends Set clocks back 1 hour	8 HP Senior Coffee Social	9	10 New Member Reception 11am Elmwood Harahan	11	12 Elmwood Gymnastics Kid's Night	13 6th Annual Rock and Ride 9am-12pm - HA Yoga Partner Workshop with Tom Machado - 1pm-4pm - HA
14 TriYoga Flows Workshop with Tom Machado - 1pm-4pm - HA	15	16	17 HP Seniors Birthday Celebration	18	19 Elmwood Gymnastics Kid's Night	20
21	22 Holiday Kid's Camp at Kidsports Nov. 22-24 and 26th	23	24 All clubs close at 8pm; no group fitness classes after 12pm	25 Harahan, Kenner and Downtown closed. Heritage Plaza Open with Group Fitness Classes 8am-12pm	26 HA, HP and KN hours 8am-8pm. No group fitness classes after 11am; DT closed. Elmwood Gymnastics closed Nov. 26-28	27
28	29	30				

### December 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Cholesterol Screening 6am-11am	2 Member Advisory Board Meeting at Elmwood Harahan 6pm Health Fair at Elmwood Heritage Plaza 8am-12pm	3 HA Senior Coffee Social Elmwood Gymnastics Kid's Night	4
5	6 HP Senior Coffee Social	7	8 New Member Reception 11am Harahan	9	10 Elmwood Gymnastics Kid's Night	11 Elmwood Fitness Center Holiday Party Harahan 8pm-11pm
12	13 Ochsner Blood Drive Elmwood Harahan 2pm-8pm	14	15 Senior Potluck at Elmwood Harahan	16	17 Elmwood Gymnastics Kid's Night	18
19	20 Kidsports Holiday Camp Dec. 20-23	21	22	23	24 All clubs close at 3pm, Kidsports closed, No group fitness classes after 11am.	25 All clubs closed.
26 Normal club hours.	27 KN Senior Birthday Celebration Kidsports Holiday Camp Dec. 27-30	28	29	30	31 All clubs close at 3pm. No group fitness classes after 11am.	JANUARY 1, 2011 Harahan, Kenner and 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 2010

## 17TH ANNUAL ELMWOOD FITNESS CENTER GOLF TOURNAMENT GREAT SUCCESS

Our 17th Annual Golf Classic was held at the Lakewood Country Club back on October 8th. Many community partners chipped away at obesity by raising over \$16,000. 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  
Stone Creek Club & Spa  
Tek Systems  
A.C Cross  
Fitness Expo  
AmSan  
Receivable Recovery Service  
Glazier Kitchens and Baths  
Entergy Thermal  
Rozas Ward  
Coca Cola Company  
Royal Honda  
Heim Consulting

Gillis, Ellis and Baker  
XCEL  
Lauricella Land Company  
Wechem  
O'Brien Flooring  
Schneider Paper Products  
Freeman Decorating  
Helm Paint  
Kohler Power Systems  
Southern Credit Recovery  
Anthony's Landscaping  
Crescent Crown Distributing  
Lakeview Harbor  
Kelley Abide

Zoom Media Connect

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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



## ELMWOOD MEMBERS COMPLETE THE PIKES PEAK IN AUGUST

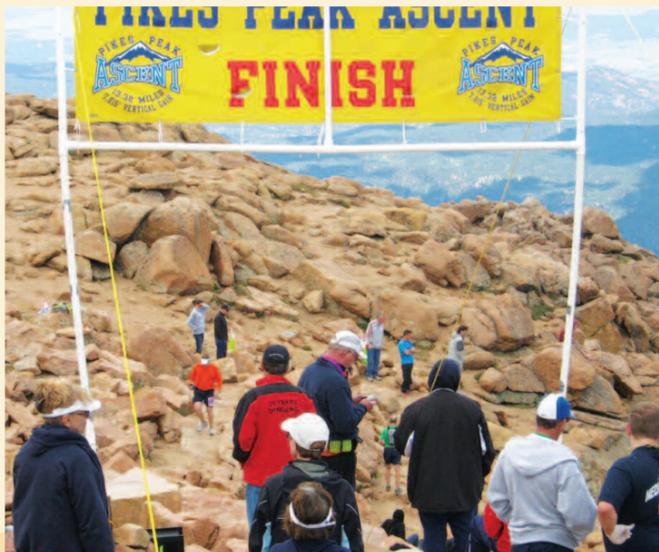
Back in August of this year, 3 members of Elmwood Fitness Center decided to take on a race that would push their limits beyond words. Chip Darre, Bob Warren, and Stephen Barrouquere took on the Pikes Peak Ascent in Manitou Springs, CO in August. The half marathon begins in downtown Manitou Springs and brings runners to the 14,115-foot summit of Pike's Peak, climbing more than 7,800 feet in the process, the oxygen growing ever thinner with each passing foot, until reaching the finish line 13.3 miles from the starts.

The three of them trained for a little over a year on flat land, and in mostly warm and humid conditions, as well as gym work on the incline treadmills and stairs. They slowly realized that the incline and elevation would be a lot tougher than what they ever imagined.

At the 10.2 mile mark, they arrived to what is known as the tree line. This is where trees no longer grow, because of the lack of oxygen. With lungs burning and grasping for air, talking became impossible, as words were reduced to loud pants and wheezes. Bob goes on to state that their pace slowed as they plodded along the switchback trail that traversed the dusty, tree-less mountainscape. As they hit the 16 Golden Stairs, a series of 32 steep switchbacks that mark the final push to the summit and finish line, a friendly volunteer cheered them on to let them know how close to the end they really were.

The volunteers cheered them on by telling them they only had four-tenths of a mile, and they would be done in around 20-minutes. Amazing how in that altitude it actually takes 20-minutes to do four-tenths of a mile.

The group all finished before the 6:30 cutoff and received their medals. Congratulations to the three of them for an incredible accomplishment!!!



## JOIN TEAM RISING SUN TODAY

Exciting changes are underway for Elmwood Fitness Center's triathlon team, Team Rising Sun. Whether you are an experienced triathlete or are new to the sport, Team Rising Sun and it's coaching staff invite you to reach new heights. Come experience the multi-sport lifestyle at our USAT Certified Regional Training Center, share in the knowledge and experience of our two USAT Level 2 coaches, and surround yourself with great folks eager to encourage a healthy, active, and fun pursuit.

Team members will receive the following benefits:  
Corporate Rate for Elmwood Fitness Center membership dues  
Additional discounts for participation and placing in events  
Complimentary Training Peaks Account and Performance Testing (VO2 max, Lactate Threshold, etc.)  
Access to two USAT Level 2 coaches  
Basic training schedules for select events throughout the year

And more...  
Now is the time to join the multisport lifestyle and Team Rising Sun is the group to help you reach your goals. We offer a unique combination of knowledge, experience and benefits. We welcome seasoned athletes and those curious about the sport to join us at this exciting time.

For more information, come see the exciting changes within [Team Rising Sun](#). We look forward to having you on our team.

Congratulations to Quentin Stewart for qualifying at St. George for and competing in the Ironman World Championships held in Kona, Hawaii this past October. It was great to see the Team Rising Sun uniform in the lava fields of Kona.



Join us for the Elmwood Fitness Center Holiday Party  
Saturday, December 11th  
8:00pm - 11:00pm  
Elmwood Fitness Center Harahan

Enjoy delicious food from some of your favorite local restaurants and live music by "Paragon" outside by the pools!!  
Cash bar will be available. Members are FREE, guests are \$10.  
Dress is holiday attire, no jeans please.

## ROCK AND RIDE 6 - SATURDAY, NOVEMBER 13<sup>TH</sup> - 9AM - 12PM

Come and join the 6th Annual Rock and Ride for the fight against Childhood Obesity. This year's event will be held Saturday, November 13th from 9am - 12pm 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 \$35 per person/per class to benefit the "I Can Do It" program and it includes the following:

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

The last day to register is Saturday, November 6th. Sponsorship opportunities are available. You can register at any front desk. For more information call Michael Heim at (504) 842-9524.

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

### NOVEMBER

Wednesday, November 24<sup>th</sup>, 2010 - All Clubs Close at 8:00pm. No group fitness classes after 12:00pm

Thursday, November 25<sup>th</sup>, 2010 - Elmwood Harahan, Kenner and Downtown CLOSED. Elmwood Heritage Plaza opened 8:00am - 12:00pm w/ group fitness classes.

Friday, November 26<sup>th</sup>, 2010 - CLUBS IN HARAHAH, HERITAGE, AND KENNER OPEN FROM 8AM - 8PM. DOWNTOWN IS CLOSED. No group fitness classes after 11:00am.

### DECEMBER

Friday, December 24<sup>th</sup>, 2010 - ALL CLUBS CLOSE AT 3:00PM. No group fitness classes after 11:00am. Childcare and Kidsports are closed.

Saturday, December 25<sup>th</sup>, 2010 - ALL CLUBS CLOSED FOR THE HOLIDAY.

Friday, December 31<sup>st</sup>, 2010 - ALL CLUBS CLOSE AT 3:00PM. No group fitness classes after 11:00am. Childcare and Kidsports are closed.

Saturday, January 1<sup>st</sup>, 2010 - HAPPY NEW YEAR!

Elmwood Harahan, Kenner and Downtown are closed. Elmwood Heritage Plaza opened 8:00am - 12:00pm.

**\*\*Also, don't forget about Kid's Camp during the holidays as well.\*\***

Monday, November 22<sup>nd</sup>, 2010  
Tuesday, November 23<sup>rd</sup>, 2010  
Wednesday, November 24<sup>th</sup>, 2010  
Friday, November 26<sup>th</sup>, 2010

Monday, December 20<sup>th</sup>, 2010  
Tuesday, December 21<sup>st</sup>, 2010  
Wednesday, December 22<sup>nd</sup>, 2010  
Thursday, December 23<sup>rd</sup>, 2010  
Monday, December 27<sup>th</sup>, 2010  
Tuesday, December 28<sup>th</sup>, 2010  
Wednesday, December 29<sup>th</sup>, 2010  
Thursday, December 30<sup>th</sup>, 2010

For more information on Kid's Camp contact Tracie Perry at Kidsports at (504) 733-1200.

## 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 22<sup>nd</sup> for pick-up on Wednesday, November 24<sup>th</sup> 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](http://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.

## GIVE THE GIFT OF HEALTH FOR THE HOLIDAYS

Not sure what to get family and friends for the holidays? Elmwood has a wide variety of different things to put together or simply purchase a gift card and let them choose which service or items they would like on their own.

Gift Cards can be used in the club for programs and services such as:

- Massage
- Nutrition Services
- Personal Training
- Food and Beverage (Catering)
- Special Programs throughout the year
- Pro-Shop purchases (T-shirts, Heart Rate Monitors, etc.)
- Even Membership Dues

Here is an easy way to make your holiday shopping headache free! Take advantage of the special deal on gift cards during the holidays!

- Purchase a \$25 gift card, get a FREE \$5 gift card.
- Purchase a \$50 gift card, get a FREE \$10 gift card.
- Purchase a \$75 gift card, get a FREE \$15 gift card.
- Purchase a \$100 (or more) gift card, get a FREE \$20 gift card.

Please note that gift cards are not redeemable for cash.

