

What's Happening at Elmwood Fitness Center

May 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Senior Coffee Social at Elmwood Heritage Plaza	4 Cholesterol Screening 6am-11am at Elmwood Harahan \$25.00 per person	5	6 Seniors Ice Cream Social at Harahan Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	7
8 Kidsports Closed for Mother's Day. Childcare open until noon.	9	10 Seniors Movie Day at Elmwood Harahan	11	12 Women's World Championship Racquetball Tournament May 12-15	13 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm Spring Night Rock N Ride HA outside by the pools 7pm-10:30pm - \$45/person	14 Outdoor pool & Café Opens (weekends only)
15	16	17	18 Seniors Birthday Celebration at Heritage Plaza Harahan PHN Event for Seniors & Golden Opportunity Event for Seniors	19	20 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	21
22	23	24	25 New Member Reception at Elmwood Harahan 5:30pm-6:30pm	26 Seniors New Member Orientation at Elmwood Harahan	27 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	28 New Extended weekend hours at Elmwood Harahan through Labor Day 7:00am - 9:00pm
29 New Extended weekend hours at Elmwood Harahan through Labor Day 7:00am - 8:00pm	30 Memorial Day BBQ 12pm-3pm, Live Band 1pm-4pm - Omega 3. Harahan opened 5am-8pm, no group fitness classes after 11:30am; DT, HP, KN closed. First day of summer camp and swim lessons.	31				

June 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Cholesterol Screening 6am-11am at Harahan \$25.00 per person	2	3 Senior Ice Cream Social at Elmwood Harahan Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	4
5 Senior Coffee Social at Elmwood Heritage Plaza Dr. Graham Free Consultations 4pm-7pm Harahan	6	7	8 New Member Reception at Harahan 11:00am-12:00pm	9	10 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	11
12	13 Senior Movie Day at Elmwood Harahan	14 Senior Movie Day at Elmwood Harahan	15 Senior Potluck at Elmwood Harahan	16	17 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	18
19 Senior Birthday Celebration at Elmwood Kenner	20	21	22 Senior Birthday Celebration at Heritage Plaza New Member Reception at Harahan 5:30pm-6:30pm	23	24 Kid's Night at Elmwood Gymnastics 6:30pm-10:00pm	25
26	27	28	29	30 Seniors New Member Orientation at Harahan		

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 2011

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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

3rd Ochsner Ironman 70.3 A HUGE SUCCESS!



Elmwood Fitness Center would like to thank everyone who participated and volunteered in helping make the 3rd 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, April 17th. This major event attracted athletes from here and around the country. More than 2,500 participants registered for the event and more than 2,100 crossed the finish line! With over 1,600 participants from the state of Louisiana, this event has grown locally! Elmwood's Team Rising Sun booth at the expo also brought past winners of Ironman competitions to the New Orleans area, including Tim O'Donnell, Linsey Corbin, Julie Dibens.



Team Rising Sun had over 20 team members. We would also like to give a special recognition to Team Rising Sun members who took 3 of the top 5 local male spots, Quentin Stewart (1st and 70.3 championship qualifier), Chris Herrington (4th and New Dad!), and Jacob Schoen (5th).

GYMNASTICS FINISHES THE YEAR WITH HIGH MARKS!!

Congratulations to all levels of gymnastics for another fantastic year of awards and accomplishments! The gymnastics team took part in the 2011 USA Gymnastics Trampoline and Tumbling State Championships. The following are the awesome awards that they took home!

Elmwood had 24 state champions, 10 silver medals, and 6 bronze medals.

Rachel Thevenot, a Level 10 member of the Elmwood Team was awarded the USA Gymnastics – 2011 LA Double-Mini Trampoline Athlete of the Year.

Elmwood's Trampoline and Tumbling Team earned the USA Gymnastics – 2011 LA Double-Mini Trampoline Team of the Year.

Elmwood's team also had two Level 10 athletes on the team that were named to the 2011 USA Gymnastics Olympic Developmental National Team – Mandie Di Marco and Gretchen Schultz.

Congratulations to everyone!!!

KIDS EXPO AND EASTER EGG HUNT - A SMASHING HIT!

Saturday, April 16th, Elmwood hosted an Easter Egg Hunt and Kids Expo. With over 75 kids in attendance the Easter Egg Hunt was a great time for the kids, and the Kids Expo held right after got everyone engaged.

With Saints and Hornets mascots, Hugo and Gumbo, the kids were able to dance, get on the bikes, shoot some hoops, and space walk their way through the day.



Thanks to all of our participants and vendors, including Radio Disney for putting on a fun event for the kids!!

Don't forget about Summer Camp for the kids at Elmwood Kidsports, sign your kids up today!



CONGRATULATIONS TO THE ELMWOOD SENIOR SHARKS

Congratulations to the Elmwood Senior Sharks for a great showing at the Greater New Orleans Senior Olympic swim event held March 13, 2011 at the UNO Aquatic Center!

Over half of the 34 swimmers competing were Elmwood Senior Sharks including five (5) competing in the 80 to 84 age division (Betty Russo, Bob Allen, Tim Souther, Eddie Fuselier, and Jerry Olivier). Betty Russo led the way collecting five (5) gold medals in event distances from 50 to 200 yards.

Upcoming events for swimmers include the Southern Masters Long Course Meters competition at UNO June 3 to June 5, the National Senior Games competition in Houston June 24 to June 30, and Louisiana State Senior Olympic competition in Baton Rouge in October. Minimum age to participate in Senior Olympics is 50. For more information and to register to participate, check the websites at SouthernMastersSwimming.com, NSGA.com, LSOG.net and GNOSO.net.

Attached is a photo showing Elmwood Senior Sharks swimmers wearing some of the medals won at the GNOSO Swim Event held March 13, 2011 at the UNO Aquatic Center.

Shown in the photo are: *Kneeling - (left to right)* Bill Jennings, Craig Sherman, Sharon Hughes, Jerry Olivier. *Standing - (left to right)* Virgil Bernard, Vicki Buccino, Ellen Hall, Eddie Fuselier, Tim Souther, Betty Russo, Bob Allen, Estelle Coffman.



SPRING ROCK AND RIDE - FRIDAY MAY 14TH - 7:30PM-10:30PM

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 13th from 7:30pm – 10:30pm outside on the basketball courts at the Harahan location. Choose your time to ride: 7:30pm, 8:30pm, or 9:30pm.

This year's event will have 3 classes with live music provided by "4 Unplugged." The cost is \$45 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
- If you are wearing a previous Rock N Ride t-shirt when you register you will receive \$5.00 your registration.

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

BODY COMBAT LAUNCH KICKS OFF!

Monday, April 18th, the Body Combat team at Elmwood launched the latest release of Les Mills Body Combat 47. This cardio class was filled with over 80 members working up a sweat while learning the latest moves in Body Combat that includes karate, thai chi and muay thai.

If you are looking for an intense cardio class be sure to give this one a try. Body Combat is offered Monday at 6:30pm, Wednesday at 11:15am, Thursday at 7:00pm, Friday at 11:15am, and Saturday at 11:00am at Elmwood Harahan.



SENIOR LUAU PICNIC - A GRAND TIME!

Tuesday, April 26th was the Senior Luau Picnic at Elmwood Harahan. With over 200 seniors in attendance, it was another fun filled event. Special thanks to Phil's Grill and Smoothie King for donating the food and 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!!



COME ENJOY MEMORIAL DAY WITH US!

Monday, May 30th, 2011, 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.



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.

