

# What's Happening at Elmwood Fitness Center

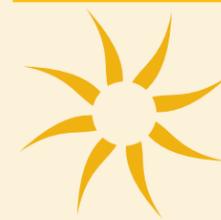
## March 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
					Senior Coffee Social at Harahan Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	
4	5	6	7	8	9	10
Rock N Roll Marathon and 1/2	Senior Movie Day at Harahan Auditorium 2:00pm. Senior Coffee Social at Heritage Plaza		Varsity Trunk Show at Elmwood Heritage Wine & Cheese Social at Elmwood Heritage 5:30pm - 7:30pm		Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm Les Mills Quarterly begins at Elmwood Harahan	Les Mills Quarterly at Elmwood Harahan Group Fitness Classes to be changed to Studio A
11	12	13	14	15	16	17
Daylight Savings Time Begins	Seniors Grocery Tour at Rouses - must register to attend. Free Supplements Day at Elmwood Heritage 4:00pm - 6:00pm	Free Supplements Day at Elmwood Heritage 4:00pm - 6:00pm Senior Birthday Celebration at Elmwood Harahan 12pm	Seniors Grocery Tour at Rouses - must register to attend.		Seniors Birthday Celebration at Elmwood Kenner 11am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	
18	19	20	21	22	23	24
Zumba Master Workshop Elmwood Harahan 1:00pm - 2:30pm \$15 Members/\$20 Non-Members For tickets contact Luz at zumbanola@gmail.com			Seniors Birthday Celebration at Elmwood Heritage Plaza	Member Advisory Committee Meeting Elmwood Harahan Auditorium - 6pm	Ochsner Senior Lecture Series on Stroke Awareness at Harahan Auditorium - 10am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	Pilates Workshop for Instructors - Harahan Women's Self Defense Class at Harahan - 11:45am-2:45pm \$45 Members/Ochsner employees \$55 Non-Members 27th Annual Ochsner Run - 4:30pm
25	26	27	28	29	30	31
			New Member Reception at Elmwood Harahan Café area 5:30pm-6:30pm	Senior New Member Orientation - Harahan Auditorium 10:00am	Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	Easter Egg Hunt-Elmwood Kidsports 9am-11:30am. Call Kidsports to register (504) 733-1200. Yoga Workshop - Exploring Balance at Elmwood Harahan 3pm-5pm \$40 Members/\$45 Non-members Register at the front desk.

## April 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	Ochsner Blood Drive at Harahan 2pm-8pm Dr. Graham Free Consultations - 4pm-7pm Harahan Kid's Camp April 2-5				All Clubs Close - 8pm. No Group Fitness Classes after 1pm. Childcare/ Kidsports open until 1pm Kid's Night at Elmwood Gymnastics 6:30pm-10pm	Crescent City Classic
8	9	10	11	12	13	14
Heritage Plaza Opened To All Members 8AM-12PM. Harahan, Kenner, & Downtown Closed. Group Fitness Classes at Heritage Plaza.	Seniors Coffee Social at Elmwood Heritage Plaza. Senior Movie Day at Elmwood Harahan Auditorium - 2pm Kid's Camp April 9-13 Free Supplement Day at Elmwood Downtown 11am-1pm	Free Supplement Day at Heritage Plaza 8am-11am			Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	
15	16	17	18	19	20	21
	Varsity Trunk Show at Elmwood Heritage Plaza	Wine & Cheese Social at Elmwood Heritage 5:30pm-7:30pm		Senior Potluck at Elmwood Harahan 12pm	Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	Kid's Expo Harahan Kidsports 10:30am-1pm
22	23	24	25	26	27	28
Ochsner Ironman 70.3 Triathlon		Senior Cooking Demo at Elmwood Harahan Auditorium - 12pm	Seniors Birthday Celebration at Heritage Plaza 11am New Member Reception at Harahan Café area - 6:30pm	Senior New Member Orientation at Harahan 10:00am	Ochsner Senior Lecture at Harahan Auditorium - 10am Kid's Night at Elmwood Gymnastics 6:30pm-10pm	
29	30					

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

March - April 2012

## In This Issue

*Spring Racing Season is Underway*

- Page 1

*Check Out Some New Changes to Elmwood Harahan*

- Page 2

*Upcoming Group Fitness Events*

- Page 2

*Elmwood Heritage and Kenner Are Going 24-Hours!!*

- Page 2

*Café Zucchini Specials at Elmwood Harahan*

- Page 2

*Easter Holiday Club Hours*

- Page 3

*Holiday Camps and Kids Events*

- Page 3

*Do's and Don'ts*

- Page 3

*Calendar of Events*

March / April 2012

- Page 4

## 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 RACING SEASON IS UNDERWAY!

The weather is finally starting to warm up and let the Spring race season begin!!



We are kicking off the Spring race season in the first week of March with the Rock & Roll Mardi Gras Marathon and 1/2 . With over 19,000 registered, this should be a fantastic and fun-filled event! Good luck to everyone taking part!!

Up next: the 27<sup>th</sup> Annual Ochsner Run on Saturday, March 24<sup>th</sup>. This race promises to be another fun and exciting race. Held behind Ochsner Hospital on Jefferson Highway, this 5k and 1-mile race/walk is a fun family event for all with a great after party. If you would like to participate in this race, feel free to register at Elmwood Harahan on Tuesday, March 6<sup>th</sup> or Thursday, March 8<sup>th</sup>. If you can't register in person, register online or call (504) 842-7113. This race is a great mini-warm up to the Ochsner Ironman 70.3 taking place on Sunday, April 22<sup>nd</sup>, or a warm-up for the ever popular Crescent City Classic to take place on Saturday, April 7<sup>th</sup>.



Ochsner Ironman 70.3 is in its 4<sup>th</sup> year and promises to be another great event again this year. As always, members from Ochsner Endurance Sports (formerly Team Rising Sun) will be participating in all of these events, and if you are interested in becoming a part of this team or training, call Ben Elder at 504-733-1600 or



[belder@ochsnerendurancesports.com](mailto:belder@ochsnerendurancesports.com) and meet up with him to schedule testing. For more information check out the website at [www.ochsnerendurancesports.com](http://www.ochsnerendurancesports.com) or come and visit with Ben at the Rock N Roll Marathon and 1/2 Expo on March 2<sup>nd</sup> and 3<sup>rd</sup> at the Morial Convention Center.

## CHECK OUT SOME NEW CHANGES TO ELMWOOD HARAHAH



We are pleased to announce that at Elmwood Harahan we have been making some exciting improvements around the club. The last 2 weeks in February saw 50 brand new Spinner NXT bikes in the Spinning room. We also changed the carpet in Studios B & C, and we are expecting some new equipment to be in the Hammer Room area the second week of March!



## UPCOMING GROUP FITNESS EVENTS

Be sure to mark your calendars for some different group fitness events coming up:

**Sunday, March 18<sup>th</sup> – 1:00pm – 2:30pm** – Elmwood Harahan - Zumba Master Class with Dorie Wexler. \$15 for members and \$20 for non-members. Must purchase your tickets in advance at [www.BROWNPAPERTICKETS.com](http://www.BROWNPAPERTICKETS.com). For more information contact Luz Lobos at [zumbaNOLA@gmail.com](mailto:zumbaNOLA@gmail.com) or (504) 343-7357.

**Saturday, March 24<sup>th</sup> – 11:45am – 2:45pm** – Elmwood Harahan - Women's Self Defense – \$45 for members / \$55 for non-members. Register in advance with Bonnie LeBlanc at [bleblanc@ochsner.org](mailto:bleblanc@ochsner.org) or (504) 842-6799.

**Saturday, March 31<sup>st</sup> – 3:00pm – 5:00pm** – Elmwood Harahan - Exploring Balance Yoga Workshop - \$40 for members / \$45 for non-members. Sign up at the front desk of Elmwood Fitness Center.

Launch of latest Les Mills Programs – Body Pump, Body Combat, and CX Worx

## ELMWOOD HERITAGE AND KENNER ARE GOING 24-HOURS!!

We are excited to announce that the Heritage Plaza and Kenner locations of Elmwood Fitness Center will be going 24-hours starting in mid-March, check your e-mails and sports display boards for an exact date!



So if you are looking for late night workout on the machines or weights, be sure to bring your Elmwood card and go work out at any time!!

## CAFÉ ZUCHINNI SPECIALS AT ELMWOOD HARAHAH

The following are the specials happening at Café Zucchini at Elmwood Harahan year round! So whether you are coming by for a smoothie or a healthy meal, check out these year round specials!

### SMOOTHIE PUNCH CARD:

Be sure to pick one up: for every 9 smoothies you purchase, you get the 10<sup>th</sup> one FREE.

### LAST WEEK OF THE MONTH:

- 1.) Buy 1 Healthy-Meal, get the 2<sup>nd</sup> one 50% Off
- 2.) All Starbucks Coffee and Teas are 20% Off

So swing by Café Zucchini while you are in the club!

## EASTER HOLIDAY CLUB HOURS

Just a reminder that our club hours for the weekend of April 6<sup>th</sup> – 8<sup>th</sup> are as follows:  
Friday, April 6<sup>th</sup>, 2012 – All clubs close at 8:00pm. No group fitness classes after 1:00pm. Childcare & Kidsports closes at 1:00pm.

Saturday, April 7<sup>th</sup>, 2012 – All clubs open regular hours. All group fitness classes as regularly scheduled.

Sunday, April 8<sup>th</sup>, 2012 – Harahan, Kenner, and Downtown are closed.



*Heritage Plaza will be open to all members from 8:00am – 12:00pm.  
Group Fitness Classes will also be available.*

## HOLIDAY CAMPS AND KIDS EVENTS

If you are looking for a fun camp for the kids over the Easter Holiday, Elmwood Fitness Center Kidsports will be offering them for the following dates:



Monday, April 2<sup>nd</sup>  
Tuesday, April 3<sup>rd</sup>  
Wednesday, April 4<sup>th</sup>  
Thursday, April 5<sup>th</sup>

Monday, April 9<sup>th</sup>  
Tuesday, April 10<sup>th</sup>  
Wednesday, April 11<sup>th</sup>  
Thursday, April 12<sup>th</sup>  
Friday, April 13<sup>th</sup>

For more information on prices and times, call Elmwood Kidsports at 504-733-1200.

### KIDS EASTER EGG HUNT AND KIDS EXPO

Elmwood Kidsports will be having an Easter Egg Hunt and Kids Expo again this year! The Easter Egg Hunt will take place on Saturday, March 31<sup>st</sup> and the Kids Expo will take place on Saturday, April 21<sup>st</sup> from 9am – 1pm outside on the basketball courts at Elmwood Harahan.

### LOOKING AHEAD

Don't forget that the Summer season is coming, so get your kids ready for Summer Camp and Swim Lessons all here at Elmwood Fitness Center!

## DO'S AND DON'TS

Don't forget your manners, PLEASE.

As our clubs continue to stay busy throughout the year, we would like to remind everyone to be respectful to both old and new members of the club by remembering some of our do's and don't in the weight room as quoted from one of our Assistant General Managers, Tavis Piattoly, in an article from nola.com....

1. **Don't hog the machine:** "People just sit on the machines and rest before they do their next set," Piattoly said. "Not cool. Finish your reps and step aside for the next guy."
2. **Don't leave your weights on the bar or the floor.** "Reracking the weights is definitely a big deal."
3. **Don't leave puddles.** "Leaving sweat on the machines with the possibility of infections is not sanitary. Wipe off your machines."
4. **Don't take calls in the exercise area.** "Being on the cell phone while in the weight room; we don't allow it here, but people do it anyway." Please take notice of the signs designating the cell phone areas.
5. **Don't make loud noise while exercising.** "You're not impressing anyone; you're annoying them. And you're not helping yourself. Excessive grunting and yelling is really unnecessary."

