

What's Happening at Elmwood Fitness Center

January 2013

SUN	MON	TUES	WED	THURS	FRI	SAT			
		Harahan, Downtown, and Kenner Closed. Childcare and Kidsports Closed. Heritage Plaza Open 8am-12pm Group Fitness Classes available at Heritage Plaza: 8:30am - 9:30am - Body Pump 9:30am - 10:30am - Spinning	1	Personal Training Showcase at Heritage Plaza	2	3	4	Senior Coffee Social at Harahan - 9:30am	5
6	Senior Movie Day at Harahan Auditorium 10am & 2:00pm - Must RSVP Senior Coffee Social at Heritage Plaza - 9am	7	FREE Supplement Day at Elmwood Downtown 12pm-1pm	8	Senior Lecture TBA - Harahan Auditorium - 10am	9	10	11	12
13	Wine & Cheese Social at Heritage Plaza 6pm-8pm	14	Senior Birthday Celebration at Harahan Café area - 12pm Kenner Senior Breakfast - 8am-10am	15	Senior Special "In-House" Event TBA at Harahan Studio A 9:30am-11am	16	17	18	19
Zumba Master Class with Nina Idol Studio B/C Must purchase ticket	20	Kid's Camp at Kidsports Senior Movie Day at Harahan Auditorium 10am & 2:00pm - Must RSVP	21	Seniors Birthday Celebration at Heritage Plaza - 11am FREE Supplement Day at HP Wine & Cheese Social at Downtown - 5:30pm - 6:30pm New Member Reception Harahan Café area - 5:30pm - 6:30pm FREE 30-minute nutrition lecture in Harahan Auditorium for all new members 6pm-6:30pm	22	23	24	25	26
27	Biggest Loser 2013 Opening Reception Harahan Auditorium 6:30pm	28	29	30	Seniors New Member Orientation at Harahan Auditorium 10am-11am	31			

February 2013

SUN	MON	TUES	WED	THURS	FRI	SAT			
					1	2			
	Senior Coffee Social at Heritage Plaza Senior Movie Day at Harahan Auditorium 10am & 2pm. Must RSVP	3	Kenner Senior Breakfast 8am - 10am FREE Supplement Day at Downtown 12pm - 1pm	4	5	6	7	8	9
10	Downtown, Kenner & Heritage Plaza Closed. Harahan hours 7am-5pm. Childcare/Kidsports Closes at 12pm.	11	Harahan, Kenner & Downtown are Closed for Mardi Gras. Heritage Plaza hours 8am-12pm. with limited group fitness classes.	12	Kid's Camp Wine & Cheese Social Heritage Plaza 6pm-8pm	13	14	15	16
17	Senior Movie Day at Harahan Auditorium 10am & 2pm. Must RSVP	18	FREE Supplement Day at Heritage Plaza Senior Birthday Celebration at Harahan Café area 12pm	19	Luncheon at Downtown - 11:30am - 12:30pm Senior Birthday Celebration at Heritage Plaza - 11am Senior Craft Workshop Harahan Auditorium - 10am - Must RSVP	20	21	22	23
24	25	26	Senior Craft Workshop Harahan Auditorium - 10am - Must RSVP New Member Reception Harahan Café area - 5:30pm - 6:30pm New Member Free Nutrition Lecture - 6pm-6:30pm Harahan Auditorium	27	Senior New Member Orientation at Harahan Auditorium 10am	28	28		

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

January - February 2013

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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

HOLIDAY PARTY - A SMASHING SUCCESS



We would like to thank everyone who attended the Annual Holiday Party on Saturday, December 1st. The evening was a success and everyone had a great time! With over 35 local restaurants and caterers, the food was exceptional and the entertainment by Paragon kept everyone on the dance floor.



We would like to take this opportunity to thank everyone that was involved, including our hard working staff, Freeman for the beautiful decorations around the club, as well as the following restaurants and caterers that made the night a success!

- Acme Oyster House
- Barreca's Restaurant
- Café Zucchini
- Chipotle Mexican Grill
- Creole Country Sausages
- Ditale's Pizza Café
- Figaro's
- Fox and Hound
- New Orleans Hamburger & Seafood Company
- Jimmy John's
- Labella's Catering
- Lonnie's Catering
- Nacho Mama's Mexican Grill
- Phil's Grill
- Riomar
- Royal House
- Pinkberry
- Sunshine Café
- VooDoo BBQ & Grill
- Vega Tapas Café & Catering

- Café Zucchini at Elmwood
- Byblos Restaurant
- Cajun Land Brand Spices & Seasonings
- Corky's Bar-B-Q
- Crescent City Brewhouse
- Don's Seafood Hut
- Full of Flavor
- Franky & Johnny's
- Kyoto 2
- Lee's Hamburgers
- P & G Restaurant & Bar
- Ninja Japanese Restaurant
- Quartermview Restaurant
- Riverbend Bakery
- Salu
- Star Steak & Lobster
- Vincent's
- TPC Louisiana
- Haydel's Bakery



'Frosty Fitness Challenge' Proves to be Elmwood Fitness Style



Wednesday night, December 5th, Elmwood held its first "Frosty Fitness Challenge". 10 teams had 14 different challenges to strategize and complete. While challenging, all 10 teams had a great time with their tasks that included such things like, wrapping a present with 1 hand, handling the tires outside on the basketball court, and climbing the



wall in Kidsports to name a few.

A "BIG" Thank you to all who participated and helped to make that evening a big success! Congratulations to our winning teams for a job well done! See you at the next challenge!

- 1st Place – Sugar Plum Freaks – Jennifer Morvant, Marila Monagas, Amanda Borst
- 2nd Place – Mel's Belles – Cherie Smith, Nicole Waguespack, Marie Tufts
- Best Costume – Team Name: Three Wise A..es – Heather Dougherty, Charlie Womac, Michelle Meyer

BIGGEST LOSER 2012 PROGRAM ANNOUNCES WINNERS

Elmwood Fitness Center's Biggest Loser program concluded back in September 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:

- 1.) Craig Clark (26.6 pounds 23.1%)
- 2.) Mark Jorgenson (20.6 pounds 18.68%)
- 3.) Jay McGuire (32.5 pounds 17.33%)

Females:

- 1.) Jessica Ginther (35 pounds 21.6%)
- 2.) Tiffany Clark (28.2 pounds 20.39%)
- 3.) Laurie Forster (17.8 pounds 18.62%)

In addition, the top team was Marco's Team. Congratulations to all!!!

Biggest Loser Fall 2013 starts January 28th!

2013 MARDI GRAS HOLIDAY HOURS

Carnival Time is almost here!! So don't forget our hours at each of the clubs during this time: Happy Mardi Gras to everyone!

- Saturday, February 9th – Downtown Closed.
Kenner 8am – 2pm.
Heritage 8am – 4pm.
Harahan 7am – 5pm.
Childcare/Kidsports closes at 3:00pm
24-hour access available at Heritage Plaza & Kenner.
- Sunday, February 10th – Downtown closed.
24-hour access only at Heritage Plaza & Kenner.
Harahan hours 7am – 5pm.
Childcare/Kidports closes at 12pm.
- Monday, February 11th – Downtown closes at 2pm.
Heritage, Kenner, and Harahan close at 6pm.
No Group Fitness Classes after 11:00am
Childcare/Kidsports closes at 12pm.
- Tuesday, February 12th – 24-hour access available at Heritage Plaza & Kenner.
Downtown & Harahan closed.
24-hour access available at Kenner & Heritage Plaza
Heritage Plaza opened 8:00am – 12:00pm
Limited Group Fitness classes will be available.
Childcare/Kidsports closed.

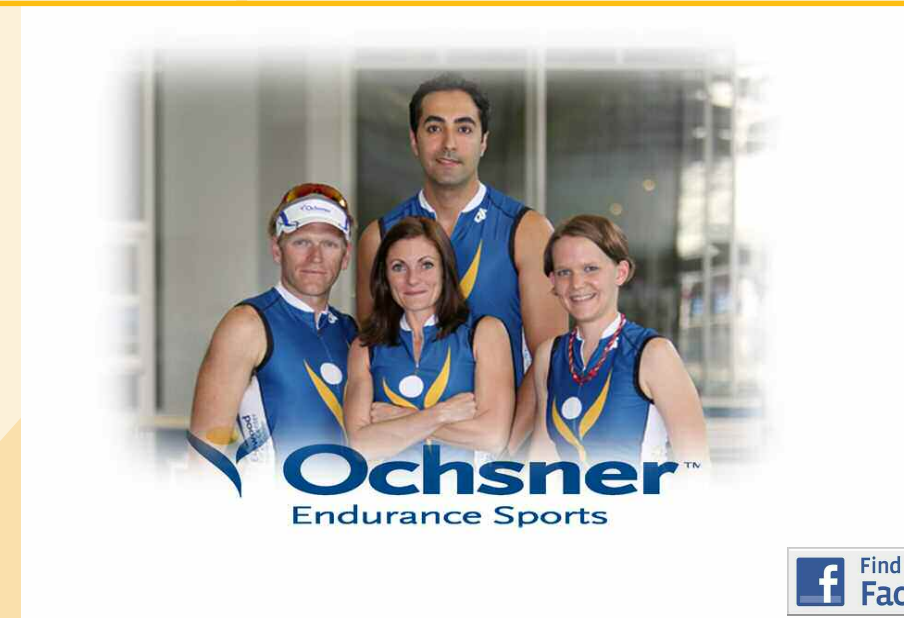


"I CAN DO IT" PROGRAM 2013 STARTS JANUARY 14TH

If your child is ages 7 - 16 you don't want to miss the 2013 I Can Do It Program that starts on Monday, January 14th. Join us in our 11th Year of Celebrating Youth Fitness!

This program is for both members and non-members that would like to involve their child/children in a weight management program that instills confidence in its participants while attaining goals through interactive workouts including XRKADE.

The child/children will receive 36 fitness hours, 4 nutrition lectures, 1 guest speaker and a cooking demonstration! Sign ups are going on now at the Elmwood Fitness Center Harahan location! Ask about Family I Can Do It! Scholarships are available for all, for applications call Michael Heim (504) 842-9524. For more information please contact Michael Heim at mheim@ochsner.org or (504) 842-9524.



WHY SHOULD I JOIN?

Whether you are an experienced triathlete or new to the sport, Ochsner Endurance Sports and its 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 staff and surround yourself with great folks eager to encourage a healthy, active, and fun pursuit. We accomplish this through our group workouts, training seminars every other month, & Elmwood Fitness Center's state of the art training facilities.

HOW DO I BECOME A MEMBER?

STEP 1: Log onto www.ochsnerendurancesports.com, Fill out your Health Screen, Athlete Questionnaire & Service Agreement.

STEP 2: Upon completing step 1 you will receive a confirmation letter that includes the link to order your Ochsner Endurance Sports, Team kit

WHAT IS INCLUDED IN MEMBERSHIP?

LEVEL 1

Cost: \$20 Per Month

- Discount on EFC membership
- OES Race Kit
- OES Hat/Visor
- OES Water Bottle
- VO2 Max Test
- Access to OES event VIP Tents
- Access to OES challenges and socials
- 15% Discount on EFC services
- 50% off all Premier Event Management Races

***\$500-\$700 Value**

LEVEL 2

Cost: \$10 Per Month

- OES Technical T-Shirt
- OES Hat/Visor
- OES Water Bottle
- VO2 Max Test
- Access to OES event VIP Tents
- Access to OES challenges and socials
- 15% Discount on EFC services
- 50% off all Premier Event Management Races

***\$200-\$350 Value**

**Value dependent upon the number of races in which you participate*

Premier Event Management Races Include: Shamrockin Run, Girl Power Tri March, Ironkids, Ironman New Orleans, New Orleans Tri, Big Easy Tri, Girl Power Tri September