

## What's Happening at Elmwood Fitness Center

### July 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4 Harahan open till 8pm with Group Fitness Classes till 11:30am. Downtown closed. Heritage & Kenner: No Group Fitness Classes, Open 24-hours. Childcare open from 8am-12pm. Kidsports & Gymnastics closed. BBQ Lunch from 12pm -3pm & Live Band Paragon - 1pm-4pm	5	6 Senior Coffee Social at Harahan - 9:30am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	7 Poolside DJ at Harahan - 5pm-8pm
8	9 Senior Coffee Social at Heritage Plaza Senior Movie Day at Harahan Auditorium - 2:00pm. - Must RSVP	10 Outdoor 8-Lane Lap Pool closed from 5:30pm-10pm for JCCA Swim Meet Wine & Cheese Social at Heritage Plaza 5:30pm-7:30pm	11 New Member Reception at Harahan 11am-12pm	12	13 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm Live Band Night - Refugeez - Harahan Poolside - 7pm-10pm Outdoor 8-Lane Lap Pool closed 6:15pm-7:30pm for Swim Meet.	14 Poolside DJ at Harahan - 12pm-3pm
15 FREE Supplement Day at Heritage Plaza 5pm - 7pm Senior Lecture Series TBA - Harahan Auditorium - 12pm	16	17 Outdoor 8-Lane Lap Pool closed from 5:30pm-10pm for JCCA Swim Meet	18	19	20 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm	21 Poolside DJ at Harahan - 5pm-8pm
22 Senior Ice Cream Social at Harahan Café Area - 2:00pm	23	24	25 New Member Orientation at Harahan - 5:30pm-6:30pm Senior Birthday Celebration at Heritage Plaza	26 Senior New Member Orientation at Harahan - 10am FREE Supplement Day at Downtown 11am - 1pm	27 Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm Live Band Night - The Boogiemen - Harahan Poolside - 7pm-10pm	28 Poolside DJ at Harahan - 12pm-3pm
29	30	31				

### August 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 Senior Coffee Social at Harahan - 9:30am Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm Live Band Night - Refugeez - Harahan Poolside - 7pm-10pm	4 Poolside DJ at Harahan - 5pm-8pm
5 Senior Coffee Social at Heritage Plaza. Senior Movie Day at Harahan Auditorium - 2pm Must RSVP Ochsner Blood Drive at Harahan back parking lot - 2pm-8pm FREE Cosmetic Consultation with Dr. Graham at Harahan - 4pm-7pm	6	7	8 New Member Reception at Harahan Café area 11am - 12pm	9	10 Kid's Night at Elmwood Gymnastics 6:30pm - 10:00pm Live Band Night - Omega 3 - Harahan Poolside - 7pm-10pm	11 Poolside DJ at Harahan - 12pm-3pm
12 FREE Supplement Day at Heritage Plaza 8am - 11am Senior Ice Cream Social at Harahan Café - 2pm	13	14	15	16 Senior Potluck at Harahan Café - 12pm	17 Kid's Night at Elmwood Gymnastics 6:30pm - 10pm	18 Poolside DJ at Harahan - 5pm-8pm
19 Senior Birthday Celebration at Harahan Café area 12pm	20	21	22 Senior Birthday Celebration at Heritage Plaza 11am New Member Reception at Harahan 5:30pm - 6:30pm FREE Supplement Day at Downtown 5:30pm - 7:30pm	23	24 Senior Lecture Series Harahan Auditorium - 10:00am Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm	25 Poolside DJ at Harahan - 12pm-3pm
26	27	28	29	30 Senior New Member Orientation at Harahan	31 Kid's Night at Elmwood Gymnastics - 6:30pm - 10pm Pool Side DJ Harahan Pool Side 12pm-3pm	September 1 Poolside DJ at Harahan - 5pm-8pm

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

July - August 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

## CONGRATULATIONS TO ELMWOOD FITNESS CENTER'S GENERAL MANAGER - RANDY STRASSEL



We would like to congratulate our General Manager, Randy Strassel, for winning the Ochsner Leader of the Year Award - Non-Clinical for 2011!

The Annual Spirit of Ochsner Leadership awards program acknowledges leaders, physicians and teams demonstrating outstanding leadership qualities and contributions to their profession, Ochsner or the community.

The event is reserved for leaders and the top three finalists for each category. The Leadership Awards Selection Committee selects the finalists for each category. Randy was nominated along with a number of other leaders throughout the Ochsner organization amongst the leaders in the

Non-Clinical areas of the organization.

The award was presented to him back on June 1<sup>st</sup> at the 8<sup>th</sup> Annual Spirit of Leadership Awards by Ochsner Health System. Randy was nominated based upon leadership skills and the accomplishments of Elmwood Fitness Center, such as Elmwood Fitness Center being the Gambit's Best Health Club for the last 20 years, and being in the top 75 clubs in the nation based upon IHRSA standards of clubs.

Congratulations to Randy!!



## HAPPY 4TH OF JULY!!



Elmwood Fitness Center would like to wish everyone a very Happy 4th of July! We invite everyone to come and join us outside by the pools for a BBQ Lunch and Live Music by Paragon from 1pm - 4pm.

Please make note of our hours and group fitness schedule:

### Wednesday, July 4th

Elmwood Harahan - 8:00am - 8:00pm  
No Group Fitness Classes after 11:30am  
Childcare will be available from 8:00am - 12:00pm  
Kidsports and Gymnastics are closed.  
BBQ Lunch available for purchase from 12:00pm - 3:00pm.  
Live Band - Paragon - 1:00pm - 4:00pm - Outside by the pools.

### Group Fitness Schedule for Wednesday, July 4th at Elmwood Harahan:

9:00am - Silver Sneakers - Studio A  
9:00am - Spinning  
9:00am - Body Pump - Studios B/C  
10:00am - Aquatics  
10:00am - Yoga  
10:15am - Spinning Extended Ride  
10:30am - CX Worx - Studios B/C  
11:00am - Body Combat - Studios B/C

Elmwood Heritage Plaza & Kenner open as 24-hour facilities. No Group Fitness Classes. Downtown is Closed.

**Have a Very Happy and Safe 4th of July!!**  
Your Elmwood Fitness Center Team.



## 2 ELMWOOD FITNESS CENTERS ARE 24-HOURS

Did you know that 2 of the 4 Elmwood Fitness Center locations are now 24/7? If you are looking for a workout during those off hours, bring your membership card with you to either the Elmwood Fitness Center in Kenner or at Heritage Plaza and get your workout in at any time! You must be 18 years or older to use then after hours.



## GYM ETIQUETTE, WEIGHT ROOM, AND POOL RULES FOR ALL



As we are now in the heart of the Summer months at Elmwood Fitness Center, we would like to remind everyone once again of our indoor pool and gym etiquette rules, as well as outdoor pool safety.

We want everyone to have fun and be safe at Elmwood Fitness Center. The following rules must be followed for the different areas of Elmwood Fitness Center:

### A Clean Club is a Safe Club: Weight Room and Group Fitness

Elmwood's Environmental team works day and night to ensure the cleanliness of our club. With many people coming in and out, touching multiple surfaces and sweating in close proximity to one another, it is important that we all work together to keep Elmwood clean and safe.

To keep our club safe and clean, please take the following precautions:

- Properly wash hands before and after working out
- Cover all open wounds with clean bandages, and dispose of bandages in trash bins

Use Elmwood's cleaning stations throughout the club to wipe down the equipment you are using

Be sure to wipe down your bike before and after Spinning classes

Wash gym and athletic apparel after each wearing

Report any unsanitary areas to an Elmwood employee

### Group Fitness Etiquette

Following these simple guidelines will help make group fitness classes more enjoyable for all.

1. **Get to class on time.** When you are late for a class you may miss important information or instructions given by the instructor. Other participants get distracted when someone enters a class late which may lead to accidents. Besides, you deserve a whole hour for yourself. Don't cheat yourself!

2. **Keep conversations for after class.** Talking during class is very annoying to those around you. Participants need to hear directions given by the instructor for the class to remain safe. Talking in class usually means that you are not putting your all into the exercise. It is hard enough to make time to get the club, so when you are here don't waste time! Get as much as you can out of each class, then talk to your friends over a smoothie in the café.

3. **Return your equipment in the proper manner.** We've been hearing this one since as long as we can remember "Put your toys back where

they belong." It is also important to put up equipment in a safe manner. For example, in Body Pump if someone is on the floor, make sure you do not step over the person or hold your weights above the person as you return them. Walk around the person, and be aware of where your weights are at all times.

4. **Be considerate of the next class.** If you know that there is another class starting after your class, pick up the room quickly. Talk to the instructor or friends outside of the room so the next class can begin on time. If the next class will be using the same equipment that you used, be sure to wipe up your mess.

5. **Have Fun!** Remember, if you enjoy it you are more likely to return. This means that if you try to have fun while exercising, you may just stick with it. No more failed resolutions!

### INDOOR AND OUTDOOR POOL RULES:

**Sharing of lanes** – We ask that if all lanes are filled with lap swimmers, please be courteous to your fellow members and share lanes during the busiest hours. This way everyone can get their laps in.

**Lanes are for lap swimmers only!**

**Kickboards are for lap swimmers or lessons only-** Kickboards are not toys and an injury could occur if used improperly.

**No running on the deck-** The deck is very slippery; any fall could result in an injury.

**All rafts and flotation devices are prohibited-** Floats provide a false sense of confidence, and allow small non-swimmers access to the deep end of the pool. (Only arm floats and floatation devices with a bottom are allowed).

**Dive Blocks are off-limits-** Members are not allowed to sit on, dive off of, or hang on the blocks. Only swim team members are allowed on the blocks.

**Sitting on another person's shoulders is prohibited-**An injury could occur if a person falls from that height.

**Diving is prohibited-** Diving is not allowed in any pool. The pool is too shallow and diving may cause an injury.

**Balls and water guns are prohibited-** Water guns are prohibited in all areas of the club with no exceptions. The only pool toys allowed are dive sticks or dive rings; these are not to be thrown.

**Hanging on rails or lane ropes is prohibited-** Hanging on the lane rope will weaken it and slipping from the rail could cause an injury.

**All infants must wear a swim diaper-** The swim diapers are made for the water and have a protective seal.

We thank everyone for assisting us in keeping Elmwood Fitness Center a great place to be year round!

## ELMWOOD VARSITY SPORTS RUNNING CLUB!



Did you know that Elmwood now has a Running Club? Whether you are a beginner or a pro and looking to join a Run Club, Elmwood Varsity Sports running club meets twice a week. It is FREE to all members!

The Running Club meets on Wednesdays at 6:00pm and Saturdays at 7:00am. They gather in the Benson Center parking lot at Ochsner Hospital on the River Road side. Fred Klinge from Elmwood Varsity is heading up the run club, so if you are interested, contact him at (504) 736-4736 or e-mail him at [fklinge@ochsner.org](mailto:fklinge@ochsner.org).

## UPCOMING EVENTS AT ELMWOOD FITNESS CENTER:

Be on the look out for the following events happening at Elmwood in the coming months:

**Monday, July 4<sup>th</sup>** – BBQ lunch outside (available for purchase) by the pools with waterslide for the kids and a Live Band 1pm – 4pm – Paragon – Elmwood Fitness Center Harahan.

**Friday, July 13<sup>th</sup>** – Refugeez – Live Band outside by the pools 7pm – 10pm.

**Friday, July 27<sup>th</sup>** – The Boogiemen – Live Band outside by the pools 7pm – 10pm

**Friday, August 3<sup>rd</sup>** – Refugeez – Live Band outside by the pools 7pm – 10pm.

**Friday, August 10<sup>th</sup>** – Omega 3 – Live Band outside by the pools 7pm – 10pm.

**Every Friday Night** – Kids Night at Elmwood Gymnastics!!

**Every Saturday** – Live DJ poolside at Elmwood Harahan

**Coming Soon – Elmwood 5K Run, Biggest Loser Program, Endurance Challenge, and in October the Annual Fitness Conference to raise money for Breast Cancer Awareness.**

*Ask the front desk for more details.*

## ROCK AND RIDE 2012 - BATTLE OF THE BANDS ANOTHER SPINNING SUCCESS!

The 8<sup>th</sup> Annual Rock and Ride – Battle of the Bands was held on Friday, June 1<sup>st</sup>. Over 100 riders were Spinning to the sounds of both River Dog and 5 Finger Discount on a beautiful evening, outside on the basketball courts. We would like to thank everyone that participated in this event!! The event raised funds to assist families to fight childhood obesity and the "I Can Do It Program."

We had a huge support from you, our members, as well as our following community partners that helped put on this event:

- Coca-Cola
- Louisiana Delta Marine
- La-Z-Boy Furniture Galleries
- Smoothie King
- Freeman Decorating
- Heim Consulting
- Villere's Florist
- Kelley & Abide
- Nordic Kitchens & Baths



## 'ADVENTURE RACE' ELMWOOD FITNESS STYLE

Wednesday night, June 13<sup>th</sup>, Elmwood held its first Endurance Event. 18 teams had 14 different challenges to strategize and complete. While challenging, all 18 teams completed their clues and tasks, which included putting a puzzle together at the very end.

A "BIG" Thank you to all who participated and helped to make that evening a big success! Congratulations to our 3 winning teams for a job well done! See you in September for the next challenge!



## LAUNCH OF LES MILLS PROGRAMS AND ZUMBA WORKSHOP

During the week of June 18<sup>th</sup> – 24<sup>th</sup>, Elmwood Fitness launched all of the latest Les Mills programs as well as hosting a great Zumba workshop with Nina Idol from Atlanta!

Thanks to everyone who participated in both of these events!

