

2018 SUMMER MAGAZINE

ELITE *life*

ACTIVITY GUIDE
& NEWS

MEET THE
90+ Club
& HOW TO BE
A PART OF IT

NOT PICTURED: JACK & JOYCE

*One size does
NOT fit all*

Recommendations for
weekly physical activity

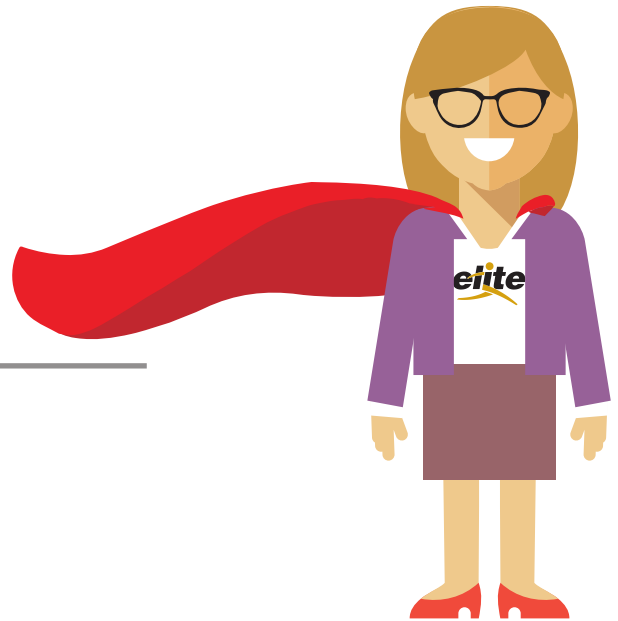
*Workshops
& Events*

for the
whole family!

elite *SPORTS
CLUBS*

eliteclubs.com | v.16

A letter from the CEO



Most of us grow up admiring some sort of hero, whether that be a comic book superhero or a “real life” superhero. As I got further into adulthood, I found that the requirements for who I looked up to had shifted. No longer was being a hero just about having superpowers, but instead about those who had personal experiences and research I could learn from.

Dr. Kenneth H. Cooper “The Father of Aerobics”

When I first started out in the fitness industry a somewhat unknown Doctor, at that time, came to (also unknown) Port Washington, Wisconsin to conduct a certification for what we now know as Fitness Testing. Most of us are familiar, many probably experienced it in gym class, and most definitely here at the clubs as a new member. Baseline testing methods such as the sit and reach, heart rate recovery, etc. all came from the methods and research of Dr. Kenneth H. Cooper. Not only that, but he coined a points method for tracking exercise way before Fitbit and other wearables made it popular.

So, in the late 70’s I took the certification, and immediately went out and bought his book “The Aerobic Way.” We also started doing fitness testing at the club I was managing at the time. What stood out to me most about Dr. Cooper’s implementation of his methods at his club in Dallas was that his whole program at the club was based on these “aerobic points”. He encouraged individuals to use a log to calculate points, and try to improve over time. He taught me that it’s most important to compete with and improve upon yourself, becoming your own “personal best.” And this method provided a fun way to track yourself beyond just improving your waistline.

Diana Nyad, author, journalist, motivational speaker, and long-distance swimmer

I started swimming after I broke my leg in the early 80’s. Of course I swam when I was kid at summer camp too—they always made us do laps to warm up because the water in the lake was so cold. And I hated it. Nevertheless, I was a decent swimmer – I passed Red Cross Exams, I was WSI certified, and even taught in college. But I still hated laps. It wasn’t until I broke my leg that I had to start considering swimming as a method of exercise.

It was around that time that Diana Nyad was showing up in the news for her swim from the Bahamas to Florida. I decided to buy her book, “Basic Training for Women.” She and I are about the same age, and it’s inspiring that she is still swimming. She helped me become a “shark.” I get into the water and I never want to get out. I followed her program to get up to two continuous miles swimming, and am I ever happy I did. I love swimming laps now.

Diana was known for swimming 100+ miles in open water. Some of you may know that I had a goal a few years back, to swim over 100 miles in a year before I turned 65. And I did it! It was no easy feat either. When I was younger, I was easily swimming a few miles at a time. Now it’s more like 1 mile at a time....so the accomplishment was much more difficult to achieve than it would have been a few years ago.

I’ve always been active because I pretty much had to, it was just part of life when I was younger. That’s how you “got around” and stayed busy. But these are the people that got me thinking differently about fitness and exercise. This is when I started doing all of this for health (and my business) instead of just for fun. I had so much to learn back then, and still do!

Kay Yuspeh

CEO and Owner, Elite Sports Clubs

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*Weekly Physical Activity
Recommendations*

Club Hours June - September

Mequon 11616 N. Port Washington Rd.
(262) 241-4250

Monday - Thursday 5:30am - 10:00pm

Friday 5:30am - 8:00pm

Saturday & Sunday 7:00am - 6:00pm

North Shore 5750 N. Glen Park Rd.
(414) 351-2900

Monday - Thursday 5:30am - 10:00pm

Friday 5:30am - 7:00pm

Saturday & Sunday 7:00am - 1:00pm

****Extended Hour Access 4:00am - 10:00pm****

River Glen 2001 W. Good Hope Rd.
(414) 352-4900

Monday - Thursday 5:30am - 10:00pm

Friday 5:30am - 8:00pm

Saturday & Sunday 7:00am - 6:00pm

Brookfield 13825 W. Burleigh Rd.
(262) 786-0880

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 8:00pm

Saturday & Sunday 7:00am - 6:00pm

West Brookfield 600 N. Barker Rd.
(262) 786-3330

Monday - Thursday 5:30am - 10:00pm

Friday 5:30am - 7:00pm

Saturday & Sunday 7:00am - 1:00pm

****Extended Hour Access 4:00am - 10:00pm****

Holiday Hours (Memorial Day, Independence Day, Labor Day)

Brookfield, Mequon & River Glen: 7:00am - 6:00pm

West Brookfield & North Shore: 7:00am - 1:00pm

****Extended Hour Access 4:00am - 10:00pm****

All extended hours access available to members only.

Elite Life

POOLSIDE FITNESS EXTRAVAGANZA

Join us for the perfect combination: 30-minute spin, 30-minute boot camp, 30-minute pilates, all poolside! BBQ to follow.

June 15 | 6:00 pm - 9:00 pm | Susie & Tony | BR | \$15

SUMMER SOLSTICE & INTERNATIONAL DAY OF YOGA CELEBRATION

The Summer Solstice is the longest day of the year. Celebrate the solstice and International Day of Yoga with a special series of sun salutations.

June 20 | 6:30 pm | Kim | WB | FREE

June 21 | 9:15 am | Kim | WB | FREE

June 21 | 9:15 am | Kirsten | NS | FREE

June 21 | 6:00 pm | Jenny | BR | FREE

June 21 | 6:00 pm | Brie | NS | FREE

June 21 | 7:00 pm | Elva | ME | FREE

MINOOKA PARK TRAIL RUN

Whether you're new or old to trail running, let's get together for a fun run of any distance! All abilities are welcome. You are responsible for Waukesha County Park Fee of \$5.

June 20, July 18, August 15 | 6:00 - 8:00 pm | Pam
Minooka Park, Waukesha | FREE

BACKYARD CAMPOUT

Ages 3+ (with guardian) | Come as a family to camp out on Elite's front lawn. There will be a bonfire with smores, an outdoor movie, and yard games. Bring along your own tent and camping gear! A breakfast of muffins, fruit, and juice will be served the next morning.

July 13-14 | 6:30 pm - 9:30 am | BR | \$20/family

POOL PARTIES

Guests welcome, bring your friends!

Family Pool Party | June 15 | 6:00 - 9:00 pm | RG | FREE

Family Pool Party | June 22 | 6:00 - 9:00 pm | ME | FREE

Ladies Poolside Social | June 26 | 5:30 - 8:00 pm | BR | \$10

July 4th Party | July 4 | 1:00 - 3:00 pm | ME | FREE

Family Pool Party | July 13 | 5:00 - 7:00 pm | RG | FREE

Poolside Luau | July 19 | 5:30 - 8:00 pm | BR | \$10

End of Summer Splash Down | August 19 | 2:00 - 5:00 pm | BR | FREE

POOLS & BREWS FUNDRAISER FOR WISCONSIN WATER

Elite is partnering with the Sierra Club to raise awareness about and protect Wisconsin's Water. Admission includes 1 drink ticket & light bar snacks. We will also be selling beer buckets for \$25, and featuring 6 beers from local craft breweries. Non-members welcome, so invite your friends! All proceeds go to benefit Wisconsin water preservation.

July 27 | 5:00 - 8:00 pm | BR/ME/RG
\$10/adult or \$25/family



GROUP BIKE RIDES

Our rides go between 25 and 30 miles and a coffee house stop or breakfast at the end is usually in the ride plan. This year we will be in training for the Scenic Shore 150! Contact PamKoch@eliteclubs.com or ChristyBeckmann@eliteclubs.com to sign up for the weekly email list. Rides change weekly. Must have your own bike and tires ready to go. Requires one-time \$25 donation to the Scenic Shore 150 Elite Team if not part of the team.

May - September, weather permitting.

Saturdays | 7:30 or 8:00 am start, depending on the ride | FREE

ADULT HAPPY HOUR

Enjoy some adult time at the pool on a warm evening. Drink and food specials will be provided.

June 20 - August 29, weather permitting

Wednesdays | 6:00 - 9:00 pm | ME

SHEEPSHEAD

Join your fellow members weekly for a friendly game or two. Sheepshead is played with 32 cards, each with a different point value and strength. The object of the game is to get at least 61 points by taking a number of tricks.

Mondays | 1:00 - 3:00 pm | NS | FREE

MAHJONG

Join other members in a lively game of Mahjong, a game played with a set of 144 tiles based on Chinese characters and symbols.

Thursdays | 11:00 am | RG | FREE

ELITE SEATS

Have you been looking for a fun night out or need to entertain a large group? As an Elite member, we've got you covered with our Elite Seats program. We're your connection to great seats at fantastic shows! Prices vary, contact us for more information or to purchase (262) 754-3467 or concierge@eliteclubs.com.

A Gentleman's Guide to Love & Murder - May 3 & 6

An American in Paris - June 28 & July 1



HAVE
YOUR
NEXT
COLD ONE
WITH US

Whether you're socializing after your last game of tennis or hanging out by the pool, we've got you covered. Elite Sports Clubs now offers a variety of adult beverages sure to satisfy your thirst.

*Sit back &
enjoy a sip!*



WORKSHOPS

(free!)

FUNCTIONAL TRAINING BASICS

Spice up your functional workout and come learn how to use battle ropes, sleds, slam balls, and more!

June 5 | 10:30 - 11:00 am | Curt | NS
June 8 | 10:00 - 10:45 am | Collin | WB
June 9 | 12:00 - 1:00 pm | Marshal | RG
June 16 | 10:00 - 11:00 am | Eric | BR
June 21 | 6:00 - 6:45 pm | Neil | WB
July 23 | 6:00 - 6:45 pm | Luke | ME
July 26 | 6:00 - 6:45 pm | Luke | ME

CARDIO TRAINING THAT WORKS

Wondering about how to mix up your cardio workouts. Is interval training better than steady state? Should you do a combination of both? Let's find out!

May 10 | 5:00 - 5:45 pm | Chris | ME
July 9 | 9:15 - 10:15 am | Jill | WB
July 10 | 5:00 - 6:00 pm | Matthew | NS
July 17 | 11:00 am - 12:00 pm | Susie | BR
July 19 | 7:00 - 8:00 pm | Susie | BR
July 21 | 5:00 - 6:00 pm | Matthew | RG



TRX BASICS

The TRX Basics workshop is an introductory course that delves into the elementary movement patterns and body weight exercises that can be performed with straps anchored to the ceiling.

May 8 | 10:00 - 10:30 am | Polly | WB
May 10 | 4:00 - 4:30 pm | Kailyn | RG
May 14 | 6:00 - 6:30 pm | Kailyn | NS
May 21 | 10:00 - 11:00 am | Alex | BR
May 23 | 10:00 - 11:00 am | Alex | BR
June 11 | 11:30 am - 12:15 pm | Luke | ME
June 13 | 11:30 am - 12:15 pm | Luke | ME



Nutrition

Workshops & Clinics

MASTER FARMERS' MARKETS & CSA'S

Learn how to navigate your locals farmers' market with us! Find out tips for picking the right produce, benefits of signing up for CSA's (Community Supported Agriculture), and why it is important to eat local.

May 15 | 5:00 - 6:00 pm | Kaitlin & Jason | RG | FREE
May 16 | 10:15 - 11:15 am | Kaitlin & Jason | ME | FREE
May 17 | 10:30 - 11:30 am | Sarah & Taylor | WB | FREE
May 17 | 5:30 - 6:30 pm | Sarah & Taylor | BR | FREE

A HEALTHY TAKE ON TAILGATING

Want to spice up your next tailgating party? Join us to learn how you can bring your A-game to the table with a new batch of snacks, recipes, and treats that are sure to be crowd-pleasers!

June 19 | 5:00 - 6:00 pm | Kaitlin & Jason | RG | FREE
June 20 | 10:15 - 11:15 am | Kaitlin & Jason | ME | FREE
June 21 | 10:30 - 11:30 am | Sarah & Taylor | BR | FREE
June 21 | 5:30 - 6:30 pm | Sarah & Taylor | WB | FREE

REFRESHING SUMMER DRINKS & COCKTAILS

Take a "refresher" course with us on the best of summer beverages! Go home with new twists on old favorites and creative ways to mix up your drinks.

July 17 | 5:00 - 6:00 pm | Kaitlin & Jason | RG | FREE
July 18 | 10:15 - 11:15 am | Kaitlin & Jason | ME | FREE
July 19 | 10:30 - 11:30 am | Sarah & Taylor | WB | FREE
July 19 | 5:30 - 6:30 pm | Sarah & Taylor | BR | FREE

KITCHEN GADGETS, UTENSILS, AND TOOLS... OH MY!

We will help you sort through which gadgets are worth your time and money, and which ones don't deserve a spot in your drawer or cabinet.

August 16 | 10:30 - 11:30 am | Sarah & Taylor | BR | FREE
August 16 | 5:30 - 6:30 pm | Sarah & Taylor | WB | FREE
August 21 | 5:00 - 6:00 pm | Kaitlin & Jason | RG | FREE
August 22 | 10:15 - 11:15 am | Kaitlin & Jason | ME | FREE

SUMMER GRILLING CLINIC

Join us for a fun summer evening of grilling, eating, and drinking! Learn the basics of grilling and enjoy a meal of your own making. All food and equipment will be provided. Just come hungry and ready to grill!

June 25 | 5:30 - 7:00 pm | Kaitlin & Jason | ME | \$30
June 26 | 5:30 - 7:30 pm | Sarah & Taylor | BR | \$30
August 21 | 5:30 - 7:30 pm | Sarah & Taylor | BR | \$30



Free Consultation

Meet our Registered Dietitian or Nutrition Coaches and learn more about their background and nutritional philosophy. This consultation is an opportunity for our staff to learn more about you and your overall goals, then make a suggestion as to which services would work best for you.

Intro Package

Meet with our Registered Dietitian or Nutrition Coaches regarding a wide array of topics relating to health and wellness needs. We'll help you reach your health and weight loss goals. You may attend as an individual, couple, or family. 3 sessions for \$80

Private Consultations

Get a custom meal plan and nutrition advice from our on-staff Registered Dietitian or simply check in with our Nutrition Coaches to help answer your nutrition-related questions and concerns. By appointment. 30min - \$40, 60min - \$65

TENNIS

TENNIS RECIPROCITY

Elite adults may play in leagues, tournaments
& mixers at all five clubs. See a tennis pro to sign up!

TENNIS LESSONS

At All Elite Sports Clubs

Get your kids started in the sport of a lifetime with the best tennis program in the state! Children enrolled in summer tennis lessons can attend any class at any Elite Sports Club.

Summer Session : June 11 - August 18

Package	30 min	60 min	90 min
5 lessons	\$50	\$100	---
10 lessons	\$90	\$150	\$285
20 lessons	\$140	\$280	\$480
30 lessons	---	---	\$630
Unlimited	\$200	\$390	\$750

*Prices are the same for members and non-members.
90-minute unlimited package can also attend
60-minute lessons.*

For questions about tennis contact:

MikeDierberger@eliteclubs.com Brookfield
MikeSharp@eliteclubs.com West Brookfield
KailaHaws@eliteclubs.com Mequon
RobertBudiono@eliteclubs.com North Shore
JeffAranda@eliteclubs.com River Glen

QuickStart Tiny Tot

30 minutes | Ages 3 - 4

Entry Level

Tuesday	4:30 - 5:00 pm	Brookfield
Wednesday	4:30 - 5:00 pm	Mequon
Saturday	9:00 - 9:30 am	Mequon
Monday	4:30 - 5:00 pm	North Shore
Wednesday	9:00 - 9:30 am	North Shore
Wednesday	4:30 - 5:00 pm	North Shore

PRIVATE TENNIS LESSONS & DRILLS

# of participants	30min	60min
1 participant	\$40	\$75
2 participants	--	\$40
3 participants	--	\$35
4 participants	--	\$30

QuickStart I & II

60 minutes | Ages 5 - 6, 7 - 8, 9 - 10

Entry Level

Monday	5:00 - 6:00 pm	Brookfield
Tuesday	9:30 - 10:30 am	Brookfield
Tuesday	5:00 - 6:00 pm	Brookfield
Thursday	9:30 - 10:30 am	Brookfield
Thursday	5:00 - 6:00 pm	Brookfield
Wednesday	5:00 - 6:00 pm	Mequon
Saturday	9:30 - 10:30 am	Mequon
Monday	5:00 - 6:00 pm	North Shore
Wednesday	9:30 - 10:30 am	North Shore
Wednesday	5:00 - 6:00 pm	North Shore
Monday	9:00 - 10:00 am	River Glen
Wednesday	4:00 - 5:00 pm	River Glen
Monday	5:00 - 6:00 pm	West Brookfield
Tuesday	9:00 - 10:00 am	West Brookfield
Thursday	5:00 - 6:00 pm	West Brookfield

Future Stars / Team Tennis

90 minutes | Ages 11 - 14

Intermediate

Monday	1:00 - 2:30 pm	Brookfield
Tuesday	1:00 - 2:30 pm	Brookfield
Wednesday	4:30 - 6:00 pm	Brookfield
Thursday	1:00 - 2:30 pm	Brookfield
Saturday	10:30 - 12:00 pm	Mequon
Monday	9:00 - 10:30 am	North Shore
Monday	1:30 - 3:00 pm	North Shore
Tuesday	9:00 - 10:30 am	North Shore
Wednesday	9:00 - 10:30 am	North Shore
Thursday	9:00 - 10:30 am	North Shore
Monday	2:00 - 3:30 pm	River Glen
Wednesday	2:00 - 3:30 pm	River Glen
Monday	1:00 - 2:30 pm	West Brookfield
Tuesday	10:00 - 11:30 am	West Brookfield
Thursday	10:00 - 11:30 am	West Brookfield

QuickStart Invitational

90 minutes | Pro Approval Required

Monday	1:00 - 2:30 pm	Brookfield
Tuesday	1:00 - 2:30 pm	Brookfield
Thursday	1:00 - 2:30 pm	Brookfield
Monday	9:00 - 10:30 am	North Shore
Tuesday	9:00 - 10:30 am	North Shore
Wednesday	9:00 - 10:30 am	North Shore
Thursday	9:00 - 10:30 am	North Shore

**No Junior Tennis
membership required
during the Summer
for lessons!**

HIGH PERFORMANCE TENNIS

June 11 - August 16

Pro approval required

2-HOUR PACKAGES

Unlimited	\$950
30 Pack	\$840
20 Pack	\$640
10 Pack	\$420
Daily	\$50

Brookfield	Mon - Thurs	10:30 - 12:30 pm
Brookfield	Mon - Thurs	4:00 - 6:00 pm
West Brookfield	Mon, Tues, Thurs	2:30 - 4:30 pm
West Brookfield	Mon & Wed	10:00 - 12:00 pm
West Brookfield	Tues & Thurs	12:30 - 2:30 pm
River Glen	Mon-Thurs	10:00 - 12:00 pm
River Glen	Mon, Tues, Thurs	12:00 - 2:00 pm
North Shore	Mon-Thurs	10:30 - 12:30 pm
North Shore	Mon, Tues, Thurs	1:30 - 3:30 pm
Homestead	Mon-Thurs	4:00 - 6:00 pm

COURT RATES

September - May

Open Court Time | \$17 per hour

Permanent Court Time | \$22 per hour

Elite Savings Time | \$10 per hour

Weekdays open - 9:00am
1:00 - 4:00pm

9:00pm - close

Saturdays 2:00pm - close

Sundays all day

Open Court Time is Free!

June, July, August (and Fridays in May)

CARDIO TENNIS

A high energy class that combines the best features of the sport of tennis with cardiovascular exercise. See a tennis pro for schedule & to sign up. \$16/class

RETURN OF SERVE BALL MACHINE

The least practiced shot in tennis is the return. Elite has a ball machine that can replicate the most challenging serves from beginner to world-class professional. Lefty serves - no problem, 120mph serve - get ready! By appointment. Club location varies. See a pro for details.

A large green ball machine with the 'PLAYMATE' logo is positioned on a tennis court. The machine is a boxy, industrial-looking device with a hopper for balls on top and a mechanism for serving. The background shows a tennis court with a blue surface and a net.

STEP UP YOUR GAME

BALL MACHINE

\$10/hour + tax & court time

All of our ball machines are equipped with the Playmate remote app "Like My Drill" available in the Apple Store.

SPORTS



RACQUETBALL

Free Open Court Time!

More info on Racquetball Leagues:

AmyHall@eliteclubs.com | NS

TonyBieri@eliteclubs.com | BR

PICK-UP VOLLEYBALL

FREE! Just show up and play!

Tuesdays | 7:00 - 9:00 pm | RG

Thursdays | 7:00 - 9:00 pm | ME

Thursdays | 7:00 - 10:00 pm | BR

Sundays | 9:30 - 12:30 pm | BR

PICKLEBALL

Open play, price is per time.

Tuesdays | 1:00 - 2:30 pm | BR | \$5

Fridays | 11:00am - 12:30 pm | WB | \$5

More info on Pickleball:

RikiSpahn@eliteclubs.com | BR

MikeSharp@eliteclubs.com | WB

PICKLEBALL MIXER

Enjoy a fun night of competitive Pickleball with drinks and snacks to follow. Bring a snack or dessert to pass.

May 11 | 6:00 - 9:00 pm | Riki | BR | \$15

DODGEBALL TOURNAMENT

Ages 10-14 | Middle schoolers can play dodgeball during their time off of school! Regular/Traditional Dodgeball Rules. 6 players per team. Snacks and beverages will be included.

May 28 | 12:00 - 2:00 pm | Scott | BR | \$25

May 28 | 10:00 - 1:00 pm | Matt | ME | \$25

June 29 | 1:00 - 4:00 pm | Matt | ME | \$25

July 27 | 1:00 - 4:00 pm | Matt | ME | \$25

August 31 | 1:00 - 4:00 pm | Matt | ME | \$25

KIDS TABLE TENNIS COACHING CLINIC

Ages 6-10 | Have fun playing and learning the fast-paced game of table tennis. This 6-week clinic is specifically designed for kids 10 and under who want to learn the fundamentals.

May 8 - June 12 | Tuesdays

4:00 - 5:00 pm | Scott | BR | \$99

TABLE TENNIS TRAINING

Players will work with Coach Chico and Coach Linda, professional table tennis coaches with over 50 years of experience. This fun, fast-paced, interactive training will teach basic and more advanced skills, focused on fundamentals, strategy, footwork, and much more. Take your game from the basement to Elite.

May 8 - June 12 | Tuesdays | BR | \$99

Skills Development | 5:00 - 6:00 pm

Professional Skills | 6:00 - 7:00 pm

TABLE TENNIS LEAGUE

This is a less advanced league for new or less competitive players. Players are placed in pods that rotate each week. Stats and standings are kept with a final tournament and party at the end of each session.

June 20 - August 1 | Wednesdays

6:30 - 9:30 pm | Scott | BR | \$20

TABLE TENNIS LEAGUE (ADVANCED)

This is a more advanced league for players who want to be challenged or have played before. Players play in rotating pods, playing different players each week. We have a final seeded tournament at the end of each session.

June 18 - July 30 | Mondays

6:00 - 10:00 pm | Scott | BR | \$20

POWER TABLE TENNIS LEAGUE

This is a Power League for more advanced players. Your competition will change depending on your performance each week. The more you win, the harder the competition.

July 12 - August 23 | Thursdays

6:00 - 8:00 pm | Scott | BR | \$20

CORNHOLE LEAGUE

You do not need a partner for this league. Players will be in rotating pods, playing with and matching up against different players each week. We will end with a final tournament and party.
July 19 - July 31 | Tuesdays
6:00 - 7:00 pm | Scott | BR | \$20

CORNHOLE TOURNAMENT

Make your own team of 2 or ask to be paired with another player. Food and drink will be included.
Non-members may participate in this one day event!
July 26 | 1:00 - 6:00 pm | Matt | ME | \$15
August 14 | 6:00 - 9:00 pm | Scott | BR | \$15

MEN'S 5-ON-5 FLEX BASKETBALL LEAGUE

Games are played to 11 points by 1's and 2's
Style of play - Winners move on (depending on numbers)
Teams will be different every week.
No Commitment - Show up and play on nights you can.
May 2 - August 29 | Mondays & Wednesdays | 5:15 - 7:15 pm
Matt | ME | FREE/Passport Member; \$50/Visa Member

4-ON-4 BASKETBALL LEAGUE

Full court competitive basketball league. You may register your own team or join in as a free agent.
June 5 - August 14 | Tuesdays
7:00 - 10:00 pm | Scott | BR | \$50

PICK-UP BASKETBALL

FREE! Just show up and play!
Mondays | 6:00 - 8:00 pm | WB (50+)
Tuesdays | 12:00 - 1:30 pm | ME & NS (30+)
Tuesdays | 7:00 - 9:00 pm | RG
Wednesdays | 6:00 - 8:00 pm | WB (50+)
Wednesdays | 7:00 - 8:00 pm | BR (40+)
Thursdays | 7:00 - 8:30 pm | NS

FRIDAY NIGHT FUTSAL

A program catered to the vast number of soccer players at Elite Sports Clubs. Very similar to indoor soccer, games are small-sided (3v3 to 5v5) and super engaging, making it a great alternative to get some aerobic conditioning done. The only significant difference is the ball, which is designed to have less bounce. This results in significantly easier ball control to allow people from all skill levels to participate.
May 4 - August 31 | Fridays
7:00 - 8:00 pm | Alex | BR | FREE

More
than just
fitness &
sports

Elite Sports Clubs offers a variety of services that not only assist you in caring for your body, but your mind as well. Contact your home club to schedule an appointment today!



MASSAGE • REIKI • PHYSICAL THERAPY • REFORMER PILATES



AQUATICS

SWIMMING CLINICS

Ages 15+ | Options include Beginner Swimming, Stroke Clinics, Swim Equipment Orientations, Aquatic Back Rehab, and Triathlon Swimming.

By appointment | BR, ME, RG | \$25/hour

GROUP LESSONS

Elite Sports Clubs Members Only
At Brookfield, Mequon & River Glen

Session 1: June 11 - June 28

Session 2: July 9 - July 26

Session 3: July 30 - August 16

Price per session: \$60

All lessons are 30 minutes long and meet 2 times a week for 3 weeks with certified instructors.

Swim lesson levels follow Red Cross standards. View descriptions at eliteclubs.com/summer

Seahorses (level 1)

Monday & Wednesday	10:00 am	Brookfield
Tuesday & Thursday	10:00 am	Mequon
Monday & Wednesday	10:00 am	River Glen

Starfish (level 2)

Monday & Wednesday	10:30 am	Brookfield
Tuesday & Thursday	10:30 am	Mequon
Monday & Wednesday	10:30 am	River Glen

Seals (level 3)

Monday & Wednesday	11:00 am	Brookfield
Tuesday & Thursday	11:00 am	Mequon
Monday & Wednesday	11:00 am	River Glen

Dolphins (level 4)

Monday & Wednesday	11:00 am	Brookfield
Tuesday & Thursday	11:00 am	Mequon
Monday & Wednesday	11:00 am	River Glen

PARENT & CHILD

June 11 - June 28 | 30 min | \$72

Tuesday & Thursday 9:30 am Mequon

Monday & Wednesday 9:30 am Brookfield

July 9 - July 26 | 30 min | \$72

Monday & Wednesday 9:30 am River Glen

SWIM CLUB

June 11 - August 9 | \$160

Participants may attend any class at any club.

Monday	8:00 - 9:00 am	Brookfield
Tuesday	5:00 - 6:00 pm	Brookfield
Wednesday	8:00 - 9:00 am	Brookfield
Thursday	5:00 - 6:00 pm	Brookfield

Monday	5:00 - 6:00 pm	Mequon
Tuesday	8:45 - 9:45 am	Mequon
Wednesday	5:00 - 6:00 pm	Mequon
Thursday	8:45 - 9:45 am	Mequon

Monday	8:30 - 9:30 am	River Glen
Tuesday	4:30 - 5:30 pm	River Glen
Wednesday	8:30 - 9:30 am	River Glen
Thursday	4:30 - 5:30 pm	River Glen

Private Swim Lessons

Available for all ages and all levels.

Rates	30 min	45 min	60 min
1 participant	\$25	\$35	\$45
2 participants	\$20	\$25	\$30
3+ participants	\$15	\$20	\$25

For questions about swim contact:

AndreaEngel@eliteclubs.com Brookfield

SarahSullivan@eliteclubs.com River Glen

JessicaHeller@eliteclubs.com Mequon



RED CROSS LIFEGUARDING CERTIFICATION

Ages 15+ | We are excited to offer you American Red Cross Lifeguarding Blended Learning. Blended Learning combines online learning with in-person skill sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your in-person skills session. Price includes a \$50 non-refundable deposit when registering. Register by: April 20.

May 4-6 | Friday 5:00 - 9:00 pm | Sat & Sun. 10:00 am - 6:00 pm | BR | \$259

MEET THE COACHES

Ages 7-14 | Meet coaches from Brookfield, Mequon, and River Glen. Get your summer swim meet schedule and other important Swim Club information.

June 9 | 11:00 am - 1:00 pm | RG | FREE

UNDERWATER ADVENTURES

Ages 8-14 | A swimming class to keep your older child active in the water. This class includes snorkeling, water safety skills, water polo, and water volleyball. Price includes snorkel and mask set. Registration Deadline: July 3.

July 10-26 | Tuesdays & Thursdays | 5:00 - 6:00 pm | ME | \$110

WATER BALLET

Ages 5-12 | If you can swim, you can learn water ballet! Learn to do somersaults, ballet legs, tucks, and more to music. The last day of the session is a performance. This is a non-competitive program. Beginners perform in shallow water where they can stand. (Must have basic swimming skills).

July 10 - August 2 | Tuesdays & Thursdays | 11:30 am - 12:30 pm | RG | \$100

SHARK WEEK

Ages 5-12 | Each day is a different theme of fun with activities by the pool! Choose one or two days or come all week! Classes are approximately 90 minutes.

Monday - Tie Dye Party

Tuesday - Water Survival Day

Wednesday - Hawaiian Luau

Thursday - Sidewalk Chalk Art Contest

Friday - Surf's Up!

July 23-27 | 3:00 pm | BR/ME/RG
\$15 per day or \$45 for the whole week

A photograph of a man and a young girl splashing in a swimming pool. The man is in the foreground, crouching and splashing water. The girl is behind him, also splashing. The water is blue and bubbly.

Everyone
—HOME—
for the
SUMMER?

*See member services for
Summer Membership options.*



YOUTH

AMP

The goal of AMP is to help make your child a better athlete. During our sessions, we work on SAQ (speed, agility, quickness) to help with on-the-field movements, strength and power, and athleticism. Call to get your athlete's assessment done and find out how we can help them become the best athlete they can be! AMP is available at all Elite Sports Clubs locations. Pick up an AMP brochure from the front desk for more info.

60 min	30 min
\$60 single	\$40 single
\$25 group	\$15 group

SPORT-SPECIFIC TRAINING

Focus is more on specific sport skills versus overall fitness. Sports include la crosse, basketball, golf, baseball/softball, volleyball, soccer, and more! Collegiate or semi-pro athlete taught.

For more information contact TonyBieri@eliteclubs.com

TNT

Ages 10-14 | TNT is a comprehensive, 3 training session program designed to educate Elite's junior members in safe and healthy exercise and nutrition habits. Working with an Elite Fitness Specialist, young members will learn etiquette and safety, body weight exercises, healthy eating, and proper use of select weights, strength, and cardio machines. Upon completion of TNT, participants may use the fitness center during designated junior fitness hours.

FREE TNT GROUP SESSIONS:

Mondays 4:00 - 5:00 pm North Shore
Mondays 5:00 - 6:00 pm Mequon & River Glen
Thursdays 4:00 - 5:00 pm Brookfield & West Brookfield
Saturdays 10:30 - 11:30 am River Glen

JUNIOR FITNESS HOURS

Monday - Friday 3:30 - 5:30 pm
Saturday & Sunday 12:00 - 5:00 pm

BIRTHDAY PARTIES

Whether you are hosting a birthday party, group outing, family celebration, or other events, our trained staff will make your time at Elite Sports Clubs a fun, stress-free experience! Pick up a Birthday Parties brochure from the front desk for more info or visit eliteclubs.com/birthdays.

PETITE ELITE PRESCHOOL

We offer a developmentally appropriate setting and curriculum to encourage a positive, unique learning experience. A safe, nurturing, structured environment is provided while children learn the readiness skills needed for kindergarten.

E-mail ChristinaGarthwait@eliteclubs.com for more info.

SCAMP SUMMER DAY CAMP

Ages 5+ | 3-Week Full and Half Day Camp | BR/ME/RG

At SCAMP, kids enjoy indoor and outdoor swimming pools, tennis courts, a full-sized gym, game and craft rooms, and organized field trips. Lessons are part of the daily activities for SCAMPers. Tennis and swim are taught by professional instructors. For more information on our SCAMP program, pick up a Summer Camps brochure from the front desk for more info.

Pre-SCAMP: June 11 - June 14

Session 1: June 18 - July 6

Session 2: July 9 - July 26

Session 3: July 30 - August 16

Post-SCAMP: August 20 - August 23

For questions about SCAMP contact:

NatalieAndrae@eliteclubs.com Mequon

AndreaEngel@eliteclubs.com Brookfield

MaryBronek@eliteclubs.com River Glen

MINI SCAMP

Ages 3-5 | One Week Half-Day Camp | RG & BR

Mini SCAMP is designed so your child can enjoy indoor and outdoor Elite activities in a cooperative and social environment. Mini SCAMP makes for an active, productive, but most of all, FUN SUMMER!

Session 1: June 18 - June 21

Session 2: June 25 - June 28

Session 3: July 9 - July 12

Session 4: July 16 - July 19

Session 5: July 23 - July 26

Session 6: July 30 - August 2

Session 7: August 6 - August 9

Session 8: August 13 - August 16

For questions about Mini SCAMP contact:

CarrieSteib@eliteclubs.com River Glen

ChristinaGarthwait@eliteclubs.com Brookfield

MOTHER-SON GLOW IN THE DARK DANCE PARTY

Ages 2+ | Mothers and sons, get ready for a night you'll never forget! Come dressed in your neon best and be ready for a pizza and salad bar, dessert table, "glow swag" from our glow table, DJ, photo booth, photo souvenir, and a chance to light up the dance floor with your favorite little man.

May 11 | 5:30 - 8:00 pm | Andrea | BR | \$25

RED CROSS BABYSITTER CERTIFICATION

Ages 11-14 | This two-day course prepares future babysitters to respond to emergencies, make good decisions under pressure, communicate effectively with parents, recognize safety and hygiene issues, manage young children, feed, diaper and care for infants, and start a babysitting business.

July 12-13 | 9:00 - 12:00 pm | Jessica | ME | \$85

KIDS NIGHT OUT POOL PARTY

Ages 6-12 | Parents, drop your kids off for swimming at our outdoor pool, poolside games, and they can also enjoy hot dogs, chips, and a soda from our dollar menu.

July 13 | 5:00 - 8:00 pm | Andrea & Natalie | BR & ME | FREE

July 20 | 5:00 - 8:00 pm | Mary | RG | FREE

HOME ALONE COURSE

Ages 8-10 | Gain the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. Understand how to prevent problems, handle real-life situations, and stay safe and constructively occupied.

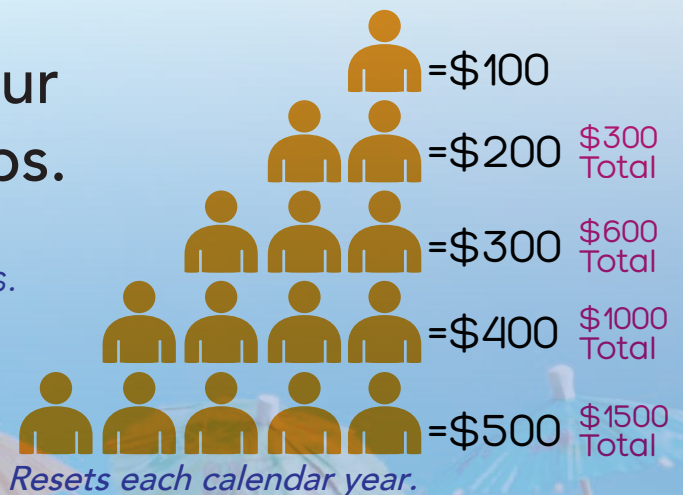
July 21 | 10:00 - 12:00 pm | Sarah | RG | \$20

August 3 | 10:00 - 12:00 pm | Jessica | ME | \$20

Refer a friend

Earn money for inviting your friends to Elite Sports Clubs.

See member services for details.
EliteClubs.com/ReferAFriend



Dance, Music & Martial Arts

DANCE

Kennedy Dance Company, LLC is passionately committed to providing each dancer with the opportunities and preparation to learn the art of dance with positive, structured, and inspiring teaching methods.

Summer Session: June 18 - August 1, off July 2 - 4

Tiny Tots Ballet Dance Class

Ages 2 - 3½

Price: \$60 members, \$72 non-members
Wednesday | 9:30 - 10:00 am | RG

Tiny Tots Tap Dance Class

Ages 2 - 3½

Price: \$60 members, \$72 non-members
Monday | 9:30 - 10:00 am | RG
Tuesday | 9:15 - 9:45 am | BR

Beginner Ballet & Creative Movement

Ages 3½ - 5

Price: \$90 members, \$102 non-members
Wednesday | 10:00 - 10:45 am | RG

Beginner Hip-Hop & Jazz Dance Class

Ages 6 - 11

Price: \$90 members, \$102 non-members
Monday | 10:00 - 10:45 am | RG
Tuesday | 10:00 - 10:45 am | BR
Program Fee: All students enrolling in lessons must also pay a costume and recital fee per session in the amount of \$20 per dancer. For summer programming, this covers recital costs, t-shirt, and swag bag.

Summer Dance Camp

Ages 7-12 | July 9 - 12

Price: \$216 members, \$240 non-members
Monday-Thursday | 9:00 - 12:00 pm | RG
Intermediate dancers will study ballet, lyrical, yoga for dancers, jazz, tap and hip-hop in a 1-week intensive. A great time with friends to learn the best of what summer has to offer!

Summer Dance Recital

August 2, 12:00pm at the QUAD
at Elite Sports Club - River Glen
Tickets: \$5 each

For questions about dance, contact:
KennedyDanceCompany@eliteclubs.com



MUSIC

Summer Session: June 18 - August 26 | BR & RG

Summer is an excellent time to try out music lessons with Mozart's Gym at Elite! For the young and the young at heart, we've got you covered with excellent instruction in piano, guitar, voice, clarinet, flute, saxophone, and violin (options vary by location). Traveling a bit this summer? No worries! We accommodate you with a flex week built in to the schedule and one additional reschedule permitted. And with our fantastic SUMMERJAM outdoor student concert, there's music in the air... join us! We look forward to seeing you!

Prices:

30 minutes | 8 Lessons (1x/week): \$240

45 minutes | 8 Lessons (1x/week): \$360

60 minutes | 7 Lessons (1x/week): \$420

FastTrack | 45-min. Lessons on 5 Consecutive Days: \$225



Private lesson students first enrolling for the 2018 Summer Session (who did not pay the Annual Program Fee) must pay a \$15 Program Fee in addition to the Tuition Cost. This fee is used to offset the cost of student music books and materials provided by Mozart's Gym.

Enroll by May 25th | MozartsGym.com | (414) 581-7373

MARTIAL ARTS

Summer Session: June 13 - September 19 | BR

Ages 4+ | The Elite Dojo has been providing martial arts training to children, teenagers, and adults for over four decades. We are committed to creating a community of students and professionals working together to build the strength of body and character. We offer a flexible schedule with classes running five days a week so you can attend any class each week according to your needs. We're especially proud of our team of instructors who guide students in their development of a high degree of physical skill in the martial arts and also to inspire the self-confidence, integrity, and ethical decision-making.

Prices:

Once a week: \$297

Unlimited: \$348

EliteDojoBrookfield.com | (414) 550-1440



TRAINING

We offer a wide variety of specialized training for small groups! Our focused programs include, but are not limited to, activities such as:

- HIIT
- Heart Rate-Based Training
- TRX
- Tai Chi
- Kettlebells
- Reformer Pilates
- Restorative Yoga
- Barre
- Swim Fit
- Tennis & Golf Conditioning

**SIGN UP WITH A TRAINER TODAY!
PRICES (PER PERSON, PER TIME)**

PRIVATE

\$40 30 MINUTES

\$65 60 MINUTES

SEMI-PRIVATE

2 PEOPLE

\$32.50 30 MINUTES

\$45 60 MINUTES

3 PEOPLE

\$27 30 MINUTES

\$35 60 MINUTES

SMALL GROUP

(4+ PEOPLE, PER 6-WEEK SESSION)

\$79 30 MINUTES

\$89 45 MINUTES

\$99 60 MINUTES

The Ultimate Superhero Sidekick: *Your Trainer*

By Tony Bieri
*Elite Sports Clubs
Regional Fitness Director*

When you think about superheroes, most people envision a tall, lean, perfectly sculpted man with biceps the size of bowling balls. Most people call this man Superman! And behind every superhero is a trusty sidekick. Robin is the sidekick that comes to the minds of most people. However, in the fitness industry, superheroes and sidekicks look slightly different. At Elite Sports Clubs, YOU are the superhero and your trainer is your sidekick.

Personal trainers have all the tools and know all the secrets of which workouts work and which workouts are the most effective for each body type. And the best part about that is that they are eager and excited to share their toolbox and secrets with you!

The Bond Between a Trainer and Their Client

There is nothing like the bond between a trainer and their client. Trainers will not only motivate you and help you set goals, but they will also become a true friend of yours that you can count on for more than just losing weight and getting stronger. After your personal trainer finds out what your goals are, they will motivate you to reach them by setting up smaller goals that can be achieved throughout their sessions with you. For example, if you want to lose 25 pounds, then your personal trainer will push you to lose two pounds per week, and create a workout schedule for you to accomplish this.



Sometimes the hardest thing to incorporate into a workout is fun, but when you have a personal trainer, this is one of the easiest things to achieve. More times than not, personal trainers and clients form personal connections that extend beyond the boundaries of the club. Personal trainers support their clients beyond their workouts by developing a relationship with them where they can help them with different facets of their lives. Instead of just going to the club to workout, members who work with a personal trainer get to go to the club to spend time with their trainer. Over time, as the trainer-client connection strengthens, clients start to look at their workouts as an added bonus to spending time with their trainer instead of looking at spending time with their trainer as an added bonus to their workouts!

WORKING WITH A PERSONAL TRAINER IS ONE OF THE MOST EFFECTIVE WAYS TO REACH YOUR GOALS, NO MATTER HOW BIG OR SMALL THOSE GOALS ARE.

How a Personal Trainer Can Help You Become Superhuman

You will always have input in your workouts even when working with a trainer. Personal trainers are extremely accommodating to your needs and can push you outside of your comfort zone when needed. Better yet, personal trainers will help you become superhuman! Each client is able to do different things in the club and has a different definition of what being superhuman looks like. For some clients, using the TRX suspension trainers is a sign of being superhuman because it's a piece of equipment that they never thought they could successfully use before.

Everyday clients who work with a personal trainer take a step closer toward being superhuman. Everyday clients who work with a personal trainer take a step closer toward being healthier and happier people. Everyday clients who work with a personal trainer leave every workout knowing that they have given it 100%. Working with a personal trainer is one of the most effective ways to reach your goals, no matter how big or small those goals are. Personal trainers will help you reach your goals as fast and efficiently as possible. Personal trainers will be there for you in more ways than one. A personal trainer is the ultimate sidekick to any and every superhero in training. ■



Meet Elite

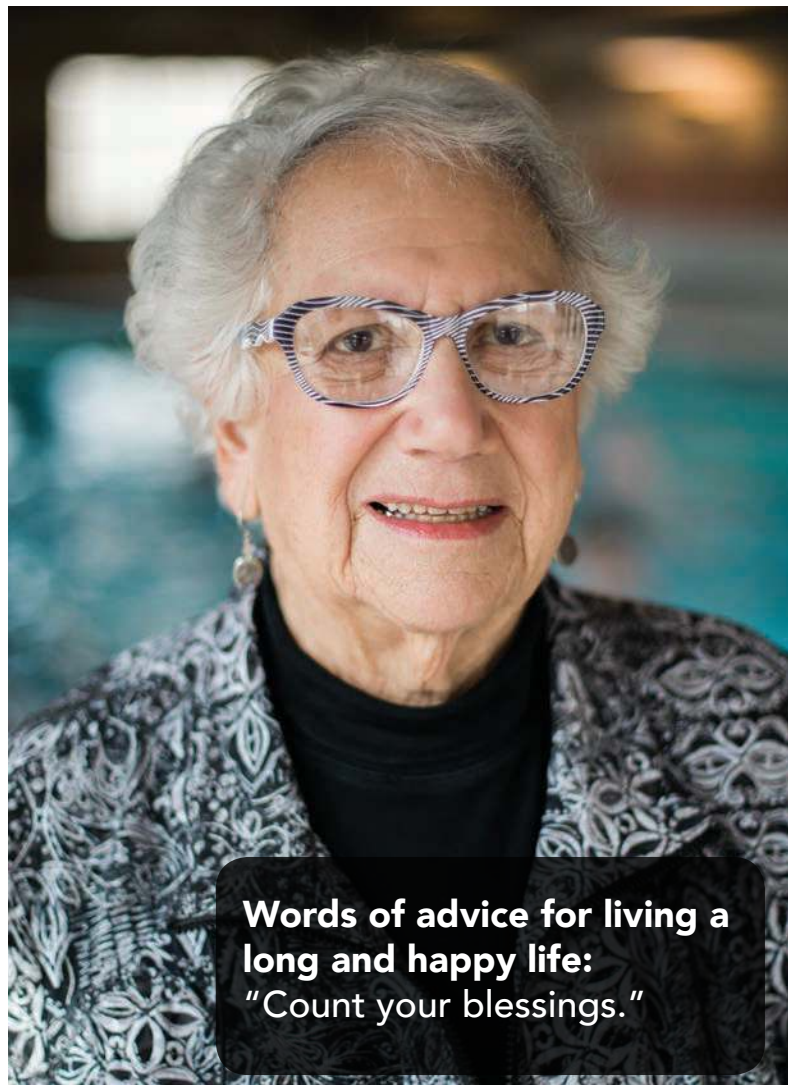
Our 90+ Club Members

When it comes to living a long life, one can assume that eating healthy and remaining active are the two key ingredients, but after talking to a few of our 90-year-old members, there seems to be a third very important ingredient: having positive relationships.

Whether you're like Florence and Jim who have found a sense of community in their fitness groups or Inez and Jack who are still playing tennis, all of them have found positivity, reliability, and comfort in their friends, instructors, and trainers at the club.

Meet Florence Slavick

Ever since Florence joined the club 12 years ago, it has helped her tremendously as her body started to age. But the social aspect of the club is the main reason she has remained a loyal member. Four to five times a week, Florence comes to the club for water aerobics. The water aerobics class she attends is full of special members that she doesn't think can be found anywhere else. When most of your friends are gone, it can be hard to find a new group of friends that are the same age as you, but Elite has helped Florence find a special group of people. Some days, after water aerobics, they play cards and other days they simply sit together in the lobby and have a cup of coffee while they chat. It's no secret that they all care about each other and want to know what is happening in each other's lives. Florence holds the relationships she has made at the club near and dear to her heart. From the relatable members, to the competent staff, Florence has found a strong sense of community at Elite.



Words of advice for living a long and happy life:
"Count your blessings."



Words of advice for living a long and happy life:
"Exercising. I've played tennis all my life and I'm still hanging in there a little bit."

Meet Jack Bryson

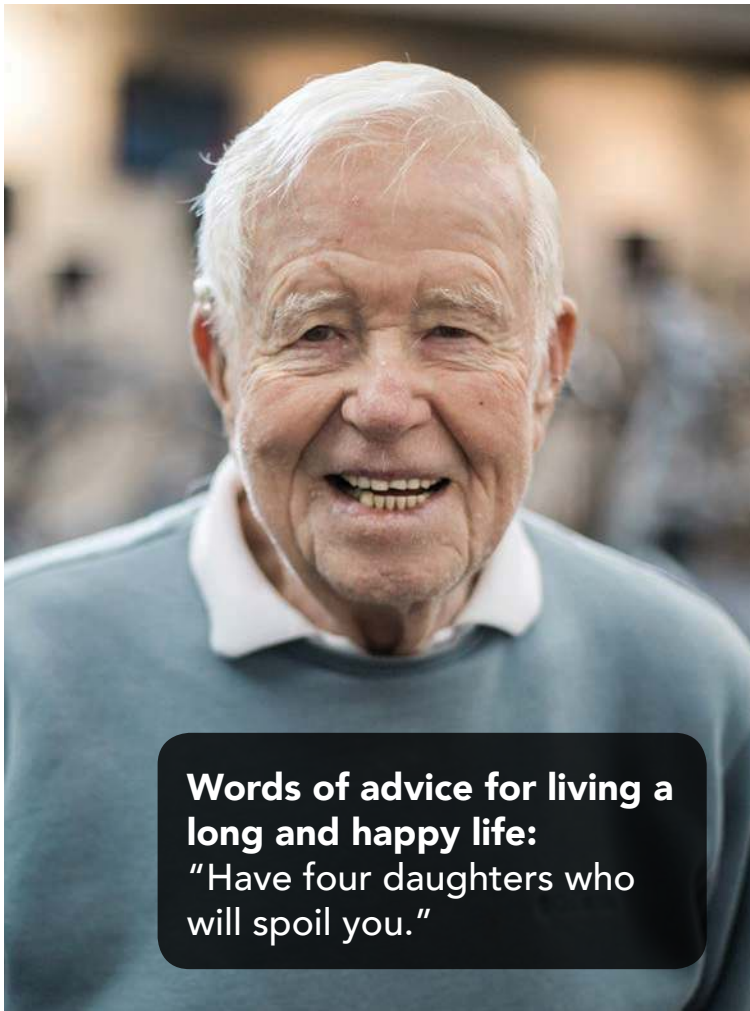
Jack and Elite Sports Clubs go back quite a ways. He joined the club when it was first built and has stuck around ever since. He initially joined Elite for the tennis program and he still enjoys playing tennis. Jack has been runner-up in two of the Elite Sports Clubs grass courts tournaments, but he does not keep track of his wins and losses. Despite not knowing his tennis record, when it comes down to it, Jack likes to win! Typically, Jack makes his way to the club twice a week, but this is dependent on the availability of his tennis-playing friends. All in all, being in a group and working with Elite Sports Clubs trainer, Paul Alexander, is what keeps him going and consistently coming back to the club. Paul leads him through various exercises having to do with his balance, but Jack's favorite exercise is "staying home," he says jokingly. Regardless of what Jack is doing at the club, he has always had a good experience and likes going to it!

Meet Inez Gilbert

Inez used to go to the River Glen Elite Sports club location, but two years ago she switched to the North Shore Elite Sports Club to join a tennis league. Once a week on Friday mornings she makes her way to the club to play tennis. She has been playing tennis for many years and is happy to say that she can still play. When it comes to tennis, the thing she loves the most about the sport is the comradery between doubles partners. She plays in a group of five and every so often they rotate partners, giving them an opportunity to get to know each participant and see which pairs work best together. When it comes to winning and losing, Inez is not very concerned about her tennis record. She is just happy to be out on the court; however, she does always play to win, but win or lose, she just has fun playing!



Words of advice for living a long and happy life:
"Have a positive attitude."



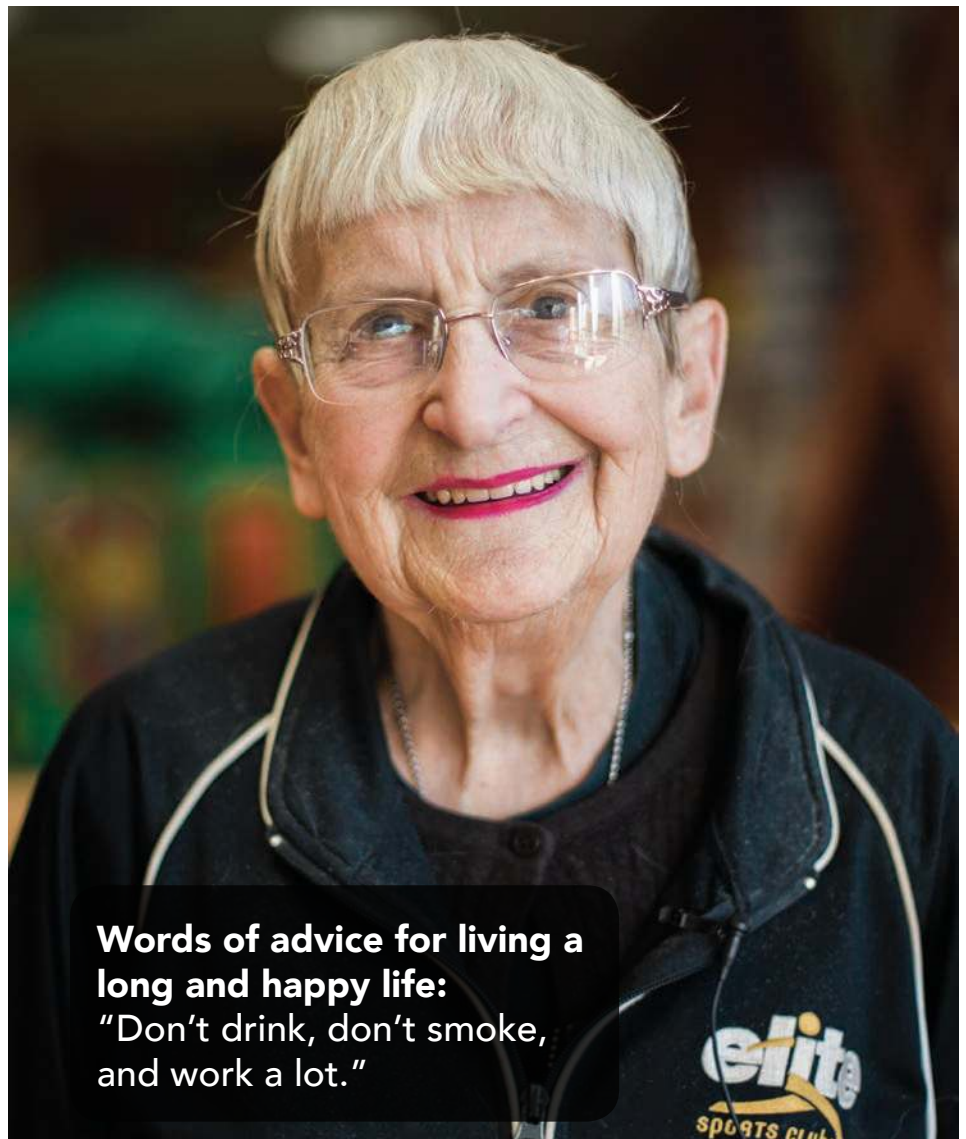
Words of advice for living a long and happy life:
"Have four daughters who will spoil you."

Meet Jim Williams

Back in 1959, Jim joined Elite Sports Clubs because his friends with whom he played tennis suggested he join. Originally, Jim came to the club with the Elm Grove Tennis Club, but now he comes on his own three times a week. All the friendly folks and the desire to stay in shape is what drives Jim back to the club day after day. When he comes to the club, he spends two hours on the fitness machines and one hour in a yoga class. But don't be fooled by the extensive amount of time spent in the fitness center. He has been caught taking a quick power nap on the machines before! The excellent facilities and the friendly staff are his favorite things about the club. Mike Bolan especially has been a pleasure for Jim to work with due to his friendly personality and the welcoming community he has created in his yoga classes.

Meet Joyce Rohde

Joyce Rohde may be our eldest employee, but she is also our happiest employee. Joyce started working in the Brookfield playroom in 2000 and has stuck around ever since because of the great women she works with and the sweet, precious children that come in. At age 90, several people have already thrown in the towel and are deep into their retirement; however, Joyce, on the other hand, continues to work because in her opinion, the longer the day, the better it gets. In addition to her Elite employment, Joyce also works at the MAC where she watches children and runs the Women's Department front desk. Joyce is a valued employee at both establishments. In fact, the MAC nursery is even named after her. In the future, Joyce hopes to continue to work both jobs for another 90 years!



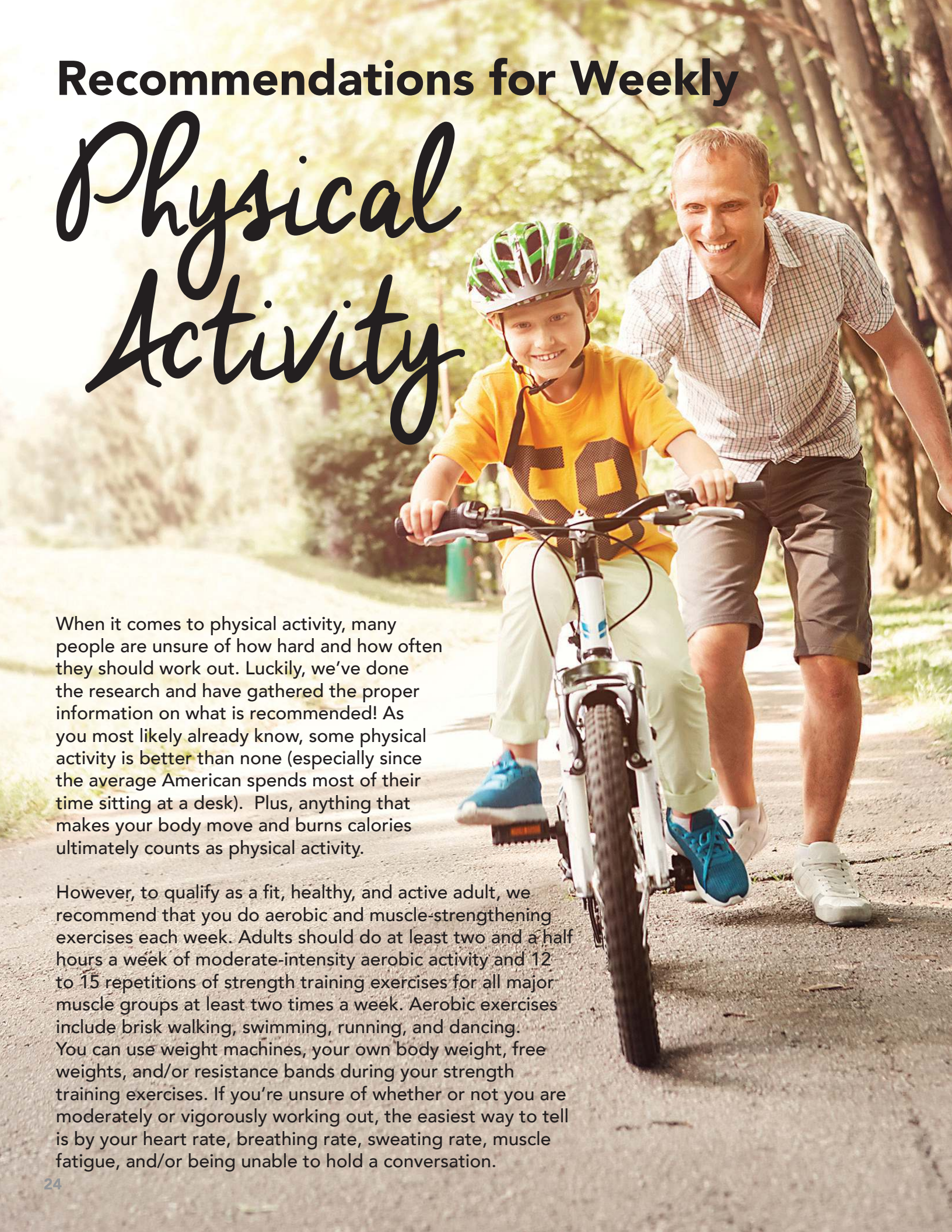
Words of advice for living a long and happy life:
"Don't drink, don't smoke, and work a lot."



Whether you come to the club for tennis, yoga, water aerobics, or to work with a trainer, the club has a tendency to give you a strong sense of community and belonging. Florence, Inez, Jack, and Jim are proud to say that even at 90+ years old, they are still regular members at the club. And they are even prouder to say that they have found some wonderful and positive relationships from attending the club. So count your blessings, have a positive attitude, exercise, and surround yourself with people who love you in order to live a long, happy, and healthy life! ■

Recommendations for Weekly

Physical Activity



When it comes to physical activity, many people are unsure of how hard and how often they should work out. Luckily, we've done the research and have gathered the proper information on what is recommended! As you most likely already know, some physical activity is better than none (especially since the average American spends most of their time sitting at a desk). Plus, anything that makes your body move and burns calories ultimately counts as physical activity.

However, to qualify as a fit, healthy, and active adult, we recommend that you do aerobic and muscle-strengthening exercises each week. Adults should do at least two and a half hours a week of moderate-intensity aerobic activity and 12 to 15 repetitions of strength training exercises for all major muscle groups at least two times a week. Aerobic exercises include brisk walking, swimming, running, and dancing. You can use weight machines, your own body weight, free weights, and/or resistance bands during your strength training exercises. If you're unsure of whether or not you are moderately or vigorously working out, the easiest way to tell is by your heart rate, breathing rate, sweating rate, muscle fatigue, and/or being unable to hold a conversation.

U.S. Marines

On the contrary, U.S. Marines are expected to do a little bit more. To prepare for their 13-week training that begins once they arrive on base, a typical U.S. Marine workout consists of doing as many pull-ups as possible, resting for a minute, doing as many crunches as possible, resting for a minute, doing as many push-ups as possible, resting for a minute, and then repeating that circuit for a total of three sets. These exercises are then complimented by walking, hiking, or jogging at the quickest pace possible to travel either a distance of 3 miles, 5 miles, or 10 miles.

Once the marine arrives on base, males must perform 3 pull-ups and 50 crunches in 2 minutes, and run 3 miles in 28 minutes. Females must do a flexed arm hang for 15 seconds and 50 crunches in 2 minutes, and run 3 miles in 31 minutes. Additionally, their recruit training is filled with obstacle courses, running, pushups, and crunches.



Baseball Player


A Major League Baseball player's workout typically involves a combination of sprinting, cycling, core strength, heavy lifting, and, of course, baseball drills. Baseball players focus on short bursts of running to mimic running the bases or fielding a grounder. Their strength training workouts tend to involve sandpit workouts, stair sprints, uphill runs, and of course spending time in the batting cage!

**INSTEAD OF PURE BRUTE STRENGTH,
SNOWBOARDERS REQUIRE QUICKNESS, AGILITY,
BALANCE, AND CORE STRENGTH.**

Olympic Snowboarder

Instead of pure brute strength, snowboarders require quickness, agility, balance, and core strength. Because of this, snowboarders do a lot of exercises on one leg, on BOSU Balance Balls, and on stability balls to make it more difficult for them to maintain their balance. A snowboarder's legs are under constant duress while they try to maintain correct posture, absorb shock, stabilize their torsos and correct their positionings during all the crazy high-speed turns and flips they do. Core strength, leg strength, balance, and endurance are the main things snowboarders focus on while training. Specifically, snowboarders do planks, single leg squats, push-ups, and medicine ball catches and throws.





**TO BE IN THEIR PEAK
LEVEL OF FITNESS,
FIREFIGHTERS GO ON
HIKES AND RUN SPRINTS.**

Firefighter

Firefighters not only need to be physically strong and flexible, but they also need muscular endurance to navigate through obstacles and tight spaces. To be in their peak level of fitness, firefighters go on hikes and run sprints. In addition to speed and endurance training, firefighters also do strength training exercises such as: split squats, deadlifts, rows, dips, bench presses, back squats, good mornings, swiss ball leg curls, planks, and dumbbell presses. If that doesn't sound hard enough, many firefighters put on a 30-pound weighted vest to make the exercises more difficult.



**BOTH AEROBIC AND STRENGTH
TRAINING EXERCISES ARE
IMPORTANT TO INCORPORATE INTO
YOUR EVERYDAY LIFE.**



Conclusion

Whether you're a U.S. Marine, MLB player, Olympic snowboarder, firefighter, or just an average American, one thing is clear: both aerobic and strength training exercises are important to incorporate into your everyday life. Plus, now that you've heard the requirements of a U.S. Marine, MLB player, Olympic snowboard, and firefighter, the recommended 50 minutes a week of moderate-intensity aerobics, and strength training exercises for all major muscle groups at least two times a week doesn't sound nearly as bad. ■



Thirsty THURSDAYS

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MAY

5/5 KENTUCKY DERBY

5/13 MOTHERS DAY BRUNCH

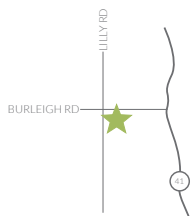
JUNE

6/17 FATHERS DAY BRUNCH

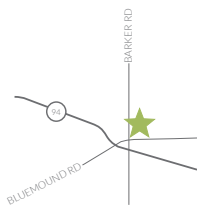
JULY

7/3 ALL AMERICAN BBQ

7/19 JERRY KRAMER LUNCH ²⁷



BROOKFIELD
13825 W. BURLEIGH RD
262.786.0880



WEST BROOKFIELD
600 N. BARKER RD
262.786.3330



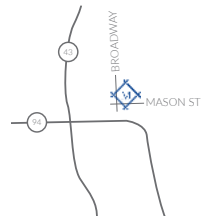
MEQUON
11616 N. PORT WASHINGTON RD
262.241.4250



NORTH SHORE
5750 N. GLEN PARK RD
414.351.2900



RIVER GLEN
2001 W. GOOD HOPE RD
414.352.4900



**MILWAUKEE ATHLETIC
CLUB RECIPROCITY**
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talk about for ages...*

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