

WINTER 2020 MAGAZINE

ELITE *Life*

ACTIVITY GUIDE
& NEWS

Meet Elite

**Derek
Chappell**

Can't stop, won't stop

**Not Just
For Fun**

WHAT ELITE'S PLAYROOM
OFFERS FOR FAMILIES

**Stop Saying
TOMORROW**

TRAINER JASON LIEGL TALKS ABOUT
ENDING PROCRASTINATION &
STARTING HEALTHY HABITS

*Workshops
& Events*

for the whole family!

elite SPORTS
CLUBS

eliteclubs.com | v.21

A letter from Kay

I was recently honored with a lifetime achievement award recognizing my 40+ years of work in this wonderful industry. I have been so blessed to “accidentally” fall into this business and to have been given the chance to promote a healthy lifestyle to families through tennis and fitness.

As we’re coming into the new year, and a whole new decade for that matter, I’m looking forward to what it brings, but I am also taking the time to take a look back.

When we added 30,000 square feet to the Highlander (now Elite Sports Club - Brookfield), all of the other tennis club owners in our area thought I was “crazy.” But, I told them I was developing the club in this way so that it would actually be around for the next 20 years. Five clubs later and numerous renovations at each of them, Elite is not done leading the industry or evolving.

I look back at all the lives Elite has touched—I’ve watched many members’ and staff’s children grow up right before my eyes. I’ve said farewell (but not goodbye) to staff that has been with us for 30+ years that are now retiring and moving on to the next stages of their lives, often remaining members themselves. Many of Elite’s current employees are now younger than my own children, with marriages and babies on the way. All of this puts a smile on my face and reminds me of the joys of new beginnings.

I am particularly proud to see my staff independently coordinate amazing programs and events that I used to champion myself. Now, I get to come as a participant instead of a worker. Our GroupEx and Yoga Instructors outshine with skill and expertise to rival any boutique studio. Our certified Personal Trainers are empowered to leverage their knowledge and experience to address each member’s unique needs and goals. Our Tennis Directors and Pros are paving the way for tennis in Milwaukee, constantly innovating and growing the sport. I couldn’t be more proud of what I have created and will be carried on long after I am gone.

Elite is here to stay—promoting health, happiness, and to quote recently retired Elite Tennis Director, Wally Bronson, “a worry-free zone.” These clubs are a safe haven for the young and young-at-heart, a place where they want to spend their free time. Here’s to another couple of decades of Elite Sports Clubs’ stellar staff, dedicated members, innovative programs, and a one-stop environment where everyone belongs.

Thank you for all of the amazing years together. I look forward to seeing you all around the clubs, but now as a fellow member.

Kay Yuspeh



TABLE OF CONTENTS

4
ELITE LIFE

7
NUTRITION

8
FITNESS

12
STOP SAYING
TOMORROW

16
TENNIS

18
SPORTS

22
AQUATICS

24
YOUTH EVENTS

28
MUSIC
& DANCE

30
FUN, FRIENDS
& FITNESS

32
CLUB
CALENDARS

36
MEET ELITE:
DEREK CHAPPELL



JANUARY - APRIL CLUB HOURS

MEQUON 11616 N. Port Washington Rd. | (262) 241-4250
Monday - Thursday 5:30am - 10:00pm
Friday 5:30am - 9:00pm
Saturday & Sunday 7:00am - 7:00pm

NORTH SHORE 5750 N. Glen Park Rd. | (414) 351-2900
Monday - Thursday 5:30am - 10:00pm
Friday 5:30am - 8:00pm
Saturday & Sunday 7:00am - 7:00pm
****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 - 9:00pm
Saturday & Sunday 7:00am - 7:00pm

BROOKFIELD 13825 W. Burleigh Rd. | (262) 786-0880
Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday & Sunday 7:00am - 7:00pm

WEST BROOKFIELD 600 N. Barker Rd. | (262) 786-3330
Monday - Thursday 5:30am - 10:00pm
Friday 5:30am - 8:00pm
Saturday & Sunday 7:00am - 7:00pm
****Extended Hour Access 4:00am - 10:00pm****

HOLIDAY HOURS

New Years Eve December 31
BR 5:00am - 6:00pm
ME, RG 5:30am - 6:00pm
NS, WB 5:30am - 3:00pm
Playroom hours vary, check with club

New Years Day January 1
 7:00am - 3:00pm
Playroom closed
Easter Closed

GUEST POLICIES

Adults:
 \$15/person
 Limit 4 per member per day
Children 17 & under:
 \$10/child when parent is on premises
 \$20/child when no parent on premises
 Limit 2 per member per day
Guests limited to 4 visits annually

Elite Life

EVENT RECIPROCITY

Members may participate in events, tournaments & leagues at all five clubs regardless of membership type.

BODYPUMP 112 LAUNCH PARTY

Ages 18+ | Join your favorite BodyPump instructors for a fun-filled, high-energy night, while we launch BodyPump release 112! Enjoy a 75-minute workout (we will showcase the 60-minute format as well as the two, 45-minute format tracks) followed by dinner and drinks. Bring your friends in for an awesome workout and stay for the social!
January 10 | 6:30 - 9:00 pm | BR, ME, WB | \$15

WINTER WONDERLAND FATHER-DAUGHTER DANCE

Ages 3-9 | Dress your best for this magical night out! Be ready for a majestic entrance, winter crown souvenir, finger food buffet, dessert table, DJ, and photo station!
January 10 | 5:30 - 8:00 pm | Mary | RG
\$35/couple (additional siblings/\$15)

TENNIS/GROUP EX FRIDAY NIGHT FEVER

Ages 21+ | Have a night out that starts with exercise and ends with drinks. Come dressed in your disco attire! From 6-7 pm there will be cardio tennis with Jeff & Jordan, a CS60 class with Corley, and a spin class with Craig. Members will be able to sign up for the exercise of their choice during that time. After a great workout, all participants will meet in the lobby for food and drinks, including beer tasting!
January 31 | 6:00 - 9:00 pm | RG | \$25
April 3 | 6:00 - 9:00 pm | RG | \$25

FRIDAY NIGHT BLITZ

Ages 18+ | Bust the winter blues with a blitz! A fun evening of boot camp and spin with drinks, food, and a party!
February 7 | 6:00 - 9:00 pm | Susie | BR | \$15

PILATES FOR WHINERS

Ages 21+ | We will work on unpacking & fine-tuning the basic movements of Pilates, practice with an eye on individual corrections, then have wine and snacks afterwards. The Pilates portion will be 45 minutes.
February 25 | 6:00 - 8:00 pm | Melissa | RG | \$10
April 17 | 6:00 - 8:00 pm | Susie | BR | \$10

THIRD SPACE BREWING BEER TASTING

Ages 21+ | Third Space Brewing will be at the club to provide tastings of some of the beers they offer, from their standard taps to seasonal specialty beers. Snacks will also be provided. Feel free to invite your friends and neighbors, as they are all welcome to this event.
February 27 | 6:00 - 8:00 pm | Tony | BR | \$10

TRIPLE-A

Ages 18+ | Join us for a fun, but intense multi-class sampler with your favorite instructors, plus a post-workout healthy food spread!
February 28 | 6:00 - 9:00 pm | Amy | NS | \$30

ANXIETY RELIEF THROUGH BREATHING EXERCISES

Ages 15+ | This is an hour of exploring different breathing techniques and exercises grounded in Pilates and Yoga to aid members in anxiety relief. Participants will learn a 1-minute and 3-minute meditation, plus the techniques they need to stave off anxiety attacks and help in solid relaxation.
March 4 | 10:00 - 11:00 am | Melissa | RG | \$10

LADIES NIGHT OUT

Ages 21+ | Enjoy an evening of wine, an interesting topic, and a takeaway that will leave you more confident and intrigued in trying something new. Connect with your fellow members on a similar interest.
March 19 | *Outdoor Cycling:* the bike options, the gear, and the experience
6:00 - 8:30 pm | Pam | ME | \$15
April 16 | *Stand-up Paddle Boarding & Kayaking:* the gear options and the experience
6:00 - 8:30 pm | Pam | ME | \$15

UNDER-THE-SEA FATHER-DAUGHTER DANCE

Ages 3-8 | Dads, bring your little undersea princesses to this magical event just for the two of you! Enjoy music by DJ Ku Mays, dinner and dessert, and do a fun under-the-sea craft to take home!
April 3 | 5:30 - 7:30 pm | Andrea | BR
\$35/couple (additional siblings are \$15 each)

MOTHER-SON SUPERHERO DATE NIGHT

Ages 3-9 | BAM! POW! WHAM! Mothers and sons, come dressed as your favorite superhero and enjoy a pizza dinner, dessert table, music, souvenir superhero mask, and photo station!
May 8 | 5:30 - 8:00 pm | Mary | RG
\$35/couple (additional siblings are \$15 each)

WANTED: MOMS AND SONS

Ages 3-8 | Start out Mother's Day weekend by putting on your cowboy boots and Western apparel and mosey on over to Elite for a Western date night for moms and sons! Enjoy the music of DJ Ku Mays, dinner and dessert will be served, and do a cowboy craft to take home.
May 8 | 5:30 - 8:00 pm | Andrea | BR
\$35/couple (additional siblings are \$15 each)

ELITE SEATS

Let us be your connection to great seats at fantastic shows! Contact our concierge at (262) 754-3467 or concierge@eliteclubs.com for more information and to purchase tickets.

The Lion King

February 6 at 7:30 pm or February 9 at 1:00 pm

The Play That Goes Wrong

March 19 at 7:30 pm or March 22 at 1:00 pm

My Fair Lady

April 16 at 7:30 pm or April 19 at 1:00 pm

Miss Saigon

June 18 at 7:30 pm or June 21 at 1:00 pm



Bryon Riesch Paralysis Foundation
Reaching New Heights to Find a Cure

TEAM CHALLENGE FUNDRAISER

Elite Sports Clubs and the Bryon Riesch Paralysis Foundation (BRPF) have teamed up for the BRPF Team Challenge, a fundraising event dedicated to ending paralysis and promoting team-building, health, and fitness. Each member of the winning team will receive a FREE six-month membership to Elite Sports Clubs! Ask your friends, family, and coworkers to join in the fitness and fun — and help us put an end to paralysis.

For more information: tonybieri@eliteclubs.com
Friday, March 6, at Elite Sports Club – River Glen
5 Person Adult Team – \$500
Includes special dry fit T-shirts, pizza, and beverages.

Free Events

"SPILLED COFFEE" MOMS GROUP

Need to vent, chat, and connect with other moms? Come have coffee, light snacks, and conversation about the challenges of being a mom. Each week will highlight a different topic that moms and women relate to.

February 7 - March 13

Fridays | 11:00 am - 12:00 pm | Andrea | BR
 Fridays | 11:00 am - 12:00 pm | Natalie | ME
 Fridays | 11:00 am - 12:00 pm | Mary | RG

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 & WB

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

"YOUNG AT HEART" LUNCHEON

EAT, LEARN, SOCIALIZE! Join us for a complimentary salad bowl luncheon with your fellow members. Guest speakers will address fitness, nutrition, and staying motivated.

January 15 | 11:30 am - 1:00 pm | Sherry | BR
 March 18 | 11:30 am - 1:00 pm | Sherry | BR

FAMILY FUN NIGHT (WITH GRANDPARENTS!)

Bring your WHOLE family for a FREE night of tennis, games, and swimming! Snacks and beverages will be served. Members, feel free to invite your non-member grandparents or grandchildren to come enjoy the club with you for this special event!

January 17 | 6:00 - 8:00 pm | Mary | RG
 February 8 | 5:00 - 7:00 pm | Andrea | BR
 February 21 | 6:00 - 8:00 pm | Mary | RG
 March 20 | 6:00 - 8:00 pm | Mary | RG
 April 17 | 6:00 - 8:00 pm | Mary | RG

INTRO TO SNOWSHOEING

Ages 12+ | Learn how to choose the appropriate snowshoes, and learn about the most recent types of equipment available. Proper trail etiquette and proper technique will also be discussed. Must register at least one week in advance with the West Brookfield Front Desk.

February 1 | 10:00 - 11:00 am | Paul | Mitchell Park

NATIONAL PANCAKE DAY

Join us for a delicious pancake breakfast to celebrate National Pancake Day!

March 12 | All Clubs

SCENIC SHORE 150 TEAM KICK-OFF PARTY

This is our third year building a team for the Leukemia & Lymphoma Society's Scenic Shore 150. The ride is well-organized and voted one of the best bike rides in the midwest. Come to this informational social if you're thinking about doing a long distance bike ride this summer and also make a difference in someone's fight against blood cancer! Cycling class at 6:00 pm followed by info on the event, food, beer, and social.

April 2 | 6:00 - 9:00 pm | Pam | ME

Nutrition

For more information on nutrition contact:
 SarahBrunner@eliteclubs.com at All Clubs
 JasonLiegl@eliteclubs.com at Mequon
 MattBartz@eliteclubs.com at River Glen

HEALTHY-CARE INFO SESSIONS *free!*

Ages 18+ | Come learn more about the HealthyCARE 90-Day Program with Registered Dietitian Sarah Brunner! Through fitness and nutrition education, participants learn how to customize their wellness plans with the guidance of a nationally certified wellness coach. A brief description of the wellness program will be provided, program materials will be available to look through, and questions will be answered.

January 14 | 7:00 - 8:00 pm | Sarah | BR
 February 19 | 1:00 - 2:00 pm | Sarah | BR
 March 14 | 11:00 am - 12:00 pm | Sarah | BR
 April 14 | 7:00 - 8:00 pm | Sarah | BR

METABOLISM MAKEOVER

Ages 18+ | Unlock your health potential! This 6-week program will guide you through the confusing world of nutrition and help you reset your metabolism. Adopt a healthy eating pattern, examine food labels, explore hidden sources of added sugars, and more! Must register at least one week in advance.

Wednesdays | March 4 - April 8
 6:00 - 7:00 pm | Sarah | BR | \$99 (\$20 drop-in)

START WITH ONE

Ages 18+ | The amount of information regarding health and nutrition can be overwhelming, which then leads to confusion about where to start. That is where "Start With One" comes in - a small group offering that will help Elite members work on actionable lifestyle habits to help you achieve your goals. During the 6-week course, Elite's nutrition staff will help you begin to realize and implement long-lasting habits that can help cut through all the hype to begin living the healthy lifestyle you want! Included will be the book "Atomic Habits" that we will use as a guide. Must register at least one week in advance.

Saturdays | March 7 - April 11
 10:00 - 11:00 am | Sarah | BR | \$99 (\$20 drop-in)

Free Consultation

Meet one-on-one with our Registered Dietitian or Nutrition Coaches. This meeting will focus on you and your overall goals, then we'll make a recommendation for a nutrition plan that will work best for you. 15-30 minute consult by appointment, FREE for new clients.

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.
 30 minutes - \$40
 60 minutes - \$65



Sarah Brunner, RDN, CD, CHC

FREE FITNESS

Workshops & Challenges

6-WEEK PLANK CHALLENGE

Ages 15+ | Improve your plank technique! Learn proper form and practice a variety of planks in order to get better results. Track your progress and see if you can hold your plank longer each week!

January 6 - February 10

Mondays | 6:45 - 7:00 pm | Angie | NS

WOODWAY CURVE MANUAL TREADMILL WORKSHOP

Ages 15+ | If you like to walk, run, are rehabilitating, or simply looking for something new, this workshop is for you. Re-calibrate your balance, posture, rhythm, and mechanics to have exceptional form while exercising.

January 8 | 5:00 - 5:30 pm | Polly | WB

January 9 | 11:00 - 11:30 am | Polly | WB

MOBILITY WORKSHOP

Ages 18+ | Bring your sore, tight muscles from running, weight training, athletic events, or long days of sitting or shoveling and learn how to relieve muscle tension on a daily basis. We will work toward regaining full range of motion using various techniques to help relieve pain and encourage fluid movement.

January 15 | 5:15 - 5:45 pm | Polly | WB

January 16 | 11:00 - 11:30 am | Polly | WB

BEGINNER STEP WORKSHOP

Ages 15+ | This beginner class will take you through the fundamentals of a step aerobics class. Our trained instructor will take participants through basic movements commonly seen in class. This is the perfect class if you are curious about step aerobics or have not taken a class in awhile. Come see what Step Aerobics is all about!

January 16 | 10:30 - 11:00 am | Cate | RG

January 28 | 10:30 - 11:00 am | Cate | RG

January 30 | 10:30 - 11:00 am | Cate | RG

STRENGTH 101 WORKSHOP

Ages 15+ | This workshop is designed to teach members the basics of strength training. We will first discuss the movement patterns that make up a well-rounded, full-body exercise routine. Then we'll practice these movements in the fitness center and cover a few fundamental exercises such as squats, deadlifts, rows, and chest presses.

March 12 | 5:00 - 6:00 pm | Marshal | RG

March 16 | 10:30 - 11:30 am | Marshal | NS

BEGINNER SPIN WORKSHOP

Ages 15+ | This beginner spin class is perfect for those who have always wanted to try a spin class, but did not know where to start. The instructor will help with bike setup at the start of class and answer any questions you may have about spinning, while teaching you about basic exercises along the way.

January 6 | 9:00 - 9:30 am | Melissa | WB

January 6 | 9:30 - 10:00 am | Annie | ME

January 7 | 5:15 - 5:45 pm | Chris | ME

January 7 | 5:30 - 6:00 pm | Craig | RG

January 7 | 5:45 - 6:15 pm | Melissa | WB

January 8 | 5:00 - 5:30 pm | Kailyn | RG

January 8 | 5:30 - 6:00 pm | Curt | NS

January 9 | 6:00 - 6:30 am | Holly | ME

January 10 | 8:30 - 9:00 am | Chris | ME

January 12 | 8:45 - 9:15 am | Taylor | BR

January 15 | 10:00 - 10:30 am | Nicole | RG

January 16 | 5:45 - 6:15 pm | Marshal | RG

January 18 | 10:00 - 10:30 am | Amy | NS

January 27 | 5:15 - 5:45 pm | Taylor | BR



Track your results, connect with other members, join our community, get live feedback, record your workout history, chat with our trainers.

Purchase a belt for \$75 from a trainer today!

myzone.org

MYZONE BASICS WORKSHOP

Ages 18+ | Join us for this free workshop to learn about Myzone, and what it can do to improve your workouts. See firsthand the data that the Myzone belts can provide you with, and how you can push yourself to either work out harder or more effectively.

January 6 | 9:00 - 9:30 am | Melissa | WB

January 6 | 10:00 - 10:30 am | Tony | BR

January 6 | 6:00 - 6:30 pm | Kailyn | RG

January 6 | 7:00 - 7:30 pm | Tony | BR

January 7 | 9:00 - 9:30 am | Luke | ME

January 7 | 10:00 - 10:30 am | Curt | NS

January 7 | 6:00 - 6:30 pm | Luke | ME

January 8 | 5:30 - 6:00 pm | Lizzie | WB

February 3 | 8:00 - 8:30 am | Kailyn | RG

February 5 | 5:00 - 5:30 pm | Curt | NS

February 21 | 8:00 - 8:30 am | Dory | WB

February 24 | 9:00 - 9:30 am | Melissa | WB

February 26 | 10:00 - 10:30 am | Tony | BR

February 26 | 5:30 - 6:00 pm | Lizzie | WB

February 26 | 7:00 - 7:30 pm | Tony | BR

February 27 | 9:00 - 9:30 am | Luke | ME

February 27 | 6:00 - 6:30 pm | Luke | ME

MYZONE MADNESS CHALLENGE

Ages 18+ | Push yourself for the next three weeks to experience the most efficient workouts as you try to win the Myzone Madness exercise challenge. Exercise through the different effort level zones and earn points for staying in these zones for the duration of your workout. This is a FREE challenge!!!! All you have to do is purchase a Myzone belt and that will be yours to keep forever. There will also be prize drawings for participants who accumulate certain amounts of Myzone Effort Points (MEPs).

March 1 - 21 | ALL CLUBS

Mind/Body Classes & Events

REALIGN CLASS SERIES

Ages 15+ | Let's face it....we sit more...and move less...and spend a lot of time looking at screens. This class is a simple, restorative solution that gives you the means to change the way you move and correct the imbalances caused by our modern habits. You will learn a series of postures, poses, and movements that create balance in your body, allowing you to be stronger and more aligned in your activities. You will also learn mobility techniques that offer stability, healthy movement patterns and more flexibility.

January 6 - February 10 | Mondays

February 19 - March 25 | Wednesdays

5:30 - 6:15 pm | Polly | WB

FUNDAMENTALS OF YOGA SERIES

Ages 15+ | A six-week progressive series of classes for beginners to the seasoned athlete. Learn how an individually tailored yoga practice can assist in overall quality of performance, both mentally and physically. Learn how to apply the positive benefits such as improving balance and coordination, combining strength and flexibility, increasing awareness and range of motion, and reducing the physical effects of stress. Whether you are new to the practice or are in need of refreshing the basics, this class is for you!

January 8 - February 15

Wednesdays | 6:00 - 6:30 pm | Kim | WB

Saturdays | 9:00 - 9:30 am | Kim | WB

RENEW, REFRESH & RESTORE WITH YOGA

Ages 15+ | Celebrate the New Year with an evening of a warm, invigorating, and relaxing yoga practice.

January 17 | 5:30 - 6:45pm | Kim | WB

HEARTWARMING YOGA

Ages 18+ | Partner up for an evening of heart-warming Yoga in celebration of Valentine's Day and Heart Awareness month. Grab your spouse, a friend, a sibling, or any partner of your choice and join Rose and Kim as they lead a partnered practice to warm the cockles of your heart!

February 14 | 5:30 - 6:45 pm

Rose & Kim | WB





**"Look and feel your best!
Aesthetic services
for every face and body"**

**We're ready to help you look your best!
Our team of licensed physicians and specialists is
fully trained in the latest aesthetic techniques to give you
a more youthful appearance with natural-looking results.**

Thiensville
136 North Main Street
Suite 309, Thiensville,
WI 53092
(262) 404-9003 ext 709

Oak Creek
7001 S. Howell Avenue,
Suite 100, Oak Creek,
WI 53154
(262) 404-9003 ext 702

Remedy NOW
aesthetics

@RemedyNowAesthetics @RemedyNowAesthetics

www.RemedyNowAesthetics.com



Sendik's
FOOD MARKET
EXPRESS
Delivered

More time for what matters most!
Get your groceries delivered!
Order online at: sendiks.com/express



KARP//IANCU
ATTORNEYS AT LAW

MILWAUKEE FAMILY LAW ATTORNEYS
DIVORCE **DOESN'T** HAVE TO BE DEVASTATING
CALL NOW
(414) 453-0800

REQUEST A FREE CONSULTATION

NO PRESSURE. SPEAK TO AN ATTORNEY. NO HIDDEN FEES.

BROOKFIELD **WAUKESHA**
WAUWATOSA **PEWAUKEE**
DOWNTOWN **GLENDALE**

KARP//IANCU
ATTORNEYS AT LAW
WWW.KARPANDIANCU.COM



**Advertise
with Elite!**

Tell your fellow members about
your business by joining our
Business Alliance Partnership Program!

Nominate your business today:
eliteclubs.com/about/business-partners

elite
SPORTS CLUBS



FREE
INITIAL FITNESS
CONSULTATIONS
FOR ALL MEMBERS!



Small
GROUP TRAINING
4+ PARTICIPANTS, PRICING IS PER PERSON
6-WEEK SESSION AND OPEN TO MEMBERS
JOINING GROUP AT ANY TIME
30MIN - \$79
45MIN - \$89
60MIN - \$99



Private
PERSONAL TRAINING
30MIN - \$40
60MIN - \$65



Semi-Private
PERSONAL TRAINING
(PER PERSON, PER SESSION)

2 people
30MIN - \$32.50
60MIN - \$45
3 people
30MIN - \$27
60MIN - \$35
4 people
30MIN - \$22.50
60MIN - \$30

eliteclubs.com/fitness/group-personal-training

**NEW
CLIENTS**
3 PERSONAL TRAINING
SESSIONS FOR \$120

STOP SAYING TOMORROW

Goals in Sight

Set Small Goals

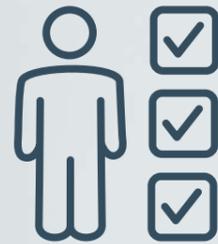
When setting a goal, it is important to incorporate that goal into every aspect of your life so it becomes a habit. Write down your new goal and keep it in a location where it will constantly be seen. It is important to start by setting small goals. People often set a goal that is out of reach and then are disappointed when they do not reach it. By setting small goals, your success rates increase, which then allows for new goals to be set. This process then creates lasting habits.

Patience

One of the most important parts of creating a new habit is having patience. According to Elite Sports Club-Mequon's Personal Training Coordinator, Jason Liegl, "Patience is crucial because in all likelihood you will not be 100% successful at adopting the habit right off the bat. There will be good days and bad days and you can learn equally from both." Not every day will be the best, but pushing through the tough days will help you achieve your goal. Learning from your previous mistakes will allow for more success in the future.

Routine Building

During the planning process, one of the most important aspects is committing to a schedule. Without a commitment to a set weekly schedule, it is easy to get off track. Internal motivation plays a large role in committing to a new routine. To create a change in your mindset, you must be motivated and have a desire to stick to a new way of life. Habits are formed when an action is performed over and over again. That action becomes instinctive, which can lead to a sustainable behavioral change.



FIND A SUPPORT SYSTEM OF FRIENDS, FAMILY, AND COACHES WHO WILL HOLD YOU ACCOUNTABLE TO REACH YOUR GOAL.

Helping Hands

Accountability

Find a support system of friends, family, and coaches who will hold you accountable to reach your goal. Working out and having a plan of action with a partner is always easier than trying to achieve a goal on your own. Whether your partner is a personal trainer or a friend, they are committing to helping you reach your goals and vice versa. They are there to push you and motivate you. There is also the internet community that can aid in accountability. Maybe you are someone who enjoys posting about your workouts or your homemade meals. Use this as a form of accountability to get closer to achieving your goal. Creating an Instagram page could be the right fit because it is essentially an online journal of the workouts and routines you are participating in. Your Instagram account also holds you at a standard because the platform's community would be able to see when you are (or are not) making posts.

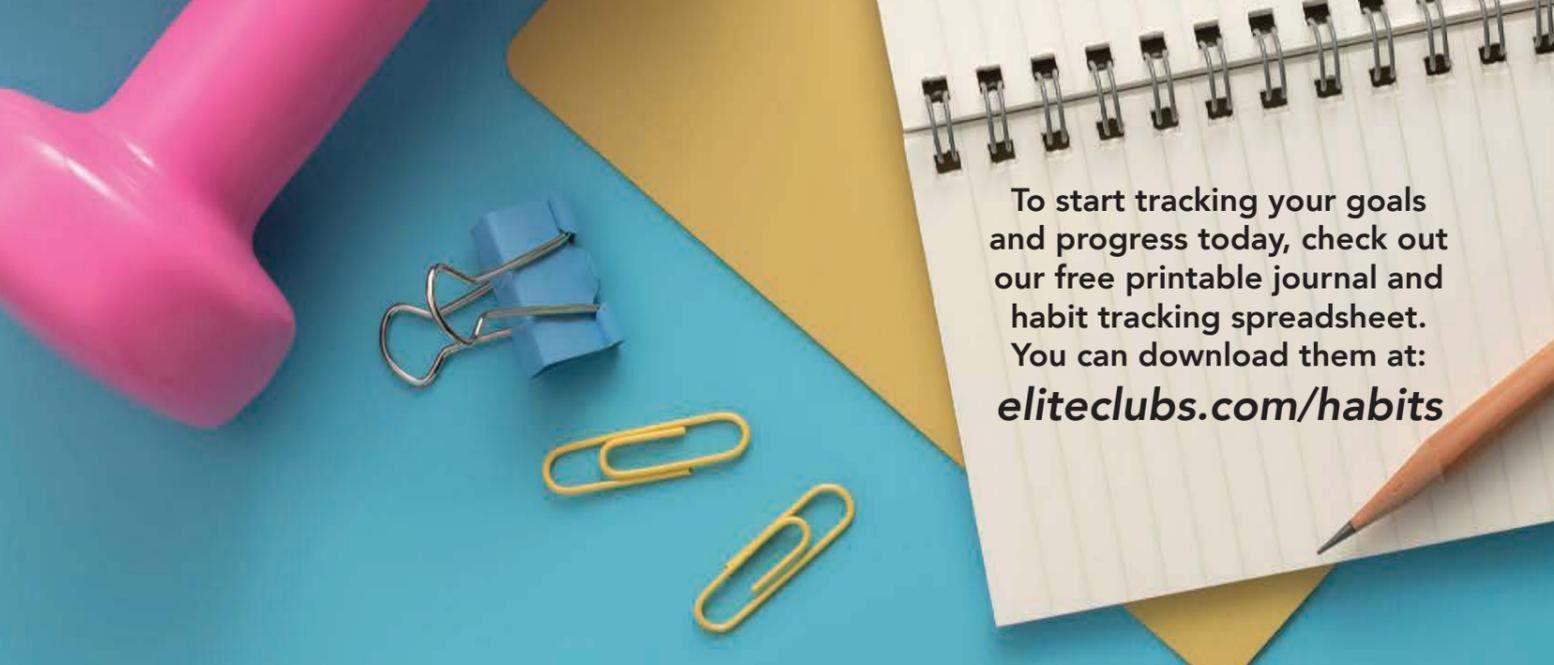
Leverage Positive Rewards

Many people get stuck on the idea that they have to reach their goal in order to reward themselves and, therefore, they do not celebrate the small steps along the way. Rewards, if used properly, can be an important part of the process. Jason describes a few "rules" he uses for rewards: "1.) Make sure your reward is commensurate with your goal. Making 3-4 workouts in a row is probably not worth a new purse. 2.) Make sure your reward is in concert with your goals. Looking to lose weight? Reaching that first 5 lbs of weight loss is probably not cause for going on an eating binge at an ice cream shop."

MANY PEOPLE GET STUCK ON THE IDEA THAT THEY HAVE TO REACH THEIR GOAL IN ORDER TO REWARD THEMSELVES AND, THEREFORE, THEY DO NOT CELEBRATE THE SMALL STEPS ALONG THE WAY.



DURING THE PLANNING PROCESS, ONE OF THE MOST IMPORTANT ASPECTS IS COMMITTING TO A SCHEDULE.



To start tracking your goals and progress today, check out our free printable journal and habit tracking spreadsheet. You can download them at: eliteclubs.com/habits

Reflections

Jason explains that it is also important to reflect on your progress and the process that took you from point A to point B, "because that is where the growth and change took place." You will always be able to celebrate small steps that have been taken.

Prioritize

Prioritizing throughout the process is crucial so that your plan can run its course as smoothly as possible. "I recently ran a marathon and while the final race was satisfying, looking back, it was all of the days and miles of running that lead to my growth and development to achieve the marathon." Although you may not always think about one small part of your training program, it often is the small steps that lead to success.

There will always be difficult days during training. It is not always easy to get your body ready for a workout. "The days I did not feel like running but still put on the shoes and did it. The days when there was 1,000 excuses to not run but knowing those are the days that would pay off during the race when your mind starts telling you to stop." The ability to overcome challenging days will be crucial.

Pivot

While working on meeting a goal, it is important to be realistic and flexible. Sometimes there are bumps in the road and being able to adapt and change your plan around is a vital skill to have. Especially when dealing with working out, a plan may not always be followed perfectly, but it is possible for you to adapt to changes and re-evaluate as needed.

YOU WILL ALWAYS BE ABLE TO CELEBRATE SMALL STEPS THAT HAVE BEEN TAKEN.

JASON LIEGL
PERSONAL TRAINING COORDINATOR
AT ELITE SPORTS CLUBS - MEQUON



Track

Whether it is a mathematical tracking of numbers or a comparison of journal entries over an extended period of time, reflecting on where you started and the journey you took is important to compare your progress. Through tracking, you are able to see the small steps taken and new routines created during a given time period. Your tracker will show if you were successful in holding yourself accountable to achieving your goals. You can even incorporate positive rewards, such as stickers, into your journal to make sure your progress is noted. When used properly, a tracking system can help you see how much you have grown.

Whether your goal is getting back into exercise, losing weight, gaining muscle, or something else, looking back at the days when things were challenging are the most rewarding. As Jason would say, "No one remembers a great story that did not have some challenges, because they do not exist." ■

CHECK OUT THESE ***NEW*** SMALL GROUP TRAINING PROGRAMS THIS UPCOMING SEASON!

45/45 - BASKETBALL SKILLS, STRENGTH, SPEED, AND AGILITY TRAINING
with Steven & CJ at Mequon
Ages 9-16 | January 28 - May 3
Tuesdays 6:00 - 7:30 pm | \$99

STRENGTH & MOBILITY FOR BIKERS
with Amy Hall at North Shore
Ages 18+ | February 16 - March 22
Sundays 10:00 - 11:00 am | \$99

For additional offerings and to sign up
eliteclubs.com/fitness/group-personal-training

TENNIS

Learn tennis & play for the rest of your life!

Elite has the most renowned tennis program in Wisconsin with 5 clubs to choose from and 40 tennis courts indoors and out.

Elite offers all of these opportunities to play no matter your age or ability level. Practice what you have learned and have fun doing it.

GROUP TENNIS LESSONS

March 2 - June 7

Spring Break: March 23 - March 28

View class schedule and register at EliteClubs.com/TennisRegistration

Not sure which class is appropriate for your child?

Contact a tennis pro for a free rating!

10 & Under Program (no membership required)

Red Ball Progression | Ages 3-4 | 30-minute lessons | \$149.50

Red & Orange Ball Progression | Ages 5-6 & 7-8 | 60-minute lessons | \$299

Orange & Green Ball Progression | Ages 9-10 | 60-minute lessons | \$299

11 & Up Program (requires standard or junior tennis membership)

Future Stars | Ages 11-14 | 60- & 90-minute lessons | \$338/\$507

Excellence | High Schoolers | 90-minute lessons | \$507

Invitational Program (enrollment is limited & by Pro invitation only)

10 & Under Invitational | Ages 10 & Under

60- & 90-minute lessons | \$338/\$507

Junior Davis Cup | Ages 11 & Up

90- & 120-minute lessons | prices vary by class

Tournament Squad | Teenagers

90- & 120-minute lessons | prices vary by class

For questions about tennis, contact:

MikeDierberger@eliteclubs.com Brookfield

MikeSharp@eliteclubs.com West Brookfield

RandyHaws@eliteclubs.com Mequon

JonCalvillo@eliteclubs.com North Shore

JeffAranda@eliteclubs.com or

JordanAranda@eliteclubs.com River Glen

PRIVATE TENNIS LESSONS & DRILLS

Pricing per person	30min	60min
1 participant	\$44	\$80
2 participants	--	\$44
3 participants	--	\$36
4 participants	--	\$30

ELITE CHALLENGE LADDER

Ages 8 - 18 | This is a great opportunity to play on a regular basis.

Contact MartyBadt@eliteclubs.com to learn more or to sign up!

January - May

Sundays | 11:00 am - 7:00 pm | NS

Pricing per person	60min	90min
Singles	\$12	\$16
Doubles	\$10	\$12

Tennis Events

Elite Sports Clubs has various events for players that meet all of your tennis needs. From the recreational to the competitive player, Elite Sports Clubs is the right choice to keep your game on point!

FLEX LEAGUES

Organized match play with the flexibility needed by the modern player. All Elite leagues are now Flex Play. Any membership level can participate in flex leagues at any location. You must reserve your spot 48 hours ahead to play that week. You can sign up to play every week or join when there are open spots. Limited spots available each week, first come first served. Pick up a schedule and rules in the club or on our website EliteClubs.com/leagues. Players use Signup Genius to sign up for matches. Cancellation fees apply for no-shows. League Coordinator: Riki Spahn, Leagues@EliteClubs.com

League Rates

Includes Balls

90-minute Singles	\$20 ^{+tax} per time
90-minute Doubles	\$13 ^{+tax} per time
Singles Package	\$90 ^{+tax} for 5 matches
Doubles Package	\$55 ^{+tax} for 5 matches

PIZZA & PLAY

Ages 3-10 | These events are fun and they give children a chance to practice what they have learned in a nurturing environment! Participants must be able to serve and rally. Advanced sign up required. \$25 per event.

January 19 | 1:30 - 4:00 pm | Red, Orange, Green Ball | WB

February 7 | 5:00 - 6:30 pm | Red Ball | NS

February 9 | 1:30 - 4:00 pm | Red, Orange, Green Ball | WB

February 21 | 5:00 - 7:00 pm | Orange & Green Ball | BR

March 8 | 1:30 - 4:00 pm | Red, Orange, Green Ball | WB

JUNIOR DOUBLES

Ages 9-18 | Come play doubles tennis! Get your kids out on the court for this junior doubles youth event. See Randy Haws for more information or to register if you're interested. Spots are limited!

January 31, February 21, March 13, April 17, May 8

Fridays | 6:00 - 9:00 pm | Randy | ME | \$30

ADULT TENNIS SOCIALS

Ages 21+ | Come enjoy a night of social tennis. Drinks and food included!

January 10 | 6:00 - 9:00 pm | Riki | BR | \$35

February 7 | 6:00 - 9:00 pm | Riki | BR | \$35

February 22 | 6:00 - 9:00 pm | Logan | ME | \$35

March 6 | 6:00 - 9:00 pm | Riki | BR | \$35

March 7 | 6:00 - 9:00 pm | Randy | ME | \$35

ALL-CLUB ADULT TENNIS TOURNAMENTS

January 24-26 | Winter Open Singles/Doubles | Randy | ME, RG | \$30-50

February 28 - March 1 | Spring Open Singles/Doubles | Randy | ME, NS | \$30-50

May 1-2 | State League Prep | Jeff & Jordan | RG | \$30-50

CARDIO TENNIS

Ages 18+ | Looking for a great tennis workout? Try Cardio Tennis for a fast-paced class led by the tennis staff filled with conditioning and competitive tennis drills. All levels welcome. \$20 per class.

Mequon with Scott:

Monday | 12:30 - 1:30 pm

Tuesday | 8:30 - 9:30 am

Wednesday | 12:00 - 1:00 pm

Wednesday | 7:00 - 8:00 pm

Thursday | 10:00 am - 1:00 pm

Friday | 8:30 - 9:30 am

North Shore with Brian:

Thursday | 10:00 - 11:00 am

River Glen with Jordan & Jeff:

Tuesday | 10:00 - 11:00 am

Saturday | 8:00 - 9:00 am

Brookfield with Dustin:

Tuesday | 10:00 - 11:00 am

Brookfield with Mike & Kerby:

Friday | 10:00 - 11:00 am

West Brookfield with Mike:

Wednesday | 8:30 - 9:30 am

Saturday | 9:30 - 10:30 am



SPORTS

For more information on sports, contact:
ScottEigenberg@eliteclubs.com at Brookfield
StevenSiewert@eliteclubs.com at Mequon



PICK-UP BASKETBALL

The court is reserved for full- or half-court pick-up basketball so you can just show up and play! All abilities are welcome.

Mondays | 6:00 - 8:00 pm | WB (50+)
Mondays | 5:00 - 8:00 pm | NS
Tuesdays | 5:30 - 8:00 pm | RG
Tuesdays | 12:00 - 1:30 pm | ME (30+)
Wednesdays | 6:00 - 8:00 pm | WB (50+)
Wednesdays | 7:00 - 8:30 pm | BR
Thursdays | 7:00 - 8:30 pm | NS
Fridays | 5:00 - 8:00 pm | NS

4-ON-4 BASKETBALL LEAGUE

Ages 15+ | Full-court competitive league. You can make your own team or join in as a free agent. The league is 7 weeks plus playoffs. We will have a ref, stats, and scorekeeper. Prizes for winning team.

SESSION 1: January 28 - March 31

SESSION 2: April 7 - June 6

Tuesdays | 7:00 - 10:00 pm | Scott | BR | \$55

LEAP DAY 3-ON-3 BASKETBALL TOURNAMENT

Ages 15+ | This tournament will take place only once every four years! You can put your own team together or be placed on a team. There will be prizes for winners.

February 29 | 1:00 - 5:00 pm | Scott | BR | \$10

MARCH MADNESS BASKETBALL

Join the excitement of March Madness! Kids will compete in 3v3 half-court basketball for fun prizes.

March 8

Ages 10-13 | 9:00 - 10:30 am | Steven | ME | \$15

Ages 14-18 | 10:45 am - 12:15 pm | Steven | ME | \$15

RACQUETBALL

Free Open Court Time! More info on leagues:
AmyHall@eliteclubs.com at North Shore
TonyBieri@eliteclubs.com at Brookfield

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 am - 12:30 pm | BR

BLIND VOLLEYBALL TRAINING CLINIC

Ages 10-14 | Learn how to play and master blind volleyball, a fun new twist on the sport. No prior volleyball skills need.

March 14 | 10:00 - 11:30 am | Steven | ME | \$15

BLIND VOLLEYBALL TOURNAMENT

Ages 9-14 | No prior volleyball skills needed. Blind Volleyball is a fun game that uses skill and strategy.

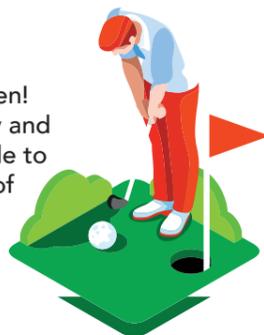
April 25 | 3:00 - 5:00 pm | Steven | ME | \$15

INDOOR GOLF SIMULATOR

Enjoy the ultimate golf simulation experience at Elite Sports Club - River Glen! With realistic ball trajectory and swing analysis, you'll be able to see a detailed breakdown of your swing in order to perfect your technique for the next time you hit the links!

60-minute session | \$30

Price is split among members, up to 4 people.



OPEN SINGLES TABLE TENNIS TOURNAMENT

Ages 10+ | Come play in this one-day tournament with your Elite friends. All levels are welcome and we will have an A and B bracket if interested. Food and drinks will be provided.

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

TABLE TENNIS TIPS N' TRICKS WITH COACH CHICO

Ages 10+ | Come have fun and learn some tips and tricks with a professional table tennis coach, Chico Brinton. This 90-minute lesson will go over everything from basic skills to fancy tricks of the trade. He will be also be available to work on specific areas of interest and answer questions.

January 21 | 6:00 - 7:30 pm | Scott | BR | \$20

TABLE TENNIS SKILLS WORKSHOP

Ages 10-17 | Interested in learning to play table tennis and regular match play? Show up if interested and meet others who love the game or who want to learn more about this "shorter court."

January 28 | 6:30 - 7:30 pm | Steven | ME | FREE

TABLE TENNIS LEAGUE (ADVANCED)

Ages 10+ | This league is for more advanced and competitive players, although all skill levels are welcome. Players will be scheduled for one hour of play each week. We will end with a final tournament and party.

SESSION 1: February 3 - March 16

SESSION 2: March 30 - May 11

Mondays | 6:00 - 10:00 pm | Scott | BR | \$25

TABLE TENNIS LEAGUE (RECREATIONAL)

Ages 10+ | This league is designed for players looking to get some friendly competition and who are either learning the game or looking to work on skills. We will have a final tournament and party at the end of each session.

SESSION 1: February 5 - March 18

SESSION 2: April 1 - May 13

Wednesdays | 6:00 - 7:00 pm | Scott | BR | \$25

TABLE TENNIS LESSONS

Ages 6+ | Focus will be on proper form and technique, serving skills, returns, gameplay strategy, and more. All levels are welcome.

Kids/Parents & Beginners at 5:00 pm

Adults/Advanced at 6:00 pm

SESSION 1: February 11 - March 17

SESSION 2: April 7 - May 12

Tuesdays | 5:00 - 7:00 pm | Scott | BR | \$99

TEAM TABLE TENNIS TOURNAMENT

Ages 10+ | This tournament will consist of both singles and doubles play in a team format. You do not need to submit your own team but can make requests if you have friends you prefer to play with. This tournament will include food, drinks, and prizes.

April 25 | 1:00 - 5:00 pm

Scott | BR | \$20



PLATFORM TENNIS LEAGUES

Platform Tennis (Paddle) at Elite Sports Club - West Brookfield offers a fun fall, winter, and spring outdoor sport. Platform Tennis is an easy transition for any tennis and racquetball player. Court rental is readily available during non-league times and equipment is available to borrow. Lessons are advised for beginners.

January 6 - April 4

Coed Intermediate League: Mondays & Thursdays

Men's Advanced League: Tuesdays

Contact ScotMuehlmeier@eliteclubs.com

PLATFORM TENNIS TIPS 'N TRICKS CLINIC

Ages 18+ | Come have fun and learn why tennis players have such a fast learning curve! This 60-minute lesson with certified paddle pro Scot Muehlmeier will go over everything from proper mindset, shot selection, positioning, serve, volley, and the 5 different overheads.

January 16 | 6:00 - 7:00 pm | Scot | WB | \$10

January 30 | 6:00 - 7:00 pm | Scot | WB | \$10

LEARN FORTNITE DODGEBALL SOCIAL

Ages 8-14 | Fortnite Dodgeball will be played in teams of three. As many as five teams can play at once. This will be a learning event and then a game. Pizza following.
February 4 | 6:30 - 8:00 pm | Steven | ME | \$15

FORTNITE DODGEBALL TOURNAMENT

Ages 10-16 | Dodgeball with a twist! Based on the popular video game Fortnite, play a new style of Dodgeball!
Pizza included.
February 26 | 3:30 - 5:00 pm | Steven | ME | \$15

FORTNITE DODGEBALL CHALLENGE

Ages 8-14 | Dodgeball with the popular video game twist.
Pizza included.
March 29 | 11:30 am - 3:00 pm | Steven | ME | \$15

LEARN SOCCER TENNIS SOCIAL

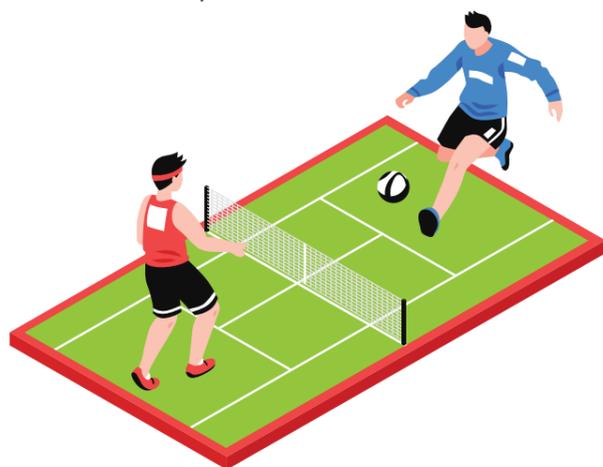
Ages 10-14 | What's soccer tennis? We will first teach the rules, then have simulated games. Younger kids will train from 3:00-4:00pm, then the older kids will train from 4:00-5:00pm.
Pizza following.
January 11 | 3:00 - 5:00 pm | Steven | ME | \$20

SOCCER TENNIS TOURNAMENT

Ages 10-14 | This will be a 2-day soccer tennis tournament. The first day everyone is guaranteed three games and the second will be a bracket tournament for playoffs. We'll have a pizza party at the conclusion of the tournament on Saturday.
January 17-18 | Steven | ME | \$20
Friday | 12:00 pm - 3:00 pm
Saturday | 3:00 pm - 5:00 pm

SOCCER TENNIS SOCIAL

Ages 9-14 | Soccer tennis combines the skill and fun of soccer and tennis into one sport! Pizza included.
April 4 | 5:00 - 7:00pm | Steven | ME | \$20



CORNHOLE LEAGUE

Ages 12+ | You do not need a permanent partner for this recreational league but will instead rotate partners and opponents each week. All levels are welcome. We will end each session with a tournament and party.

Session 1: February 4 - March 17
Session 2: March 31 - May 12
Tuesdays | 7:00 - 8:00 pm | Scott | BR | \$25

SPIKE BALL TOURNAMENT

Ages 8-14 | Spike Ball is the latest craze! In this one-on-one fun tournament younger kids will play first, then the older kids will play after.
Pizza following.

February 8 | 11:00 am - 1:00 pm
Steven | ME | \$15
February 23 | 10:00 am - 12:00 pm
Steven | ME | \$15

AMP

(Athletic Movement & Performance)
The goal of our AMP training program is to help your child become a better athlete. During our sessions, we work on SAQ (speed, agility, quickness) to help with on-the-field movements, strength, and power to help with overall speed and athleticism. We start with an athlete's assessment and then, based on the results, prescribe custom workouts that will help kids become the best athlete they can be! AMP is available at all Elite Sports Clubs locations. Pick up an AMP brochure for more information.

Pricing per person	30min	60min
Single	\$40	\$60
Group	\$15	\$25

SPORT-SPECIFIC TRAINING

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

Pricing per person	30min	60min
Single	\$40	\$60
Group	\$15	\$25

THE ELITE GAMES

Ages 8-14 | Keep your kids occupied on school days off! The Elite Games will be an ongoing contest where kids compete in different types of sports. Points will be awarded on each day for participation and ranking. Pizza is included.
12:00 - 3:00 pm | Steven | ME | \$49 - 5 or more days or \$15 Drop-in
Jan 20 | Spike Ball
Feb 14 | Fortnite Dodgeball
Feb 17 | Soccer Tennis
March 12 | Fortnite Dodgeball
March 13 | Traditional Dodgeball
March 23-27 | Spring Break Challenge - includes 3-on-3 basketball & other sports
April 10 | Spike Ball
April 13 | Blind Volleyball



VIP Elite Members – Get ready for the MAC Re-imagined



Incredible Rooftop Member-only lounge with and private rooftop deck with a view of Milwaukee like no other



Golf Suites to improve or maintain your game all year round including an immersive experience featuring simulator hitting bays, putting green, and social gathering areas

And, join us for the Roaring 20s Gala Sat, Jan 18

Live music by Tallboy, dancing and open bar with optional elegant 3-course dinner. Email to RSVP.

Interim location on the River
735 N Water St | Milwaukee

5am-9pm M-F
7am-5pm Sat | 7am-3pm Sun

membership@macwi.org
414-273-4126



Aquatics

YOUTH SWIM LESSONS

WINTER SESSION 1: January 6 - February 15
WINTER SESSION 2: February 17-April 4 (no class March 23-March 28)
SPRING SESSION 1: April 6 - May 16
 Ages 3+ | Child must be on membership
 \$60 Passport Members, \$72 Visa Members

BROOKFIELD:

Level 1 | Thursdays 5:00 - 5:30 pm, Saturdays 10:00 - 10:30 am
 Level 2 | Thursdays 5:30 - 6:00 pm, Saturdays 10:30 - 11:00 am
 Level 3 | Thursdays 6:00 - 6:30 pm, Saturdays 11:00 - 11:30 am
 Level 4 | Thursdays 6:00 - 6:30 pm, Saturdays 11:00 - 11:30 am

MEQUON:

Level 1 | Mondays 5:00 - 5:30 pm, Thursdays 5:00 - 5:30 pm, Saturdays 10:30 - 11:00 am
 Level 2 | Mondays 5:00 - 5:30 pm, Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 am
 Level 3 | Mondays 5:30 - 6:00 pm, Saturdays 11:30 am - 12:00 pm
 Level 4 | Mondays 5:30 - 6:00 pm

RIVER GLEN:

Level 1 | Thursdays 4:30 - 5:00 pm, Saturdays 10:00 - 10:30 am
 Level 2 | Thursdays 5:00 - 5:30 pm, Saturdays 10:30 - 11:00 am
 Level 3 | Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 am
 Level 4 | Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 am

PARENT & CHILD SWIM LESSONS

A parent-child water class for children 6 months to 3 years. We will work on water adjustment, parent holds, getting in and out of the water, submersion, assisted floats, basic arm and leg motions, games, songs, and having fun in the water. Saturdays | \$60 passport, \$72 visa

BROOKFIELD: 11:30-12:00 pm | Taylor

WINTER SESSION 1: January 11 - February 15

SPRING SESSION 1: April 11 - May 16 (no class April 11)

MEQUON: 10:00-10:30 am | Jessica

WINTER SESSION 2: February 22 - April 4 (no class March 28)

SPRING SESSION 1: April 11 - May 16

RIVER GLEN: 9:30-10:00 am | Cenia

WINTER SESSION 1: January 11 - February 15

PRIVATE SWIM LESSONS

Private swim lessons available for children and adults. See aquatics director for more information or to schedule a lesson.

Pricing per person	30min	45min	60min
1 participant	\$25	\$35	\$45
2 participants	\$20	\$25	\$30
3 participants	\$15	\$20	\$25

For questions about aquatics, contact:

TaylorThompson@eliteclubs.com Brookfield

JessicaHeller@eliteclubs.com Mequon

CeniaEspinoza@eliteclubs.com River Glen

AQUA FISH

Ages 7-12 | This program is for all our little fishes that can swim 25 yards. They will improve their endurance through fun games and lap swimming during their hour in the water. This is not a replacement for swim lessons. It is fun and social play in the water.

WINTER SESSION 1: January 7 - February 12

WINTER SESSION 2: February 18 - April 1

(no class March 24 and 25)

SPRING SESSION: April 7 - May 12

Tuesdays | 4:30 - 5:30 pm | Taylor | BR | \$48

Tuesdays | 4:30 - 5:30 pm | Jessica | ME | \$48

Wednesdays | 4:30 - 5:30 pm | Cenia | RG | \$48

LIFEGUARDING REVIEW & RECERTIFICATION

Ages 15+ | Recertification class for Red Cross lifeguards. Must have current certification to attend.

January 5 | 9:00 am - 6:40 pm | Jessica | RG | \$70

March 1 | 9:00 am - 6:40 pm | Jessica | RG | \$70

BLENDED LEARNING LIFEGUARD CERTIFICATION

Ages 15+ | Gain the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. Successful participants earn a two-year certification in lifeguarding, CPR, First Aid, and AED. Class includes online work and reading prior to the start of class. Our classes fill, so register early! Registration deadline is 2 weeks prior to the date of the certification course. Member-only registration until February 2. Non-members can register February 3-9. Final registration deadline is February 9. \$259 members, \$319 non-members
 February 22 - 23 | 8:00 am - 6:00 pm | Jessica | ME

BLENDED LEARNING WATER SAFETY INSTRUCTOR CERTIFICATION

Ages 16+ | Earn your certification to teach American Red Cross swimming and water safety, and gain the skills needed to teach courses and make presentations to swimmers of every age and ability. Through our Aquatic Instructor Training program, you can help recreational swimmers meet their goals, refine their skills, and stay safe in, on, and around water. Class includes online work and reading prior to starting. Registration deadline is 2 weeks prior to the date of the certification course. Employee-only registration until March 7. Member-only registration March 8-28. Non-members may register March 29-April 4. Final registration deadline April 4.

\$229 employees, \$259 members, \$299 non-members

April 19 | 9:00 am - 7:00 pm | Jessica | ME

April 25 | 1:30 - 5:30 pm | Jessica | ME

April 26 | 9:00 am - 7:00 pm | Jessica | ME

SNORKEL CLINIC

Ages 6 - Adult | Vacationing somewhere warm?

Learn how to snorkel before going! This class includes information on different types of snorkeling gear, snorkeling techniques, fitting and clearing both the snorkel and mask, using fins, and snorkeling safety. \$40 includes mask and snorkel, or \$25 if you have your own equipment.

February 29 | 12:00 - 1:00 pm | Pam | ME

FREE ADULT SWIMMING WORKSHOPS

Beginner Swimming

January 13 | 7:00 - 8:00 pm | Jessica | ME

Freestyle Swimming

January 20 | 7:00 - 8:00 pm | Jessica | ME

January 23 | 7:00 - 8:00 pm | Joe | RG

Swimming Turns

January 27 | 7:00 - 8:00 pm | Jessica | ME

Setting Up a Swim Workout

February 3 | 7:00 - 8:00 pm | Jessica | ME

Aqua Running

February 6 | 7:00 - 8:00 pm | Joe | RG

Intro to Swimming Workouts

January 8 | 6:00 - 6:30 pm | Taylor | BR

January 22 | 6:00 - 6:30 pm | Taylor | BR

February 5 | 6:00 - 6:30 pm | Taylor | BR





PETITE ELITE PRESCHOOL
 Ages 2-5 | 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. Currently available at Brookfield, contact MonicaWarren@eliteclubs.com for more info. ****NEW**** at River Glen starting Fall 2020, contact MaryBronek@eliteclubs.com if you're interested.

GYM & SWIM
 Ages 2-5 | Kids join our Elite staff for fun and games with 30 minutes in the Quad and 30 minutes in the pool. Children must come with swimming suits already on. Swimming diapers are required for children not potty trained. Parents can drop your kids off in the Quad at 10:30 am and pick children up in the warm pool at 11:30 am.
 January 8 - May 16 (no class March 23-March 28)
 Every other Wednesday
 10:30 - 11:30 am | Cenia | RG | \$12/day

SPRING BREAK SCAMP
 Ages 4+ | Bring your child to SCAMP during their school break! Kids will have fun swimming, playing sports and group games, doing crafts, and more!
 March 23 - 27 | 9:00 am - 4:30 pm
 BR, ME, RG | \$49/day

For questions about youth events, contact:
AndreaEngel@eliteclubs.com Brookfield
DebbieNovak@eliteclubs.com West Brookfield
NatalieAndrae@eliteclubs.com Mequon
ApinyaJordan@eliteclubs.com North Shore
MaryBronek@eliteclubs.com River Glen

GIANT POOL INFLATABLE PARTY
 Ages 7-12 | Get ready for a real splash in the pool with our giant pool inflatable toys! Kids are welcome to also bring their own pool floats to this fun event. Event will include games, food, and prizes.
 January 18 | 4:00 - 7:00 pm | Cenia | RG | \$25



AMERICAN NINJA WARRIOR PARTY
 Ages 3-12 | Bring out your inner ninja and join us for a kicking, high-fiving good time! Complete with creating your own ninja attire, a ninja warrior course, and a friendly competition complete with prizes. Snacks and drinks will be provided to fuel your little ninjas.
 January 31 | 5:30 - 8:30 pm | Cydni | ME | \$25

COLOR SPLISH-BUBBLE SPLASH ART WORKSHOP
 Ages 6-10 | How fun would it be to hang out with Miss Apinya and friends and create some fun and awesome artwork while it's cold outside? Bring your friends and join us for this hands-on art workshop. Art supplies will be provided. We'll have pizza and fruit for dinner.
 January 31 | 5:00 - 8:00 pm | Apinya | NS | \$35

KIDS NIGHT OUT DELUXE: FEATURING THE BUCKS RIM ROCKERS
 Ages 6-12 | Drop your kids off for an endless night of fun with a performance from The Rim Rockers! Bring your friends for fun in the Quad after the show. Snacks and beverages will be served.
 February 8 | 6:00 - 9:00 pm | Mary | RG | \$35

JUNIOR ESCAPE ROOM PARTY
 Ages 7-14 | Join us for an interactive, kid-friendly escape room at the club! All of our kid detectives will work together to find hidden clues, solve puzzles, and find the keys to the ultimate pizza party! Can you beat the clock and escape in time before the pizza runs out?
 February 15 | 5:00 - 6:00 pm | Cydni | ME | \$25

ME & MY DOLL FASHION SHOW
 Ages 3-12 | We will have a fabulous time on the runway with our favorite dolls! Kids can come dressed in their best runway fashion with their dolls. Our staff will be there to assist our models. Pizza and fruit will be served for dinner. Audiences are welcome at 7:15 pm for the show.
 February 21 | 5:00 - 8:00 pm | Apinya | RG | \$25

SCIT REUNION
 Ages 11-14 | Calling all SCITS! If you are missing your summer camp friends, come back for a night of fun playing dodgeball, ping pong, watching a movie, and just hanging out at the club. Pizza and dessert will be included.
 February 28 | 6:00 - 9:00 pm | Andrea | BR | \$20

GLOW POOL PARTY
 Ages 7-12 | Let's GLOW crazy! Join us for a glow-in-the-dark party in the indoor pool. Games, pizza, and lots of glow-in-the-dark items will make this kids party an experience that you'll never forget!
 March 6 | 6:00 - 9:00 pm | Taylor | BR | \$15
 April 3 | 6:00 - 9:00 pm | Cenia | RG | \$15

KIDS NIGHT OUT TRIPLE PLAY
 Ages 6-12 | Join us for a round-robin of fun in the Quad, on the tennis courts (with Jeff and Jordan), and in the swimming pool! Be sure to bring your swimming suit. We will provide a tennis racquet if you need one. Bring your friends! Pizza and beverages will be served.
 March 13 | 6:00 - 9:00 pm | Mary | RG | \$35

AQUA EGG HUNT
 Ages 3-8 | The Easter Bunny invites you to put on your swimsuit and splash around the pool as you hunt for toy-filled eggs! In addition to the egg hunt, we will do a spring-themed craft activity and have a special treat.
 April 5 | 12:00 - 1:30 pm | Jessica | ME | \$10

KIDS NIGHT OUT DELUXE: FEATURING INFLATABLE OBSTACLE COURSE
 Ages 6-12 | Drop off your kids for a night of inflatable obstacle course fun! Snacks and beverages will be served. Bring your friends!
 April 18 | 6:00 - 9:00 pm | Mary | RG | \$35

POKÉMON TOURNAMENT & CARD TRADING
 Ages 4-10 | Invite your friends and bring your Pokemon cards for this Sunday afternoon Pokemon event! We'll have duels and watch a show. Snacks will be provided. Battle hard and have fun! Go home with your own new Pokemon card pack.
 April 19 | 1:30 - 4:00 pm
 Apinya | NS | \$25

GIRLS NIGHT OUT!
 Ages 3-8 | Calling all girls! Come to Elite to get your nails done, get facials, and dance the night away. This fun night includes dinner and a craft. Girls just wanna have fun!
 April 24 | 5:00 - 8:00 pm
 Andrea | BR | \$25

LITTLE GARDENER'S FAIRY & DINOSAUR GARDENS
 Ages 3-12 | Spring is in the air so have your little gardeners join us to make their very own fairy and dinosaur gardens! Each gardener will receive a planter, plants, dinosaurs, or fairies and will be able to create some of their own finishing touches such as a fairy house or dinosaur cave. Having a green thumb is hard work, so pizza and dessert will be provided to end the evening.
 April 24 | 5:30 - 8:30 pm
 Cydni | ME | \$25

25% discount
 for each additional sibling registered for kids events, unless stated otherwise. Please register in advance with the front desk for all events.

Free YOUTH ACTIVITIES

TEEN NUTRITION & TRAINING

Ages 10-14 | TNT is a comprehensive 3-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, bodyweight exercises, healthy eating, and proper use of free weights, and strength and cardio machines. This program is required for all youth members who would like to utilize the Fitness Center.

FREE TNT GROUP SESSIONS:

Mondays 4:00 - 5:00 pm North Shore
 Mondays 5:00 - 6:00 pm Mequon & River Glen
 Wednesdays 4:00 - 5:00 pm West Brookfield
 Thursdays 4:00 - 5:00 pm Brookfield
 Saturdays 11:30 - 12:30 pm River Glen

FIT KIDS

Ages 5-8 | Exercise, fun, and social interaction for kids! Kids will get active through games, obstacle courses, relay races, and other fun, engaging activities.

January 4 - March 10
 Saturdays | 9:30 - 10:15 am | Jill & Matt | WB
 Tuesdays | 5:00 - 5:30 pm | Jill | WB

FLICK AND FLOAT

Ages 6+ | Bring your floaties and watch a movie in the pool. Popcorn and lemonade provided. Movies are geared towards 6-9-year-olds. Must be at least 6 years old to attend without a parent.

January 10, February 7, March 6
 Fridays | 6:00 - 8:00 pm | ME

VALENTINE'S DAY PARTY

Ages 3+ | Kids will make Valentine's cards, decorate cookies, and listen to a heartfelt story.

February 8 | 9:30 - 10:30 am | ALL

ST. PATRICK'S DAY PARTY

Ages 3+ | Kids will make a St. Patty's themed craft, have a treat, and play a game!

March 14 | 9:30 - 10:30 am | ALL

EASTER EGG HUNT

Ages Walking-12 | Kids will hunt for Easter Eggs throughout the club.

April 10 | 9:30 - 10:00 am | Debbie | WB

Check with the playroom for other ongoing free programs included with membership like craft time, show & tell, mini games & tennis, and more!

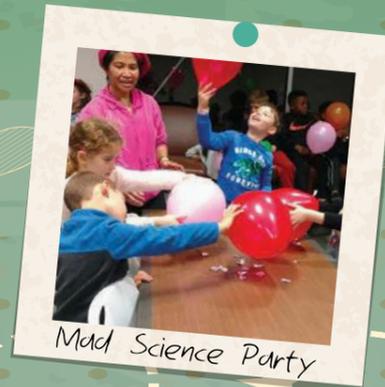
FORGET THE MESS...

Have your next party with us!

Visit eliteclubs.com/youth/birthday-parties to find out more about hosting your party at Elite!



Look at all the fun we've had at the club this past season!





MUSIC



Dance

SESSION DATES: JANUARY 27-MAY 9
NO CLASSES MARCH 16-25 & APRIL 13-15

DANCE CLASS SIGN-UP NIGHT

Ages 2+ | Winter Princess Dance Party: Wear your best winter princess gear and come twirl in the dance studio and enjoy a treat, while parents register children for dance classes and ask teachers questions.
4:00 - 5:00 pm | Carolyn | FREE
January 6 | BR & January 8 | RG

TINY TOTS BALLET

Ages 2-3 | Young dancers' first opportunities to explore dance using songs, games, and exercises. Dancers will begin to explore ballet with preschool-aged activities and rhythm games using props for dancers who can spend at minimum 30 minutes away from their primary caregiver. A required dress code is light pink tights, light pink leotard, and light pink ballet slippers.

Mondays | 10:00 - 10:30 am | RG | \$120, \$144 non-members
Tuesdays | 4:00 - 4:30 pm | RG | \$120, \$144 non-members

TINY TOTS TAP

Ages 2-3 | Young dancers' first opportunities to explore tap dance by focusing on rhythm, musicality, and timing. Dancers will learn basic tap foundations with added preschool-aged activities and games. For Tap, dance pants and black tap shoes (Capezio "tyette" or Velcro Danshuz) for girls and black bottoms, black tap shoes, and any color top for boys must be worn. Hair should be pulled back away from face. (A perfect add-on to the Tiny Tots Ballet Class.)

TWINKLE TOES BALLET

Ages 4-6 | Dancers will explore the foundations of ballet using songs, games, and props. Dancers will learn the discipline of classical ballet using creative movement exercises, ballet barre, and center work. Dancers will learn elementary positions of dance and footwork, jumps, and across-the-floor movements. A required dress code is light pink tights, light pink leotard, and pink ballet slippers. Hair should be pulled back away from face.

Mondays | 4:15 - 5:00 pm | BR | \$180, \$204 non-members
Tuesdays | 4:30 - 5:15 pm | RG | \$180, \$204 non-members

HIP-HOP AND JAZZ

Ages 5-10 | An upbeat and fun 45-minute movement class based on studio Hip-Hop technique. Dancers will listen to their favorite pop tunes and learn and perform their dance in the recital. A great option for students just being introduced to dance and looking to get their energy out in a controlled and fun way! This class incorporates partner work and creative movement exercises. Dress code consists of tennis shoes/sneakers for hip-hop, jazz shoes, leggings or shorts, and clothing dancers can move in.

Tuesdays | 5:15 - 6:00 pm | RG | \$180 members, \$204 non-members

BALLET AND TAP COMBO

30 minutes of classical ballet and 30 minutes of tap dance. Dancers will focus on performance and technique. Learning in tap rhythm, musicality and timing, and in ballet coordination, focus, and balance. A required dress code is light pink tights, light pink leotard and skirt (ages 4-6), black leotard and skirt (ages 7-10), and pink ballet slippers (Capezio or Bloch brand). For Tap, dance pants and black tap shoes (Capezio "tyette" or Velcro Danshuz) for girls and black bottoms, black tap shoes, and any color top for boys. Hair should be pulled back away from face.

Ages 4-6 | Wednesdays | 4:00 - 5:00 pm | RG | \$216 members, \$240 non-members

Ages 7-10 | Wednesdays | 5:00 - 6:00 pm | RG | \$216 members, \$240 non-members

SPRING DANCE RECITAL

May 9 at 4:00pm in the QUAD
at Elite Sports Club - River Glen

All dancers registered for dance classes will perform in the Spring Dance Recital. Each dancer receives two complimentary tickets with a dance class registration. Additional tickets are \$10 each. Children 3 and under are free.



Mozart's Gym provides a unique and engaging music program at Elite Sports Clubs. Lessons are open to both members & non-members.

- ★ BROOKFIELD: Piano, Guitar, Clarinet, Saxophone & Flute
- ★ RIVER GLEN: Piano, Guitar & Violin

PRIVATE SESSION PRICING

(9 Weekly Lessons)
30 minutes | \$270
45 minutes | \$405
60 minutes | \$540

ANNUAL PROGRAM FEE* (Pro-rated for late start)

\$120 | 1st Student/Instrument in Family
\$80 | 2nd Student/Instrument in Family

**This fee covers the cost of all music curriculum books and recitals*

Register for an Intro Lesson @ mozartsgym.com!



Contact: Carolyn Culea, KennedyDanceCompany@eliteclubs.com

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. The company was founded by three sisters, Kate, Carolyn, and Susan Kennedy in 2006 based on their passion for dance, fitness, and performing.

Program Fee: In addition to the class session fee, all students enrolling in classes through Kennedy Dance Company must also pay a non-refundable Program Fee the first day of dance classes to cover the cost of costumes and the recital performance. The Program Fee is \$60 per dancer per class per session. Recital and costume are required as part of this performing arts educational experience and are required for participation.

BROOKFIELD (BR) | WEST BROOKFIELD (WB) | MEQUON (ME) | NORTH SHORE (NS) | RIVER GLEN (RG)



Fun, Friends & Fitness!

Elite's playroom offers variety for kids

Elite Sports Clubs strives to give you the best environment for your fitness and health goals. We offer activities for all ages, and the experience that children have at our clubs is just as important as our adult members.

Our playroom is open to children ages 6 weeks and older. We have separate areas for infants and toddlers to keep your children safe. As a parent, worrying about your child is always going to be your job. Our job is to prioritize their enjoyment of the club and keep their safety of utmost importance. You want them to have fun at the club so that you can enjoy your workout and other activities. When you know your child is in good hands, it is much easier to be able to focus on yourself.

Children have a variety of programs and activities to choose from in our playrooms. We offer an abundance of toys, crafts, games, and books to entertain the kids. We also have an area, which includes a kitchenette, when it is time for a healthy snack. On top of our regular offerings, we have scheduled activities for children to participate in, such as music, story time, tennis, and tumbling. We also offer yoga, boot camp, large motor time, and show & tell.

AS A PARENT, WORRYING ABOUT YOUR CHILD IS ALWAYS GOING TO BE YOUR JOB. OUR JOB IS TO PRIORITIZE THEIR ENJOYMENT OF THE CLUB AND KEEP THEIR SAFETY OF UTMOST IMPORTANCE.

FROM A YOUNG AGE, WE TRY TO HELP KIDS ASSOCIATE ELITE WITH SOMETHING POSITIVE, INSTEAD OF HAVING THE OPPOSITE TAKE ON "GOING TO THE GYM" AS NEGATIVE OR "TOO MUCH WORK."

Creating a healthy environment that welcomes all kids in a way that also promotes being active is important to us. We take pride in making the children feel special and noticed. We want the children to learn how to take care of themselves and build their own healthy habits. From a young age, we try to help kids associate Elite with something positive, instead of having the opposite take on "going to the gym" as negative or "too much work." By nurturing an active lifestyle from a young age, children will be more motivated to stick to that routine as they get older.

One of our members, Nicole Giese, raves about the childcare services at Elite. She states, "The childcare is top notch and immediately put me at ease trusting my little ones in their care so I could begin the journey of prioritizing my self-care again." She goes on to express how her children are always excited to go to Elite because they have so much fun with the childcare staff. It acts as an extra motivator, coming from her kids, to encourage her to get her workout in for the day. The trust Nicole has in the staff and youth programs allows her to focus on herself more throughout her workout, rather than worrying about her children.

The childcare services at Elite offer so many different options for kids in hopes of making life easier for the whole family. Kids often do not want to leave their parents but we strive to make the playroom a place where children want to go because they enjoy themselves.

At Elite, we want to foster an environment where the whole family can be happy and healthy together. ■

eliteclubs.com/youth/childcare-youth-spaces

JANUARY 2020



SUN	MON	TUE	WED	THU	FRI	SAT
					ALL TWLC Kick-Off Party ME Orange / Green Ball Progression	WB Fit Kids
29	30	31	1	2	3	4
RG Lifeguard Review & Recertification	BR, ME, RG Youth Group Swim Lessons BR, WB, NS, RG Myzone Basics Workshop WB, ME Beginner Spin Workshop BR Dance Classes Sign-up Night WB ReAlign Class Series	BR, ME, RG Aqua Fish Basics Workshop WB Fit Kids Spin Workshop	NS, RG Beginner Spin Workshop BR Intro to Swimming Workouts WB Myzone Basics Workshop, Treadmill Workshop, Fundamentals of Yoga Series RG Dance Classes Sign-Up Night, Gym & Swim	WB Treadmill Workshop ME Beginner Spin Workshop	ME Flick and Float, Beginner Spin Workshop BR, WB, ME BodyPump 112 Launch Party BR Adult Tennis Social RG Winter Wonderland Father-Daughter Dance WB 3v3 High School Team Tournament Series	BR, RG Parent & Child Swim Lessons WB Fundamentals of Yoga Series ME Learn Soccer Tennis Social
5	6	7	8	9	10	11
BR Beginner Spin Workshop RG Women's 6.5/7.0 Winter League	BR HealthyCARE Info Session	BR "Young At Heart" Luncheon WB Mobility Workshop RG Beginner Spin Workshop	BR "Young At Heart" Luncheon WB Mobility Workshop RG Beginner Spin Workshop	WB Mobility Workshop RG Beginner Spin Workshop, Beginner Step Workshop	WB Renew, Refresh & Restore with Yoga RG Family Fun Night ME Soccer Tennis Tournament	NS Midwest Level 3 - Boys 18's, Beginner Spin Workshop RG Giant Pool Inflatable Party
12	13	14	15	16	17	18
WB Pizza & Play: Red, Orange, Green Ball	ME Freestyle Swimming, The Elite Games: Spike Ball BR Open Singles Table Tennis Tournament	BR Table Tennis Tips 'n Tricks with Coach Chico WB Myzone Basics Workshop	BR Intro to Swimming Workouts	RG Freestyle Swimming	ME, RG Winter Open Singles/Doubles Tournament	
19	20	21	22	23	24	25
26	27	28	29	30	31	1
	RG & BR Dance Classes Start BR Beginner Spin Workshop ME Swimming Turns Workshop	BR 4 on 4 Full Court Basketball League ME Table Tennis Skills Workshop RG Beginner Step Workshop	RG Beginner Step Workshop	ME American Ninja Warrior Party, Junior Doubles RG Tennis/Group Ex Friday Night Fever NS Color Splash-Bubble Splash Art Workshop, Level 4-BG 12's		
2	3	4	5	6	7	8

BROOKFIELD (BR) | WEST BROOKFIELD (WB) | MEQUON (ME) | NORTH SHORE (NS) | RIVER GLEN (RG) | MILWAUKEE ATHLETIC CLUB (MAC)

FEBRUARY 2020



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
	BR Table Tennis League (Advance) ME Setting up a Swim Workout RG Myzone Basics Workshop	BR Cornhole League ME Learn Fortnite Dodgeball Social	BR Intro to Swimming Workouts, Table Tennis League (Recreational) NS Myzone Basics Workshop	ALL Elite Seats: The Lion King RG Aqua Running	BR & RG "Spilled Coffee" Moms' Group BR Friday Night Blitz, Valentine's Adult Tennis Social WB 3v3 High School Team Tournament Series ME Flick & Float NS Pizza & Play: Red Ball	ME Introduction to Snowshoeing ME Level 4 - BG 14's & 16's NS Level 4 - BG 12's
2	3	4	5	6	7	8
ALL Elite Seats: The Lion King WB Pizza & Play: Red, Orange, Green Ball	BR Table Tennis Lessons	BR Cornhole League ME Learn Fortnite Dodgeball Social	BR Intro to Swimming Workouts, Table Tennis League (Recreational) NS Myzone Basics Workshop	ALL Elite Seats: The Lion King RG Aqua Running	BR & RG "Spilled Coffee" Moms' Group BR Friday Night Blitz, Valentine's Adult Tennis Social WB 3v3 High School Team Tournament Series ME Flick & Float NS Pizza & Play: Red Ball	ME Spike Ball Tournament
9	10	11	12	13	14	15
NS Strength and Mobility for Bikers	BR, ME, RG Youth Group Swim Lessons ME The Elite Games: Soccer Tennis	BR Table Tennis Lessons	WB Realign Class Series BR HealthyCARE Info Session		WB Heartwarming Yoga ME The Elite Games: Fortnite Dodgeball NS Orange / Green Ball Progression	ME Junior Escape Room Party
16	17	18	19	20	21	22
ME Strength and Mobility for Bikers	BR, ME, RG Youth Group Swim Lessons ME The Elite Games: Soccer Tennis	BR Table Tennis Lessons	WB Realign Class Series BR HealthyCARE Info Session		WB Heartwarming Yoga ME The Elite Games: Fortnite Dodgeball NS Orange / Green Ball Progression	ME Blended Learning Water Safety Instructor Certification, Parent & Child Swim Lessons, Mardi Gras Adult Tennis Social
23	24	25	26	27	28	29
ME Spike Ball Tournament	WB Myzone Basics Workshop	RG Pilates for Whiners	BR, WB Myzone Basics Workshop ME Fortnite Dodgeball Tournament	BR Third Space Brewing Beer Tasting ME Myzone Basics Workshop	ME & NS Spring Open Singles/Doubles Tournament BR SCIT Reunion ME Pizza & Play: Red & Orange Ball NS Triple A	BR Leap Day 3 on 3 Basketball Tournament NS Snorkel Clinic
1	2	3	4	5	6	7

BROOKFIELD (BR) | WEST BROOKFIELD (WB) | MEQUON (ME) | NORTH SHORE (NS) | RIVER GLEN (RG) | MILWAUKEE ATHLETIC CLUB (MAC)

Meet Elite

Derek Chappell



Derek Chappell has been a member of Elite Sports Clubs for over fifteen years. Throughout the years, he has worked on himself physically and mentally, as well as working on and achieving his personal goals.

He joined the club looking for a new workout environment and loved what Elite had to offer. Unlike his previous gym, Elite has a lot more treadmills that he uses for as long as he wants. There is one specific treadmill that Derek always runs on because "it never times him out." He can run for hours and hours at a time without having to stop, which is how he prefers to train. Treadmills are the most relevant to Derek since he spends most of his time at the club training for races, anything from a 5k to full marathons.

Running has helped Derek lose over 130 pounds. Since he has been working out at Elite, Derek has enjoyed working with trainer Alex Shapsis. Alex has helped Derek immensely with his running form as well as weight training. "Alex played a huge role during my journey of losing over 130 pounds." He always helps Derek throughout his training and is there if he has any questions. Alex also served as a resource for finding healthy nutrition options and suggestions for changing food habits.

HE CAN RUN FOR HOURS AND HOURS AT A TIME WITHOUT HAVING TO STOP, WHICH IS HOW HE PREFERS TO TRAIN.

Utilizing all aspects of the club

Besides the fitness center, there are many areas that appeal to Derek at Elite, such as the massage services, yoga classes, and the availability of physical therapy. Weekly massages are a huge perk of which Derek takes advantage. When Derek was injured, physical therapist Kurt Alt helped him rehab back to a healthy state. Derek refers to Elite as a "one stop shop," since everything he needs is in one place ready for him.

Motivation plays a huge role in deciding to make a lifestyle change. For Derek, his mom was an important part of that process. Derek's mom had health problems and she did not want those same health problems to be present in Derek's life. She encouraged him to live a healthier lifestyle and lose weight so that he could be around for his family. He made a promise to his mom, which sparked his weight loss journey. The internal drive to make his mom proud played a huge role in the success Derek accomplished.

The weight came off fast, at first. At the beginning, Derek was losing up to ten pounds a week. He then slowed down to losing five pounds every couple weeks. Derek states, "Eventually, I began to gain muscle while still shedding off fat." The first thing Derek noticed was that he would chafe a lot during his runs, which led to him shopping for new clothes that he could wear and be comfortable in during his workouts. He figured out what kind of shorts he liked running in best and that helped with the discomfort while running.

Realizing the dream

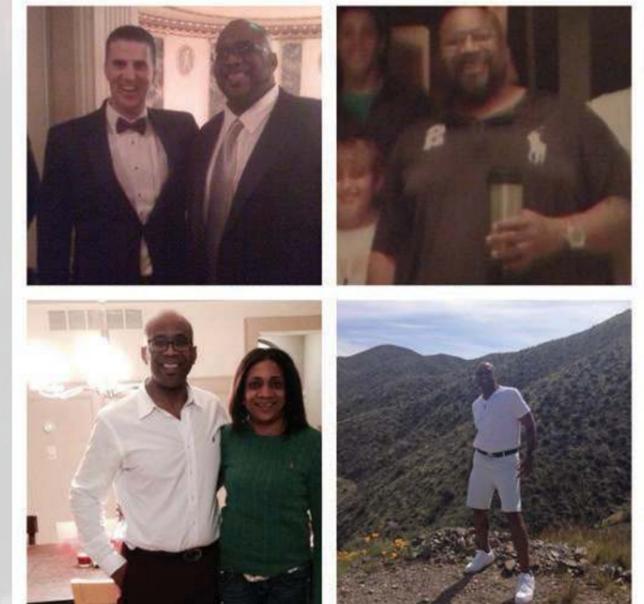
As he was losing weight, he developed a passion for running, which initiated his start to running races. He has done a variety of races in many different destinations across the world. Since Derek has started running, he has participated in a total of 43 races. He has visited Philadelphia, Las Vegas, Miami, Tampa, Disney, and even Paris, France, to run races. He would love to be able to do the marathon in Hong Kong one day so his destination race days have not come to an end. He also mentioned that the Big Sur race is also on his list of dream races.

The ups and downs and all the traveling for races never bothered Derek's family. They go to every race they can to cheer him on. Working out and becoming fit led Derek to a healthier and more confident lifestyle. But it wasn't always that way. Planes were not very comfortable, which made traveling difficult until he started losing weight. "I gained confidence and felt like I could do more active things with my family and all around in my life." As he got healthier, it became much easier to travel. He was able to do more activities with his family, such as snorkeling or scuba diving while on vacation.

Derek's family has supported him throughout his entire journey in other ways, too. Specifically, they are a positive influence on eating healthier. Healthier food options are a must with lifestyle changes and Derek's family helped him find delicious meal choices. This aided in the weight loss process.

MOTIVATION PLAYS A HUGE ROLE IN DECIDING TO MAKE A LIFESTYLE CHANGE.

PHOTOS OF BEFORE & AFTER DEREK'S WEIGHT LOSS



DEREK ACCOMPLISHING SEVERAL RACES



In this journey together

Derek is known pretty well throughout the Elite community and he explains the feel of the club as more of a family. Everyone supports each other and their goals. To quote Derek, "I see all of these people out in the neighborhood and we all keep each other in check and accountable." It is much easier to stay motivated when there is a supportive team of people around. Derek also explained that he used to do races, some destination races as well, with other members from Elite. He loved having that close connection of a relationship to be able to go run races with people who train where he does. Overall, Derek feels the love all around, from family to friends along with everyone else who helps him train.

Currently, Derek is training to get back into running shape. He wants to get back to training for a half marathon or marathon. He has been working every week and increasing the number of miles he runs each day. The ideal plan is to run a race in February. However, going through with the plan of racing in February will depend heavily on how much Derek travels before February. Derek states, "The hardest part of training is traveling while in training because it is easy to miss a workout or eat unhealthy food." Especially in other countries, there is not always the correct equipment available. Also, not knowing an area can result in a missed workout or shorter workout than usual. For this reason, Derek does not like to travel when he is training for a race.

There are many different things Derek thinks about while running but he, of course, always has his music playing. Derek enjoys listening to music but he also likes watching the stock market. He finds that the stocks are a good distraction and the time, which is usually a couple hours, flies by. His favorite music to listen to is Hip Hop because it keeps him energized. He keeps his playlist full of "pump up music" to help him run his best. Derek acknowledged that bad runs sometimes happen but at least he still got a workout. "As long as there were no injuries, the run could not be considered 'bad.'"

Everyone's journey is different but there are definitely some tips that can be learned by people that have undergone a healthy lifestyle change. The advice Derek would give to someone trying to change their lifestyle would be to start by setting smaller goals. Instead of trying to lose fifty pounds right away, setting a goal to get into the gym a certain number of days each week would be easier to reach and therefore, more effective. He has learned that it is easier to achieve a goal that is not so far-fetched, which then encourages you to keep going. Small goals allow for new ones to be set often, keeping the journey updated and fresh.

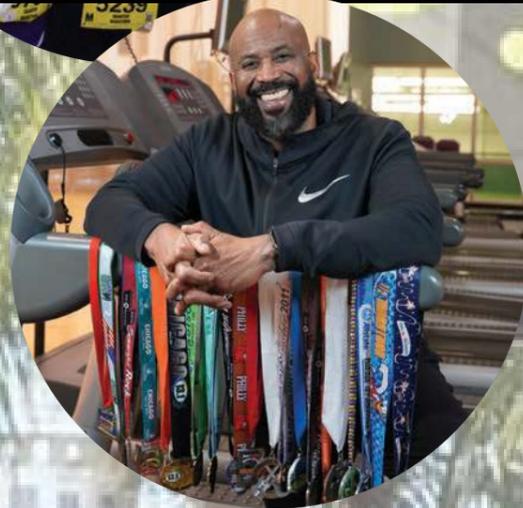
Creating the commitment

Derek recommends going in to work out four times a week for people who are starting to work out. Dedicating four days a week multiple months in a row will create a habit of working out. Once a habit is created, it can be realized quickly when the habit has been broken. Derek has noticed that his body resists being out of shape by sending signals that he needs to get a workout in. He explained that his body "doesn't like it" when he allows himself to get out of shape or miss workouts. The internal habit that has been built keeps Derek in check and accountable. This is a never-ending journey of creating healthy habits that will result in a happier life.

Derek is proud of his accomplishments so far, but he is in no way settling with what he has accomplished. The journey has just begun and there are more goals to meet, new destinations to reach, and happiness to chase. ■



ABOVE: DEREK CELEBRATING VICTORY WITH FRIENDS
BELOW: DEREK CHAPPELL WITH SEVERAL OF HIS MEDALS



Physical therapy conveniently
at your fingertips!

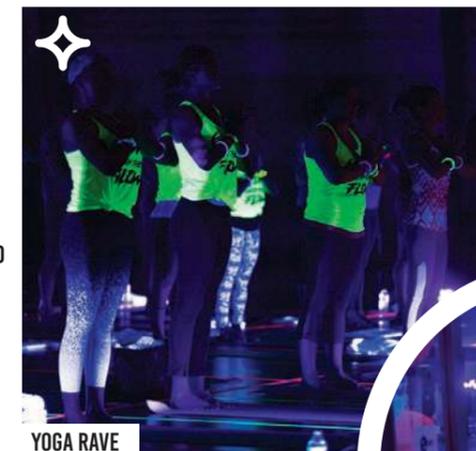
SERVICES

- Physical Therapy
- Chiropractic
- Massage & Neuromuscular Therapy
- Sports Performance Training
- ARP Wave Therapy
- Aquatic Therapy
- Free Injury Assessments
- Graston Technique
- Kinesio Taping
- Custom Orthotics, Braces, Wraps
- Stem Cell Injections (for arthritis, etc.)

SMART-CLINIC.COM
(262) 754-3450
info@smart-clinic.com

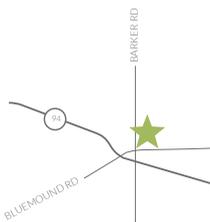


THIS IS OUR ELITE LIFE!

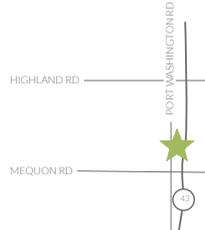




BROOKFIELD
13825 W. BURLEIGH RD
262.786.0880



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

Treat yourself this winter!

(and through the spring, too!)

Elite Sports Clubs offers a variety of services & amenities to help you indulge and relax:
Included with your membership!

- Red Light Therapy
- Whirlpool
- Sauna
- Steam Room

Massage

30min...\$45 member/\$55 non-member

60min...\$65 member/\$75 non-member

90min...\$90 member/\$100 non-member

Reiki

30min...\$30 member

60min...\$55 member

90min...\$75 member

