

FALL 2018 ACTIVITY GUIDE & NEWS

# ELITE *Life*

## Fountain of Youth

THE KEY TO  
ETERNAL RADIANCE

## Generations Carry

HOW ONE FAMILY  
GREW WITH THE CLUB

Workshops  
& Events  
for the  
whole family!



# A letter from the CEO

Knowing that many others had similar goals as the baby boomer generation such as myself, aided in the development of the programming for Elite. I began to tailor club events around the needs of the families in the area. As my family has grown and aged over the years, I needed to come up with ways for us to stay healthy and enjoy time together.

I started SCAMP (Elite's summer camp) so I could bring my kids to work and they would actually learn skills in swimming, tennis, and karate. My youngest son, Sam, was in the first Karate class when Rick started the Elite Dojo 30 years ago. I created and brought my kids to "Kids Night Out," which they thoroughly enjoyed along with 60 other kids each month. My kids played in the weekly Sunday tennis tournaments. It was great, they were guaranteed two matches and all the kids would just hang out in the tennis lobby. I also volunteered at the Children Hospital Tennis-a-thon which was a lock-in and sleep over at the club and of course, my kids were there.

As they got older, all three of my kids worked at the club. They started in housekeeping and on towel duty. Barrie eventually worked in the playroom, while Alex and Sam worked at the front desk and grill. And soon after, the boys graduated to helping teach tennis.

I'm proud to say that through growing up in the clubs my kids have continued to practice a healthy lifestyle. One taught scuba diving and tennis. Another runs, enjoys yoga, biking, and other classes. And the youngest plays paddle (pop tennis), and also does yoga and boot camp. We even did a family half marathon in New Orleans together!



Pictured: Scamp counselor, Alex and Sam Yuspeh  
First session of SCAMP 1987



Pictured: Sensei Rick Reshel & Sam Yuspeh  
Martial Arts

Nothing brings me more joy than seeing our members' families also grow bigger and older together at the clubs—just like my family did. I feel so proud to have the opportunity to create this space and this community that services so many members' families, my staff's families, and even my own family's needs as they continue to change over the years. I look forward to many years of new innovations and opportunities that will continue to provide a safe and enjoyable club for generations to come.

*Kay Yuspeh*

CEO and Owner, Elite Sports Clubs

## TABLE OF CONTENTS

4	5	7	8
Elite Life	Fitness	Nutrition	Tennis
10	12	14	16
Sports	Aquatics	Youth	Music & Martial Arts
17	21	24	
Cover Story	The Fountain of Youth	Strengthening Bodies & Bonds	

### Club Hours SEPTEMBER - DECEMBER

**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 (ALL CLUBS)

**Labor Day** September 3

**BR, ME, RG** 7:00am - 6:00pm

**NS, WB** 7:00am - 1:00 pm

**Thanksgiving** November 22

7:00am - 12:00pm

**Christmas Eve** December 24

7:00am-3:00pm

**Christmas Day** December 25

Closed

**New Year's Eve** December 31

**BR, ME, RG** 7:00am - 6:00pm

**NS, WB** 7:00am - 3:00 pm

**New Year's Day** January 1

7:00am - 3:00pm

### GUEST POLICIES

**Adults:** \$15/person

Limit 4 guests per member per day

**Children 17 & under:** \$10/child when parent is on premises

\$20/child with completed code of conduct form

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.

### DOG DAYS

Bring your furry friend for a swim! Dogs welcome to swim in our outdoor pools as part of this fun, one-day event.

October 14 | 1:00 - 3:00 pm | Sarah | RG | FREE  
October 21 | 1:00 - 3:00 pm | Taylor | BR | FREE  
October 21 | 1:00 - 3:00 pm | Jessica | ME | FREE

### FAMILY FUN NIGHT

Families can enjoy open tennis court time, open swim, a snack station and gym time. Come and bring the whole family and enjoy some time together!

September 28 | 6:00 - 8:00 pm | Mary | RG | FREE  
October 20 | 5:00 - 7:00 pm | Andrea | BR | FREE  
October 26 | 6:00 - 8:00 pm | Mary | RG | FREE  
November 17 | 5:00 - 7:00 pm | Andrea | BR | FREE  
November 30 | 6:00 - 8:00 pm | Mary | RG | FREE  
December 21 | 6:00 - 8:00 pm | Mary | RG | FREE  
December 22 | 5:00 - 7:00 pm | Andrea | BR | FREE

### KIDS NIGHT OUT DELUXE

Drop the kids off and enjoy a night out to yourself!

Laser Tag: October 13 | 6:00 - 9:00 pm

Mary | RG | \$25

Drive-In Movie: November 9 | 5:30 - 8:30 pm

Alyssa | WB | \$25

Rock Climbing: December 15 | 6:00 - 9:00 pm

Mary | RG | \$25

### CHICAGO SHOPPING TRIP

Join Tony and Susie for our annual shopping trip to Michigan Ave. in Chicago. Enjoy a continental breakfast at our Brookfield location, then board our luxury motorcoach for a day in the Windy City. On the return trip, we will be serving snacks and beverages. This event is open to your friends as well.

November 28 | 8:00 am - 8:00 pm | Tony | BR | \$55

### SINGLES TABLE TENNIS TOURNAMENT

Come play in this one-day unseeded tournament. All levels are welcome and we will break into "A" and "B" brackets if needed. Food and drink will be provided, and there will be prizes for the winner!

September 10 | 6:00 - 10:00 pm | Scott | BR | \$15

### BIKES & BREWS

Ages 21+ | Join us for the mayhem of Bikes and Brews! We will spin at 6:30, and then gather at 7:30 to sample War Pigs craft beer with Derek! There will be beer friendly grub too!

October 19 | 6:30 - 9:00 pm

Paul | NS | \$15

### MAHJONG

Thursdays | 11:00 am | RG | FREE

### SHEEPSHEAD

Mondays | 1:00 - 3:00 pm | NS | 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](mailto:concierge@eliteclubs.com).

### 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](http://eliteclubs.com/birthdays).

### PRIVATE RENTAL

Rent a portion or all of the club for your Family Reunion, Corporate Event, Wedding, Bat/Bar Mitzvah, School Function etc. Rates vary by length of the event and staffing needs. We can also customize your event with tables, chairs, food, beverages, and additional add-ons.

# Personal training

We offer a wide variety of specialized training! Our focused programs include, but are not limited to:

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

## SIGN UP WITH A TRAINER TODAY!

### SMALL GROUP

(4+ PEOPLE, PER 6-WEEK SESSION)

\$79 30 MINUTES

\$89 45 MINUTES

\$99 60 MINUTES

### SEMI-PRIVATE

(PER PERSON, PER TIME)

2 PEOPLE

\$32.50 30 MINUTES

\$45 60 MINUTES

3 PEOPLE

\$27 30 MINUTES

\$35 60 MINUTES

### PRIVATE

(PER PERSON, PER TIME)

\$40 30 MINUTES

\$65 60 MINUTES

## New classes coming this Fall!

Including Les Mills Tone at North Shore, West Brookfield, and River Glen. Check out our website for the full schedule.

### GROUP EX CHALLENGE: LES MILLS CLASSES

Go to any Les Mills class in the month of September and get entered into a drawing for a prize!

### COMMIT TO FIT

Thanksgiving to Christmas

Participate in our Group Ex classes and earn awesome prizes!



# FITNESS

## Workshops (free!)

### FOAM ROLLING *September*

Learn the proper techniques to foam rolling your body and why foam rolling might be the difference your body needs to feel even better! The foam roller can be used prior to your warm up to prep your muscles for stretching or after your workouts to aid in muscle recovery. Attend this workshop to learn to use the foam roller as an important tool for your health.

September 10 | 5:00 - 5:30 pm | Polly | WB  
September 13 | 5:00 - 6:00 pm | Matthew | NS  
September 15 | 10:30 - 11:00 am | Marshal | RG  
September 17 | 7:30 - 8:15 pm | Chris | ME  
September 18 | 11:00 am - 12:15 pm | Kaitlin | ME  
September 18 | 10:00 - 10:30 am | Polly | WB  
September 18 | 11:00 - 11:45 am | Kaitlin & Chris | ME  
September 25 | 6:30 - 7:30 pm | Jen | BR  
September 27 | 10:00 - 11:00 am | Jen | BR

### STRETCHING *October*

Learn the basics behind stretching and how to improve your flexibility. You will learn the difference between static and dynamic stretching and the appropriate times to use it!

October 2 | 10:00 - 10:30 am | Curt | NS  
October 5 | 10:30 - 11:00 am | Bernie | ME  
October 8 | 9:15 - 9:45 am | Jill | WB  
October 8 | 10:00 - 11:00 am | Taylor | BR  
October 10 | 6:00 - 6:30 pm | Spencer | ME  
October 17 | 6:00 - 6:30 pm | Pam | WB  
October 23 | 5:00 - 6:00 pm | Taylor | BR  
October 24 | 6:00 - 6:30 pm | Kailyn | RG

### SKI SEASON PREPARATION *November*

Come to this workshop to find out what exercises are best to prepare for the ski season! A trainer will be discussing and demonstrating exercises that will emphasize leg strength, balance, core strength and much more. Participants will then have a chance to practice the exercise and get personalized tips from the trainer on how to continue to improve their workout program.

November 1 | 7:00 - 8:00 pm | Jason | ME  
November 6 | 10:00 - 11:00 am | Jason | ME  
November 6 | 7:00 - 7:45 pm | Nicole | RG  
November 8 | 6:30 - 7:15 pm | Neil | WB  
November 10 | 10:00 - 11:00 am | Eric | BR  
November 13 | 6:00 - 7:00 pm | Eric | BR  
November 19 | 6:00 - 7:00 pm | Maryann | NS  
November 24 | 11:00 am - 12:15 pm | Neil | WB

# Nutrition

## Workshops (free!)

### NUTRITION FOR EXERCISE WORKSHOP

Find out how to properly fuel your body for optimal performance! Get tips for eating before, during, and after various types of exercise. *Coming to a club near you in September.*

### SNACK THIS, NOT THAT WORKSHOP

Join us to learn about the importance of snacking. You will learn proper timing of snacks, healthy swaps, suggestions, receive recipes, and more! *Coming to a club near you in October.*

### HEALTHY EATING FOR THE HOLIDAYS WORKSHOP

Have a favorite holiday dish or treat? We are here to teach you simple substitutions to make some of the holiday classics even healthier. *Coming to a club near you in November.*

## Meet our Nutrition Staff!

**Sarah Brunner, RDN**  
[sarahbrunner@eliteclubs.com](mailto:sarahbrunner@eliteclubs.com)  
Registered Dietitian

**Taylor Thompson**  
[taylorthompson@eliteclubs.com](mailto:taylorthompson@eliteclubs.com)  
Certified Nutritionist

**Kaitlin Wille**  
[kaitlinwille@eliteclubs.com](mailto:kaitlinwille@eliteclubs.com)  
Nutrition Coach

**Jason Liegl**  
[jasonliegl@eliteclubs.com](mailto:jasonliegl@eliteclubs.com)  
Nutrition Coach

**Matt Bartz**  
[mattbartz@eliteclubs.com](mailto:mattbartz@eliteclubs.com)  
Nutrition Coach

## nutrition services

### 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

**JUNIOR TENNIS MEMBERSHIPS**  
**ARE ONLY \$20<sup>+tax</sup>/MONTH!**  
All junior tennis players 11 and over  
require an Elite membership.

## YOUTH TENNIS LESSONS

### At All Elite Sports Clubs

You are never too old or too young to learn tennis. Elite has entry levels for all ages. For locations and times, please pick up our tennis brochure at the front desk.

**Session 1** August 27 – November 25

**Session 2** November 26 – March 3  
*Winter Break: Dec. 24 – Jan. 1*

Register online at [EliteClubs.com/TennisRegistration](http://EliteClubs.com/TennisRegistration)

## Why 10 & Under Tennis?

### Advanced sign up required

Tennis has now kid-sized the game for 3 - 10 years old to make it more fun and give the child more success. By kid-sizing the equipment (balls, racquets, and net height) kids can quickly develop skills and actually start rallying. Our Pizza and Play events are fun. It gives the child a chance to practice what they have learned in a nurturing environment. Since there is no membership requirements for the 10 and under program, have your child come with a friend!


## What happens after 10 years old?

You can still start tennis at any age. Future Stars (11 - 14) is both an entry level and an advanced program. Elite Sports Clubs have two different tracks of Junior lessons. Recreational and Invitational. Both tracks develop successful tennis players at all ages that allow your child to enjoy tennis for a lifetime. We team teach all of our groups. Students are grouped by ability and are exposed to multiple teachers in the class time.

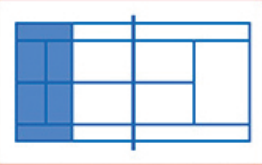
## Why USTA Tournaments & How to Register

Tennis is not all about lessons, it is about playing the game. Once a child is able to serve, rally and score, they can start playing in tournaments\*. Elite hosts many USTA tournaments at all levels: entry, intermediate and advanced. You must register for these online at [www.tennislink.usta/tournaments](http://www.tennislink.usta/tournaments). Any of our tennis pros will be able to assist you if needed.


*\*Competition, at any level, builds confidence, stamina, problem solving and fun. Our pros are here to assist you on this journey to take the intimidation out of an individual competition.*



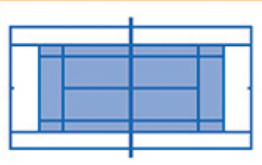
Red felt or foam  
Moves slower and bounces  
lower than orange ball




36' x 18'



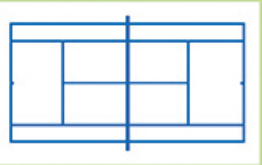
Orange  
Moves slower and bounces  
lower than green ball



60' x 21' singles  
60' x 27' doubles



Green  
Slightly reduced bounce from  
yellow ball



78' x 27' singles  
78' x 36' doubles

## MARGARITA MIXER

Enjoy an evening of tennis, margaritas and mexican food at our round robin format.

October 5 | 6:00pm | Brian | NS | \$35

## GAME, SET, MONEY MENS 3.5

USTA men's tournament in a round robin format of singles. The winner and second place of the series will receive money from the Midwest Tennis office.

October 6, November 3, December 1

times vary | USTA | NS | \$35

## ADULT TENNIS MIXER

Play tennis with a partner (or we can provide you with one) in a match format followed with a dinner and beverages in a social setting. October will be a BBQ.

October 19, November 30

6:00pm | Riki | BR | \$35

## ADULT WOMEN'S 3.5 & 4.0

Play an 8 game pro-set in a round robin setting. Lots of tennis in a 4-hour window!

October 20 | USTA | ME | \$35

## ADULT TENNIS SOCIAL

This is just a fun mixer for all levels. Play different players each match. Pizza and beverages will be served. Playroom would be open with reservations

November 3 | 5:00pm | BR | \$25

## TURKEY OPEN SINGLES/DOUBLES

Mens and women's 3.0, 3.5, 4.0, 4.5 divisions

Must be able to play by 6:00 on Friday and Saturday after 1:00. First match consolation.

November 9 - 10

Randy | ME & RG | \$30 singles/\$40 team

## ROUND ROBIN

Doubles play based on combined ratings.

Beverages and snacks will be provided.

November 16 | 5:30pm | Jordan | RG | \$25

## ADULT/CHILD TOURNAMENT

The divisions are based on the child's level. We will have a green dot and above levels. We can match anyone interested in playing with a partner.

November 30 | 6:00pm | Randy | ME | \$25

## HOLIDAY SOCIAL

Brookfield and North Shore are tag teaming this event for everyone. Play against new players and socialize off the court with our holiday buffet. You can even try pop tennis and cornhole.

November 30 | 6:00pm

Riki & Brian | BR & NS | \$35/player \$10/spectator

## TENNIS RECIPROCITY

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

## COURT RATES

*September - May*

**Permanent Court Time** \$25<sup>+tax</sup> per hour

**Open Court Time** \$18<sup>+tax</sup> per hour

**Elite Savings Time** \$10<sup>+tax</sup> per hour

*Weekdays* Open - 9:00 am  
1:00 - 4:00 pm

9:00 pm - Close

*Saturdays* 2:00 pm - Close

*Sundays* All Day

**Ball Machine (add-on)** \$5<sup>+tax</sup> per ½ hour

## UNLIMITED TENNIS PACKAGE

*Package Rates September - May*

**Visa Clubs Only** \$35 per month

*Play at North Shore & West Brookfield only*

**Passport Member** \$75 per month

*Play at all Elite Clubs*

## PRIVATE TENNIS LESSONS & DRILLS

Pricing per person	30min	60min
1 participant	\$42	\$78
2 participants	--	\$42
3 participants	--	\$35
4 participants	--	\$30

### For questions about tennis contact:

**MikeDierberger@eliteclubs.com** Brookfield

**MikeSharp@eliteclubs.com** West Brookfield

**RandyHaws@eliteclubs.com** Mequon

**JonCalvillo@eliteclubs.com** North Shore

**WallyBronson@eliteclubs.com** River Glen

## ELITE IS THE TENNIS PLAY FACILITY FOR

CARDINAL STRITCH UNIVERSITY

UNIVERSITY OF WISCONSIN-MILWAUKEE

MILWAUKEE SCHOOL OF ENGINEERING

ALVERNO COLLEGE

MILWAUKEE LUTHERAN

CONCORDIA UNIVERSITY



# SPORTS



## 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 and encouraged to participate.

Mondays | 6:00 - 8:00 pm | WB (50+)  
Tuesdays | 12:00 - 1:30 pm | NS (30+)  
Tuesdays | 12:00 - 2:00 pm | ME (21+)  
Tuesdays | 7:00 - 9:00 pm | RG  
Wednesdays | 6:00 - 8:00 pm | WB (50+)  
Wednesdays | 7:00 - 8:00 pm | BR  
Thursdays | 6:30 - 8:00 pm | NS

## 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  
FREE/Passport Member; \$50/Visa Member  
Mondays & Wednesdays 5:00 - 7:00 pm | Matt | ME

## 4-ON-4 BASKETBALL LEAGUE

Come participate in this full-court competitive league. You can make your own team OR join in as a free agent and be placed on a team. The league is 7 weeks PLUS a final playoff. There will be prizes for the league winner!

September 4 - October 30  
November 6 - January 15 - OFF Dec. 25 and Jan. 1  
Tuesdays | 7:00 - 10:00 pm | Scott | BR | \$50

## ADULT 3-ON-3 BASKETBALL TOURNAMENT

Ages 18+ | Come play in this one-day event. You can put your own team together OR get placed on a team. We will play a round robin and finish with a seeded tournament.

October 13 | 1:00 - 6:00 pm | BR | \$10

## 3-POINT SHOOTOUT

Ages 12+ | Score as many 3-pointers as you can in 1 minute with 5 racks of 5 balls apiece! The last ball at each station will be a "money ball" worth 2 points. \$5 gets you two tries. The top 3 shooters will get to shoot at halftime of the league finals to win prizes.  
October 17 | 7:00 - 10:00 pm | Scott | BR | \$5

## 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



## PLATFORM TENNIS

Starting in October | WB  
Contact MikeSharp@eliteclubs.com  
for more info.

## TABLE TENNIS LEAGUE (RECREATIONAL LEVEL)

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. Players will be placed in one-hour time slots with other players, rotating players each week. We will have a final tournament and party at the end of each session.

September 26 - November 7  
November 14 - January 9  
Wednesdays | 6:30 - 9:30 pm | Scott | BR | \$20

## TABLE TENNIS LEAGUE (ADVANCED)

This league is for more advanced or competitive players although all levels are welcome to participate. Players will be scheduled for 1 hour of play each week in rotating pods, playing a different group of players each week. We will end with a final tournament and party.

September 24 - November 5  
November 12 - January 7  
Mondays | 6:00 - 10:00 pm | Scott | BR | \$20

## TEAM TABLE TENNIS LEAGUE

This TEAM league will include BOTH singles and doubles play. We will either have permanent teams or rotating teams each week depending on the number of sign-ups. Each session will end with a final tournament and party.

September 27 - November 8  
Thursdays | 6:00 - 8:00 pm | Scott | BR | \$20

## TEAM TABLE TENNIS TOURNAMENT

This team tournament will consist of both singles and doubles play. 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 and drinks, and a prize for the winning team!

December 8 | 1:00 - 5:00 pm | Scott | BR | \$15

## TABLE TENNIS GROUP LESSONS

Come develop your table tennis skills in this group lesson. The focus will be on proper form and technique, serving skills, returns, gameplay strategy, and more. All levels are welcome.

*Kids 6+ or Parent & Child*

September 18 - October 23  
November 6 - December 18  
Tuesdays & Thursdays | 5:00 - 6:00 pm  
Scott | BR | \$99

*Adult Table Tennis Lessons*

Ages 12+  
September 18 - October 23  
November 6 - December 11  
Tuesdays | 6:00 - 7:00 pm  
Scott | BR | \$99

Interested in table tennis leagues at a different Elite club location?  
Contact your home club today  
& we'll get one started!

## CORNHOLE LEAGUE

Come play this tailgate favorite. You do not need a permanent partner but will instead rotate partners and opponents each week. All levels are encouraged and welcome to play. We will end each season with a final tournament and party!

September 25 - October 30  
November 13 - January 8 - OFF Dec. 25 and Jan. 1  
Tuesdays | 7:00 - 8:00 pm | Scott | BR | \$20



## PREMIUM BEER

Only \$4<sup>50</sup>

*Options change seasonally*

- Rekorderlig
- Third Space
- Hinterland
- New Glarus
- Stella Artois





YOUTH SWIM LESSONS

SESSION 1: SEPTEMBER 10 - OCTOBER 20  
SESSION 2: OCTOBER 29 - DECEMBER 15  
(no class November 19 - 24)  
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, Saturdays 10:00 - 10:30 am & 10:30 am - 11:00 am  
Level 2: Mondays 5:00 - 5:30 pm, Saturdays 11:00 - 11:30 am  
Level 3: Mondays 5:30 - 6:00 pm, Saturdays 11:30 - 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 pm  
Level 4: Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 pm

PARENT & CHILD SWIM LESSONS

SESSION 1: SEPTEMBER 15 - OCTOBER 20  
SESSION 2: NOVEMBER 3 - DECEMBER 15  
(no class November 24)  
Parent and child swim lesson for ages 6 months-3 years.  
\$60 Passport Members, \$72 Visa Members  
Saturdays | 9:30-10:00 am | BR & ME

SWIM CLUB

For junior swimmers who can swim 50 yards (1 full lap), and would like to improve stroke production in a fun, social environment. Swim club gives participants a taste of what being on a competitive team is like, and focus will be on competitive swimming skills and endurance.  
September 11 - December 11 (no class November 20) | Tuesdays | 4:30 - 5:30 pm | BR | \$120  
September 11 - December 11 (no class November 20) | Tuesdays | 4:30 - 5:30 pm | ME | \$120  
September 12 - December 12 (no class November 21) | Wednesdays | 4:30 pm - 5:30 pm | RG | \$120

Visa members are waitlisted and cannot register online, see an aquatics director to be added.  
**For questions about aquatics contact:**  
**TaylorThompson@eliteclubs.com** Brookfield  
**JessicaHeller@eliteclubs.com** Mequon  
**SarahSullivan@eliteclubs.com** River Glen



GOLDEN WAVES

Ages 65+ | Whether you're a novice who has never learned to swim and is ready to take that first step, an advanced swimmer who wants to learn more, or someone who just never learned to swim "right", this senior-oriented group swim class will get you moving in the right direction.  
September 12 - October 17 | 1:00 - 1:30 pm | Jessica | ME | \$60 Passport Members, \$72 Visa Members

BLENDED LEARNING LIFEGUARDING CERTIFICATION

Ages 15+ | Interested in a great job as a lifeguard? Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional level CPR & AED. Online work ahead of time is required.  
September 10 - 15 | Monday - Thursday 6:00 pm - 9:00 pm & Saturday 12:30 pm - 5:30 pm | Ariana | ME | \$259  
September 24 - 29 | Monday - Thursday 6:00 pm - 9:00 pm & Saturday 12:30 pm - 5:30 pm | Ariana | BR | \$259  
December 27 - 28 | Thursday & Friday 8:00 am - 6:00 pm | Jessica | ME | \$259

BLENDED LEARNING WATER SAFETY INSTRUCTOR CERTIFICATION

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.  
November 3 - 4, 10 - 11 | Saturdays 1:30 - 5:30 pm, Sundays 9:00 am - 5:00 pm | Jessica | ME | \$259

AMERICAN RED CROSS LIFEGUARD REVIEW/RECERTIFICATION

Recertification Class for Red Cross lifeguards.  
Must have current certification to attend.  
Groups put together by appointment.  
December 29 | 10:00 am - 7:00 pm | Jessica | ME | \$70  
Sarah | RG | \$70

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

Official Sports Club of:

- MILWAUKEE BUCKS PLAYERS AND THEIR FAMILIES
- MILWAUKEE BUCKS MASCOT BANGO
- MILWAUKEE BUCKS DANCERS
- MILWAUKEE WAVE
- MARQUETTE UNIVERSITY ATHLETICS

Proud Sponsor of:

- DRAGON DASH
- CUPCAKE RUN
- HEALTHY KIDS RUNNING SERIES
- NATIONAL NIGHT OUT BROOKFIELD
- + OVER 500 DONATIONS SUPPORTING LOCAL ORGANIZATIONS





# YOUTH

## Events

### AMP

(Athletic Movement & Performance)

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

### 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](mailto:TonyBieri@eliteclubs.com)

### TEEN NUTRITION & TRAINING

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

### 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. Available at Brookfield. E-mail [ChristinaGarthwait@eliteclubs.com](mailto:ChristinaGarthwait@eliteclubs.com) for more info.

### SCHOOL'S OUT SCAMP

Ages 4+ | Children will have a blast playing games and sports, swimming, making a holiday craft, they will watch a movie and hang with friends! Pack a cold lunch and a swimsuit. Pricing is per day.

September 19 | 10:00 am - 1:00 pm | Jessica | ME | \$15

October 18 | 10:00 am - 1:00 pm | Jessica | ME | \$15

December 26 - 28 | 9:00 am - 4:30 pm | Andrea | BR | \$49

December 26 - 28 | 9:00 am - 4:30 pm | Mary | RG | \$49

December 27 - 28 | 9:00 am - 4:30 pm | Natalie | ME | \$49

### KIDS NIGHT OUT

Ages 6+ | Drop off your kids for a night of endless fun while you enjoy the evening out! Snacks and beverages will be served. Bring your friends! Sign up in advance is required. (Children ages 6-weeks and older also welcome to be dropped off in the playroom for the evening.) See also page 4 for specially themed kids night out events.

October 5 | 6:00 - 9:00 pm | Natalie | ME | \$20

October 12 | 6:00 - 9:00 pm | Andrea | BR | \$20

November 9 | 6:00 - 9:00 pm | Andrea | BR | \$20

November 16 | 6:00 - 9:00 pm | Natalie | ME | \$20

December 14 | 6:00 - 9:00 pm | Andrea | BR | \$20

### KIDS DODGEBALL THURSDAYS

Ages 10-14 | Join other Elite kids every week to have fun playing dodgeball!

Kids will be encouraged to stay after to play basketball and hang out at the club.

September 20 - December 13

Thursdays | 4:30 - 5:30 pm | Scott | BR | \$20 per session or \$5 drop-in

### THE INCREDIBLES PARTY

Ages 3 - 12 | Calling all Superheroes! The Incredibles need your help with fighting off bad guys and saving the world. There will be superhero games, a superhero craft, and the Incredibles 2 movie! Pizza and beverages will be provided.

October 12 | 5:30 - 8:30 pm | Alyssa | WB | \$25

November 2 | 5:00 - 8:00 pm | Carrie | RG | \$25

### FLICK & 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.

October 19 | 6:00 - 8:00 pm | Taylor | BR | FREE

November 9 | 6:00 - 8:00 pm | Jessica | ME | FREE

November 16 | 6:00 - 8:00 pm | Sarah | RG | FREE

December 7 | 6:00 - 8:00 pm | Taylor | BR | FREE

December 7 | 6:00 - 8:00 pm | Sarah | RG | FREE

December 14 | 6:00 - 8:00 pm | Jessica | ME | FREE

### FRIGHT NIGHT & TENNISFEST

Ages 4 - 12 | Join us for a ghoulish good time! Lots of spooky activities, including a haunted boat ride and tricky tennis! Creepy pizza and beverages will be served. Children should wear their costumes and bring a trick-or-treat bag.

October 19 | 6:00 - 9:00 pm | Mary & Jordan | RG | \$25

### FUN BEFORE THE FRIGHT

Ages 6 - 14 | Join us in the pools for a Halloween-themed party. Halloween games, pizza, lemonade, and a chance to swim with our pools' Swamp Monster

October 20 | 5:30 - 8:30 pm | Jessica | ME | \$25

### FREE HOLIDAY PLAYROOM PARTIES

Available at all clubs

*Trick Or Treat*

Wear your Halloween costume and come to Elite for treats!

Be sure to bring a treat bag and we will visit all of the departments in the club! Please sign up at the front desk or in the playroom.

*Thanksgiving Party*

Do a Thanksgiving Craft and Enjoy a Yummy Treat!

*Holiday Party*

Do a Holiday Craft and Enjoy a Yummy Treat!

For questions about youth events contact:

[AndreaEngel@eliteclubs.com](mailto:AndreaEngel@eliteclubs.com) Brookfield

[AlyssaBlaha@eliteclubs.com](mailto:AlyssaBlaha@eliteclubs.com) West Brookfield

[NatalieAndrae@eliteclubs.com](mailto:NatalieAndrae@eliteclubs.com) Mequon

[ApinyaJordan@eliteclubs.com](mailto:ApinyaJordan@eliteclubs.com) North Shore

[MaryBronek@eliteclubs.com](mailto:MaryBronek@eliteclubs.com) River Glen





# MUSIC & Martial Arts

## MUSIC

BR & RG

This season 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 holiday season? No worries! We accommodate you with a flex week built in to the schedule and one additional reschedule permitted. 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.  
MozartsGym.com | (414) 581-7373

## MARTIAL ARTS

Ages 4+ | BR

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



# Generations Carry

A story of how  
one family grew  
with the club

We all know fitness is important, but it may be hard to find time to get an adequate amount of exercise with a growing family. Between full-time jobs, running the kids to soccer practice, and finding time for yourself, fitness is probably one of the last things you focus on. Our multigenerational family members find the time to do it all. With group exercise classes that are family-friendly, a children's playroom, the Quad and eZone, and classes for all age ranges—no one in the family will ever be left out! We can see this through the Harmelink/Mooren Family.

Carol Mooren started her membership with Elite over 30 years ago when the club only offered racquetball and tennis. Her passion for tennis is what drew her to the club, ultimately creating a family of tennis lovers! All 3 of her children participated in private tennis as well as junior tennis. By allowing all of her children, no matter what age, to participate in tennis activities, they became "a tennis family."

As Carol and the children got older, Elite was able to accommodate the age and skill change of their family by offering diverse options; she and her family grew with the club. The drive she had for playing tennis later changed into a love for fitness and swimming as well. When Carol first started incorporating swimming into her workout routine, she realized that it actually helped improve her tennis game! Her endurance was higher, and it was a really good form of exercise that utilized the whole body.



Experiences remain timeless

Carol currently visits the Brookfield club every day. Whether it is swimming 2-3 miles, lifting weights, utilizing a personal trainer, or getting in some cardio training on the elliptical, all of Carol’s fitness goals can be accomplished through the varying amenities at the club. The sense of family and community she feels at the club has even lead her to do family-friendly activities with her grandchildren. The activities that they enjoy doing together most are swimming, tennis, and “Family Fun Night.” This event is especially fun because Carol, her daughter, Mindy, and her grandchildren can all spend a night out of the house doing something entertaining and relaxing.

Since a young age, Mindy has taken tennis lessons and became more seriously interested in playing right before high school. But, as she went off to college and even post-college, she eventually stopped visiting Elite. However, now that Mindy has a family of her own; a husband and children, she and her family have rekindled their membership at the club. “We chose Elite because it suited our active lifestyle. I think what I enjoy most about it is the community. Whether it’s being able to connect with friends on my tennis league, engaging with the staff, or allowing my kids to have choices in the activities they want to participate in, Elite gives a sense of secure community. ”



Pictured: The Harmelink Children

One of the most accommodating amenities for the Harmelink family is the playroom. Mindy and her husband, Neal, started taking advantage of the playroom when their children were just six weeks old. This allowed her to have some “mommy time” while getting in a workout. Continuing Carol’s “tennis family” ways, Mindy and Neal’s children also started playing tennis as young as the age of three. Not only did the children participate in tennis, they also branched out into piano, karate, dance, the Quad at River Glen, and “Parent & Child” swim classes with her oldest daughter. “Let’s say one of my children gets sick of tennis, they’re allowed to try other activities.”

“WE CHOSE ELITE BECAUSE IT SUITED OUR ACTIVE LIFESTYLE. I THINK WHAT I ENJOY MOST ABOUT IT IS THE COMMUNITY.”

- Mindy Harmelink  
Elite Member

Enjoyment for all

Between running the kids to different activities and finding time to get in her own workout, Mindy definitely stays busy. Currently, she visits the club 3-4 times a week to run on the treadmill, or do group exercise classes such as Body Pump, Cardio Tennis, Boot Camp, free workshops, and various other tennis drills. Depending on the time of year, her participation in group exercise classes can vary. During the warmer months, she devotes most of her time to strictly playing tennis as opposed to attending group classes. Overall, Mindy and her family enjoy the expanded offerings the club has. “It’s nice to just go to one place, drop your kids off and get a workout in. I think there is fantastic staff with fantastic offerings. It’s a really good place for our family as far as having a lot of choices.” The fact that a fitness club offers so much more than just a workout room has allowed her family to grow with the club and accommodate their needs.

Mindy’s husband, Neal, enjoys doing many things at the club. For him, it is a perfect way just to get out and make sure he is staying healthy. Primarily, he plays tennis, runs on the treadmill, and lifts weights. Neal has been a member at Elite even before he and his wife had children. “The club made sense for us before kids, certainly for tennis and staying fit. But, even more so since we’ve had children. Our kids enjoy coming here, it’s easy, it’s close, and it has something for everybody.”



Pictured: Mindy & Neal Harmelink

An active family

While Neal generally does his own workouts, he does participate in family activities and social tennis mixers as well. The Harmelink family enjoys swimming and participating in kid’s nights together as a family. The luxury of being a family-friendly club for Neal is that he knows his children are having a great time in the playroom while he works out. “We show up as a family, and then kind of do our own thing. When I drop the kids off for a tennis lesson I get to get my own workout in. Dropping the kids off for an hour or an hour and a half is important and they love it.”

Having Carol also be a member of the club has really helped them out. It is convenient for them to drop their kids off at the playroom, and have Carol pick them u. “Carol is a huge part of childcare [for us] and she goes hand-in-hand with our kids and the club.”

Whether you start your membership as a child yourself, or join with your own children, Elite has something for everybody. We will grow with you and your family for years to come. ■



Pictured: Carol Mooren





BECOME A VIP MEMBER FOR ACCESS

Check out **ALL** the MAC has to offer!

Dining, Special Events, Private Meeting  
Rooms and more. Enjoy the season  
at your Downtown Club.

SEE MEMBER  
SERVICES TODAY!

## Mac's

Lunch: M-F | 11am-2pm

Dinner: Tues.-Sat. | 5pm-Close

Bar Hours: 4 pm-Close

## Milwaukee Athletic Club

Workout. Network. Have Fun.

414.274.0633 | 758 N. Broadway | Milwaukee, WI | [macwi.org](http://macwi.org)

# THE Fountain OF Youth

For decades there have been different methods and products that promote longevity and everlasting youth. Whether it was using honey as a natural moisturizer, herbal clays to detoxify the skin, or olive oil for nourishment, these ancient methods used by Grecians, Romans, and Egyptians were the start of an everlasting industry that we now know as cosmetics. Using night creams, oil serums, caffeine steeped face masks, and anti-aging eye creams, all seem like a valid, quick fix option to aid in the anti-aging process. But, with all the new skincare items on the market, how can we tell what truly works? What will help us age backwards? Is there a secret for firm, hydrated, and dewy skin? The answer is, yes!



Radiance in the right exercise

Eating right, exercising, staying hydrated, and getting adequate sleep are all key components of aging gracefully. Nothing can completely stop the process of aging, but there are so many physical steps that we can take to help us feel and even look younger! Any regular form of physical exercise will help to keep your mind and body agile for years to come. Exercise courses such as H.I.I.T – high intensity interval training, have been proven to help mind and body by means of; better brain function, quicker muscle recovery, and boost metabolism. H.I.I.T is a type of fast paced workout that alternates between short bursts of high intensity exercises, with quick recovery periods. The Mayo clinic researchers have discovered an additional benefit to using H.I.I.T exercises as well; it can reverse signs of aging at the cellular level.

What this means is that, people who participate in high intensity interval training have improved mitochondrial capacity. Having a higher mitochondrial capacity allows for more oxygen intake, as well as more energy to use throughout the day. Regular exercise helps make nearly every tissue in your body healthier and happier, this means, looking better inside and out. So, we can stop searching for that miracle fountain of youth serum and start the anti-aging process with exercise.

NOTHING CAN COMPLETELY STOP THE PROCESS OF AGING, BUT THERE ARE SO MANY PHYSICAL STEPS THAT WE CAN TAKE TO HELP US FEEL AND EVEN LOOK YOUNGER!

The secret to wellness

While exercising is a crucial component of keeping your mind and body young, another great way is simply staying hydrated and eating right. Drinking plenty of water can help reduce those stubborn under eye bags that we all try to get rid of with anti-aging eye creams. If you are dehydrated, the body naturally pulls water from your skin cells, which can cause under eyes to look dark and sunken in. The same thing goes for any darkness, discoloration, or uneven skin tone anywhere on the body! Drinking adequate amounts of water everyday (6-8 cups) will help to flush toxins out of the body, in turn, promoting stronger nails, brighter skin, and stronger skin elasticity.

Red Light Therapy at Elite

FREE FOR ALL MEMBERS!

- Makes your skin look and feel younger
- Firms and tones skin
- Relieves joint pain
- Dramatically reduces wrinkles and fine lines
- Helps damaged skin heal up to 200% faster
- Eliminates stretch marks in most clients
- Greatly reduces scarring
- Evens out pigmentation
- Effective treatment for acne
- Restores moisture to the skin
- Repairs sun damaged skin
- Effective treatment for Psoriasis and Eczema



"I have faithfully been using the 'Red Bed' for the last four months. I have incorporated into my workout schedule. After each workout, I use the red bed to relax my muscles and cool down. The 20 minutes of "me time" is an added bonus!"

- Robin deWerff, Elite Member

We've all heard of beauty sleep, right? How does this work exactly? When your body shuts down for the night and enters a state of deep sleep, the body's growth hormones increase, this allows damaged cells to repair throughout the night. Falling into consistent sleeping patterns allows the body's hydration levels to rebalance; removing access water while skin recovers any lost moisture. This is a key component for reducing under eye bags, dryness, and wrinkles. Getting enough sleep helps with wrinkles, and it also is crucial to having plump, dewy, and tight skin. When the body is sleep deprived, cortisol (stress) levels are increased causing inflammation in the body. It is easy to tell when you get a bad night's sleep; sore neck, sore back, and fatigue that last the whole day. Getting enough sleep at night will help to reduce the amount of time it takes for muscle recovery and soreness.

FALLING INTO CONSISTENT SLEEPING PATTERNS ALLOWS THE BODY'S HYDRATION LEVELS TO REBALANCE; REMOVING ACCESS WATER WHILE SKIN RECOVERS ANY LOST MOISTURE.

Aging with grace comes from within

One of the most important components of feeling and looking youthful is a balanced diet. Foods that contain natural fats such as avocados, olive oil, nuts, fish, and a plethora of other foods have benefits on skin, hair, and nails. A diet that consists of healthy fats such as omega- 3 and omega- 6 fatty acids prevent the top layer of your skin from drying out. Foods that contain vitamin A, such as avocados, liver, fish, carrots, broccoli, and cantaloupe, all help to make and maintain new skin cells.

There will always be new and upcoming ways to "magically" look younger, but the truth is, there is no fountain of youth serum. The most important thing to do for the body is to help it feel younger; this can be achieved through eating right, exercising, staying hydrated, and getting enough sleep. While looking and feeling younger did not seem important during adolescence, as we age our bodies need to be kept feeling youthful. ■

Sources:  
1. Science direct- article from Journal of Dermatological Science  
2. Newsnetwork.mayoclinic.org  
3. Livestrong.com



We spend a majority of our time simply hanging out with our families; grilling, watching a football game together, or enjoying a family meal. If we already spend so much time together, why not get off our seats and go workout together? Being able to exercise alongside your family and friends is a lot of fun, the time you get to spend doing something active can even create stronger bonds. Sharing that experience and seeing each other succeed can be so rewarding.

# Strengthening Bodies & Bonds

## A family affair

Elite Sports Clubs has always been family friendly and that is why there is a huge age range of members who attend group classes. Ages vary from as young as "10 years old (with TNT)\* to 80+ years old." Many of our group classes are family friendly, often I see mothers attending our Monday Night Yoga Fusion classes with their daughters. Generally, younger clients have less body awareness than adults which can lead to injuries because the body is not in proper alignment. There are modifications for our younger clientele to still participate in the class in a safe way. Modifying the tempo for them can help, so they have more time to get into proper form or keeping the exercises very basic, simple is better!



There is an ample amount of variety within the group classes that are great for nearly all age ranges. While Elite offers many group exercises classes that are inclusive to nearly all age ranges, it is up to the instructor as well as parental discretion as to what age your child should be participating in classes. Typically, classes like Zumba, Dance Cardio, or Boot Camp-type classes are more suitable for young participants. These classes use more body weight exercises versus external loads. Younger clients (typically under 12) shouldn't be concerned about using extra weight, as their growth plates are still developing. So, picking classes that aren't strength-based might be a smarter idea, considering that form is a crucial part to lifting weights.

## Something for everyone

If a group class seems too strenuous, there are many ways to modify a workout class within itself! The instructors do a really great job showing different modifications that participants can take throughout the workout. For example, you can march instead of jog, side tap instead of jumping jacks, and push-ups on the knees are just a few ways to modify more difficult moves, while still exercising the muscles.

Other ways of modifying difficult moves is by decreasing your range of motion. If squatting or lunging is difficult for someone

**THERE ARE MODIFICATIONS FOR OUR YOUNGER CLIENTELE TO STILL PARTICIPATE IN THE CLASS IN A SAFE WAY.**

*\*Children are welcome to attend classes at the discretion of the instructor, under the direct supervision of a parent, and upon completion of TNT program.*



with knee issues, for example, they could find a range of motion that is comfortable for them. Working within your individual range of motion is crucial for keeping yourself comfortable, while knowing your personal limits.

If a class seems too difficult at first, it is beneficial to use group classes that come with a program called, Smart Start. All Les Mills classes, such as, Body Combat, CXWORX, Body Step, Body Pump and Body Attack use Smart Start. In Body Pump, for example, the participant does tracks 1-4 their first time attending, then each week thereafter, they add one track onto their workout. Included in the Smart Start program is a 6-week plan that is specifically for beginners, so there is no need to be hesitant when joining a new workout class! Smart Start is a great way to encourage member success when taking a new class.

If you are unsure of which class or Smart Start program to use, Elite offers seasonal introductory courses. The introductory courses are meant to give our members the opportunity to learn specified movements for different workouts. These courses are really designed for our members to mimic the movements of the instructors with more one on one time. For example, an instructor may show proper form on core moves, such as a plank. Members then proceed to do said movement exercises while having the opportunity to ask questions and solidify their form.

## GROUP CLASSES CAN HELP TO BOOST CONFIDENCE FOR PEOPLE AS THEY GO ABOUT THEIR ACTIVITIES OF DAILY LIFE.



### Social benefits for all ages

No matter which stage of life you're in, group classes can be extremely rewarding. Another big factor for aging gracefully within a group class is the social interaction we get from attending them. Members tend to see the same people week after week in their same classes. They start chatting, form bonds, asking what's going on in their lives as well as their families' lives. Whether it's talking about their grandchildren, or sipping a coffee after class, group classes helps us to form communities within the club. ■

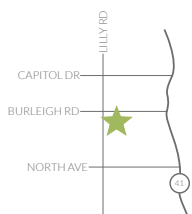
## More than just fitness & sports...

- Red Light Therapy
- Massage
- Physical Therapy
- Reformer Pilates
- Reiki
- Sauna
- Whirlpool
- Steam Room

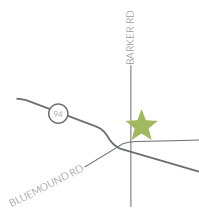
Elite Sports Clubs offers a variety of services that not only assist you in caring for your body, but your mind as well. Contact your home club to schedule an appointment today!







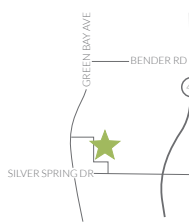
**BROOKFIELD**  
13825 W. BURLEIGH RD  
262.786.0880



**WEST BROOKFIELD**  
600 N. BARKER RD  
262.786.3330



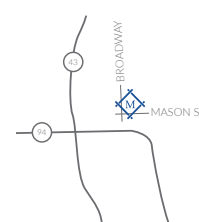
**MEQUON**  
11616 N. PORT WASHINGTON RD  
262.241.4250



**NORTH SHORE**  
5750 N. GLEN PARK RD  
414.351.2900



**RIVER GLEN**  
2001 W. GOOD HOPE RD  
414.352.4900



**MILWAUKEE ATHLETIC CLUB RECIPROCITY**  
758 N. BROADWAY  
414.273.5080



**elite** SPORTS CLUBS

# HealthyCARE<sup>®</sup>

## — 90 DAY PROGRAM —

**Behavior modification**  
**Change your lifestyle**  
Change the way you eat and think about food  
*Get exposed to different types of exercise*  
This is not a diet but a new way to view food  
**Group dynamics and feedback**  
Learn effective ways to manage your stress

**13-Week Program**  
**Sessions start monthly**  
*Only \$23 per week for small group nutrition and exercise*  
*\$46 per week for non-members, includes a membership*

**Sign up today!**

[EliteClubs.com/HealthyCare](http://EliteClubs.com/HealthyCare)