



The Wellness and  
Lifestyle Challenge  
**JANUARY 3 - FEBRUARY 14**

# THE TIME IS NOW

## Welcome

### Welcome to the 2020 Wellness & Lifestyle Challenge!

We are excited to help you reach your goals of becoming a healthier YOU! This challenge gives you access to all 5 Elite Sports Club locations (MAC Reciprocity not applicable). We encourage you to take advantage of everything that each club has to offer.

For a digital copy of everything in this packet, visit:

[EliteClubs.com/twlcResources](https://eliteclubs.com/twlcResources)



## FINALE PARTY

February 20, 6 - 8 pm

**Milwaukee  
Brewing Company**

1128 N 9th St  
Milwaukee, WI 53233

## Helpful Links

[eliteclubs.com](https://eliteclubs.com)

[eliteclubs.com/twlcWorkshops](https://eliteclubs.com/twlcWorkshops) Sign up for Free Workshops

[eliteclubs.com/twlcTennis](https://eliteclubs.com/twlcTennis) Sign up for TWLC Tennis

[eliteclubs.com/fitness/twlcClasses](https://eliteclubs.com/fitness/twlcClasses) Sign up for Weekend Warrior Classes

[eliteclubs.com/twlcFinale](https://eliteclubs.com/twlcFinale) RSVP for Finale Party

[eliteclubs.com/class\\_list](https://eliteclubs.com/class_list) Group Exercise Class Schedules

[eliteclubs.com/blog](https://eliteclubs.com/blog) Tips, Tricks, Recipes & more

[facebook.com/elitesportsclubs](https://facebook.com/elitesportsclubs) Keep up-to-date with what's happening!

[instagram.com/elitesportsclubs](https://instagram.com/elitesportsclubs) Share your experiences!

[news@eliteclubs.com](mailto:news@eliteclubs.com) Add this email to your address book to make sure you receive the official TWLC emails

Share & tag us with **#eliteTWLC** **#StopSayingTomorrow**

## GOOD LUCK

### JOIN US AT THE FINALE PARTY!

Celebrate your accomplishments! Cash prizes & door prizes will be awarded as you enjoy a cash bar & refreshments.

RSVP by February 6 for the Finale Party at [EliteClubs.com/twlcFinale](https://eliteclubs.com/twlcFinale)



# THE WELLNESS SYSTEM

## What is the Wellness System?

At Elite, we believe there are always areas we can improve and goals we can work towards. Therefore, at Elite we utilize this wellness system to help our members gauge where they started, how far they've come, and where they are going. Use the chart on the back side of this page to track your progress toward your goals during the next six weeks and beyond.

**Step 1:** Circle where your current stage in each area on the chart.

**Step 2:** Make an appointment for your initial assessment.

**Step 3:** Work with a Fitness Professional to determine your starting benchmarks.

**Step 4:** Write down your "SMART" goal.

**Step 5:** Set follow-up appointments.

**Step 6:** Start moving up the scale and accomplishing your goals.



# WELLNESS SYSTEM

Name: \_\_\_\_\_  
 Start Date: \_\_\_\_\_  
 Member Availability: \_\_\_\_\_  
 Fitness Professional: \_\_\_\_\_

	Sedentary	Moving	Active	Very Active	Athlete	Initial Assessment & 3 Follow-up Appointments
<b>STRENGTH &amp; BALANCE</b>	No strength training or daily living activities are challenging	Functional moving or heavy lifting occasionally to weekly	Strength training in weight room/class twice per week	Dedicated strength training at least 3-4 days per week	Daily dedicated power and strength training program for competition	<b>Date:</b> _____ <b>Starting Benchmarks:</b> _____ _____ _____
<b>FLEXIBILITY</b>	Little to no stretching	Light stretching after exercise	Routine stretching or classes 1-2 days per week	Routine stretching or classes 3-4 days per week	Daily dedicated stretching routine or class	<b>Date:</b> _____ <b>Results:</b> _____ _____ _____
<b>STAMINA</b>	No endurance or cardiovascular activities	Walking at least 30 minutes 2-3 days per week	30 minutes or more of endurance activity at least 3-4 days per week	30 minutes or more of endurance activity at least 4-6 days per week	Daily dedicated endurance activity at higher intensity	<b>Date:</b> _____ <b>Results:</b> _____ _____ _____
<b>NUTRITION</b>	Eats anything, no plan	Educated in label reading, balanced-eating-focused but not regular in practice	Educated and practices balanced low-fat, low-sugar, low-sodium diet most of the time	Dedicated daily balanced low-fat, low-sugar, low-sodium diet	Dedicated daily balanced nutrition with higher level performance nutrition knowledge	<b>Date:</b> _____ <b>Results:</b> _____ _____ _____
<b>LIFE BALANCE</b>	Work and home only, no play or other activity, stressed	Fits in social, recreational, or relaxation activity at least once per week	Fits in social, recreational, or relaxation activity 2-3 days per week	Fits in social, recreational, or relaxation activity 2-3 days per week	Fits in social, recreational, or relaxation activity 2-3 days per week	_____ _____ _____ _____
<b>Specific</b> _____ <b>Measurable</b> _____ <b>Achievable</b> _____ <b>Realistic</b> _____ <b>Timely</b> _____						

# TWLC TENNIS

## **BROOKFIELD**

Mondays, 10:00 - 11:00 am *with Mike & Joe*

Tuesdays, 8:00 - 9:00 pm *with Joe & Mike*

## **WEST BROOKFIELD**

Thursdays, 9:00 - 10:00 am *with Dustin & Mike*

Saturdays, 10:30 - 11:30 am *with Mike*

## **NORTH SHORE**

Wednesdays, 8:30 - 9:30 pm *with Marty & Brian*

Thursdays, 9:00 - 10:00 am *with Brian & Marty*

## **RIVER GLEN**

Tuesdays, 10:30 - 11:30 am *with Jordan & Jeff*

Wednesdays, 10:30 - 11:30 am *with Jeff & Jordan*

## **MEQUON**

Tuesdays, 12:30 - 1:30 pm *with Scott*

Wednesdays, 7:00 - 8:00 pm *with Logan*

Come out to the courts for a fun-filled tennis workout that will have you learning strokes, technique, and strategy—all while keeping your heart healthy! Players will be grouped by ability based on prior tennis experience and fitness level. All levels welcome.

Must register for each class at [eliteclubs.com/twlcTennis](https://eliteclubs.com/twlcTennis) and may attend as many classes as you would like at any club. Please wear proper tennis attire and bring a racquet if you have one.

Sign up for TWLC Tennis at [EliteClubs.com/twlcTennis](https://EliteClubs.com/twlcTennis)



# FREE WORKSHOPS

## Fitness Workshops

### MEQUON

January 6, 9:30 - 10:00 am *Beginner Spin*  
January 7, 9:00 - 9:30 am *Myzone Basics*  
January 7, 5:15 - 5:45 pm *Beginner Spin*  
January 7, 6:00 - 6:30 pm *Myzone Basics*  
January 9, 6:00 - 6:30 am *Beginner Spin*  
January 10, 8:30 - 9:00 am *Beginner Spin*

### RIVER GLEN

January 6, 6:00 - 6:30 pm *Myzone Basics*  
January 7, 5:30 - 6:00 pm *Beginner Spin*  
January 8, 5:00 - 5:30 pm *Beginner Spin*  
January 15, 10:00 - 10:30 am *Beginner Spin*  
January 16, 5:45 - 6:15 pm *Beginner Spin*  
January 16, 10:30 - 11:00 am *Beginner Step*  
January 28, 10:30 - 11:00 am *Beginner Step*  
January 30, 10:30 - 11:00 am *Beginner Step*  
February 3, 8:00 - 8:30 am *Myzone Basics*

### NORTH SHORE

January 7, 10:00 - 10:30 am *Myzone Basics*  
January 8, 5:30 - 6:00 pm *Beginner Spin*  
January 19, 10:00 - 10:30 pm *Beginner Spin*  
February 5, 5:00 - 5:30 pm *Myzone Basics*

### BROOKFIELD

January 6, 10:00 - 10:30 am *Myzone Basics*  
January 6, 7:00 - 7:30 pm *Myzone Basics*  
January 12, 8:45 - 9:15 am *Beginner Spin*  
January 27, 5:15 - 5:45 pm *Beginner Spin*

### WEST BROOKFIELD

January 6, 9:00 - 9:30 am *Beginner Spin*  
January 6, 9:00 - 9:30 am *Myzone Basics*  
January 7, 5:45 - 6:15 pm *Beginner Spin*  
January 8, 5:00 - 5:30 pm *Treadmill Workshop*  
January 8, 5:30 - 6:00 pm *Myzone Basics*  
January 9, 11:00 - 11:30 am *Treadmill Workshop*  
January 15, 5:15 - 5:45 pm *Mobility Workshop*  
January 16, 11:00 - 11:30 am *Mobility Workshop*

## Swim Workshops

### BROOKFIELD

January 8, 6:00 - 6:30 pm *Intro to Swimming Workouts*  
January 22, 6:00 - 6:30 pm *Intro to Swimming Workouts*  
February 5, 6:00 - 6:30 pm *Intro to Swimming Workouts*

### RIVER GLEN

January 23, 7:00 - 8:00 pm *Freestyle Swimming*  
February 6, 7:00 - 8:00 pm *Aqua Running*

### MEQUON

January 13, 7:00 - 8:00 pm *Beginner Swimming*  
January 20, 7:00 - 8:00 pm *Freestyle Swimming*  
January 27, 7:00 - 8:00 pm *Swimming Turns*  
February 3, 7:00 - 8:00 pm *Setting up a Swim Workout*

Sign up for Workshops at [EliteClubs.com/twlcWorkshops](https://EliteClubs.com/twlcWorkshops)





## Motivational Talk with Annie Weiss

Annie Weiss is a group exercise instructor at Elite Sports Club - Brookfield. She also knows a thing or two about setting and accomplishing goals. Last year, she broke the record for fastest known time for running the entirety of the Wisconsin Ice Age Trail, a total of 1,200 miles in only 21 days, 18 hours, and 7 minutes.

**BROOKFIELD** January 3 at 6:00 - 6:30 pm

**MEQUON** January 4 at 9:30 - 10:00 am

**RIVER GLEN** January 6 at 6:30 - 7:00 pm

**WEST BROOKFIELD** January 18 at 9:45 - 10:15 am

## Nutrition FAQ

### Have a question? We can help!

These sessions are guided by nutrition staff, but participants are encouraged to share their ideas as well. These open discussions provide a conversation between participants and nutrition specialists with specific topics that are catered to help you accomplish your goals. *We're here to help you succeed!*

*\*Reminder that all participants have access to all clubs. The nearest location to North Shore is River Glen, the nearest location to West Brookfield is Brookfield.*

#### **BROOKFIELD**

***with Sarah, 11:15 - 11:45 am***

January 4, *How to Create a Healthy Habit*

January 11, *The Truth About Carbs*

January 18, *The Truth About Protein*

January 25, *The Truth About Fat*

February 1, *Healthy Eating for "Real Life"*

#### **MEQUON**

***with Jason, 10:00 - 10:45 am***

January 11, *The Truth About Carbs*

January 18, *The Truth About Protein*

January 25, *The Truth About Fat*

February 1, *Healthy Eating for "Real Life"*

#### **RIVER GLEN**

***with Matt Bartz, 5:15 - 5:45 pm***

January 7, *How to Create a Healthy Habit*

January 14, *The Truth About Carbs*

January 21, *The Truth About Protein*

January 28, *The Truth About Fat*

February 4, *Healthy Eating for "Real Life"*

# WEEKEND WARRIOR CLASSES

## MEQUON

**Saturdays, 9:00 - 10:00 am**

January 4 *with Joe*  
January 11 *with Kaitlin*  
January 18 *with Bernie*  
January 25 *with Jason*  
February 1 *with CJ*  
February 8 *with Chris*

## RIVER GLEN

**Sundays, 9:00 - 10:00 am**

January 5 *with Nicole*  
January 12 *with Kailyn*  
January 19 *with Matt Bartz*  
January 26 *with Craig*  
February 2 *with Melissa*  
February 9 *with Marshal*

## NORTH SHORE

**Saturdays, 12:00 - 1:00 pm**

January 4 *with Matt Bishop*  
January 11 *with Matt Bishop*  
January 18 *with Grace*  
January 25 *with Curt*  
February 1 *with Curt*  
February 8 *with Amy*

## BROOKFIELD

**Saturdays, 10:00 - 11:00 am**

January 4 *with Jen & Eric*  
January 11 *with Taylor T & Eric*  
January 18 *with Alex*  
January 25 *with Brittany & Alex*  
February 1 *with Susie*  
February 8 *with Taylor E*

## WEST BROOKFIELD

**Saturdays, 10:30 - 11:30 am**

January 4 *with Jill & Polly*  
January 11 *with Mel & Dory*  
January 18 *with Lizzie & Mel*  
January 25 *with Jill & Polly*  
February 1 *with Lizzie & Jill*  
February 8 *with Mel & Dory*

**It's a lifestyle – your workouts don't stop on the weekends!**

Join us for these exclusive classes for TWLC participants ONLY. This is a circuit-style class with an emphasis on bodyweight exercises utilizing some basic equipment. Trainer will offer modifications for all levels.

Sign up for Weekend Warrior Classes at  
[EliteClubs.com/twlcClasses](https://eliteclubs.com/twlcClasses)





# ACTIVITY POINTS CARD

Participant's Name: \_\_\_\_\_

Trainer's Name: \_\_\_\_\_

Activity	Point Value	Date Completed/Staff Initials						Total
<b>Activity</b> (Example)	5	1/6 DK	7/9 KH	1/11 GS	2/7 SM			20
<b>ELITE LIFE:</b>								
<b>Daily Check-ins to Club</b>	5	Tracked digitally and submitted to your trainer automatically.						
<b>Complete Myzone TWLC Challenge</b>	100	Tracked digitally through Myzone dashboard.						
<b>Kick-Off Party</b>	50							
<b>Workshop (Fitness &amp; Swim)</b>	25							
<b>Nutrition FAQ</b>	25							
<b>Complete Wellness System Form*</b>	50							
<b>Motivational Talk with Annie Weiss</b>	100							
<b>TENNIS:</b>								
<b>Tennis Court Time / Ball Machine</b>	10							
<b>TWLC Tennis</b>	25							
<b>Drill / Group / League / Lesson</b>	25							

Point value is per time activity is completed. Some activities may incur additional costs and may only be awarded points at one time. Must have trainer, instructor, or pro date and initial after completing each activity. Participants may fill out more than one card, cards can be used for entire 6-week challenge or until all space is utilized. Turn in cards to your trainer at or before weigh-out. **SQUARES ARE TO BE DATED & INITIALED BY ELITE STAFF ONLY, PLEASE DO NOT FILL IN YOURSELF.** Must sign up for nutrition FAQ, TWLC tennis, and weekend warrior classes in advance by visiting [eliteclubs.com/TWLCresources](http://eliteclubs.com/TWLCresources).

\*Starred categories may NOT be completed on more than one card for points. Pick up additional cards at the Front Desk as needed. \*Cannot be combined with any other fitness activity such as personal/group training, or workout with team. \*Group exercise points are the same for any length of class. Participants cannot come more than 5-10 minutes late to a class, and card will only be signed at the end of class. \*Only applies to workouts prescribed and directly supervised by your coach/trainer. Attending a class together or meeting each other for a workout in the fitness center on your own does not count for this particular points category.



Activity	Point Value	Date Completed/Staff Initials						Total
AQUATICS:								
Swim Laps / Pool Workout	10							
Aquatics Group Exercise Class <sup>2</sup>	25							
OTHER SPORTS:								
Open Play / Pick-Up	10							
League / Lesson	25							
FITNESS:								
Workout in Fitness Center <sup>1</sup>	10							
Personal / Group Training	25							
Cardio Group Exercise Class <sup>2</sup>	25							
Mind / Body Group Exercise Class <sup>2</sup>	25							
Strength Group Exercise Class <sup>2</sup>	25							
Trainer-led Team Workout* <sup>3</sup>	50							
Weekend Warrior Class	30							
Take all types of Group Exercise Classes*	75		(One of each: Aquatics, Cardio, Mind/Body, Strength)					

Full Card*	200	
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Grand total for card (both sides)	
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SAMPLE

— GOOD FOR THE OFFICIAL —

WELLNESS & LIFESTYLE CHALLENGE



SHIRT

or \$20 TOWARDS ANY SINGLE ELITE

LOGO ITEM

IN THE PRO SHOP



Redeem coupon at the Front Desk.  
No cash value. Cannot be applied to prior purchases. Cannot be replaced if lost or stolen.  
Must for elite purchase at time of purchase.  
Expires February 23, 2020.

SAMPLE



**Brookfield** (262) 786-0880  
13825 W. Burleigh Road

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

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

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

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

Give us your feedback [eliteclubs.com/TWLCsurvey](https://eliteclubs.com/TWLCsurvey)

