

ELITE WELLNESS

A person can add up to 14 years to their life by adopting four healthy lifestyle rules: no smoking; eating fruit & vegetables; moderate alcohol intake; and engaging in regular exercise. Club Business International, July 2008

USE It OR Lose It!

5:30 p.m. Tuesday, Oct. 2
5:30 p.m. Tuesday, Nov. 11

11:00 a.m., Thursday Oct. 7
11:00 a.m., Thursday Nov. 18

HE
BE

Elite is happy to announce several new weight management programs. One is bound to help you. Come to our educational seminar on how to Use It and Lose It with our dietician, weight loss consultant, and personal trainer. Educational Seminar & food sampling \$10 (includes an automatic sign up in Maintain, don't Gain program)

MASSAGE THERAPY the ultimate one-on-one!

Raking too many leaves or just needing to reduce stress? Wellness today should include a relaxing, therapeutic massage. Call your club for an appointment.

Hour Massage \$60.00 *\$70.00 n.m.
1/2 hour \$40.00 *\$50.00 n.m

ELITE PILATES PERSONAL TRAINING **BE**

Have you wondered what all that equipment is in the Pilates Studio?

Try a Reformer Intro to Pilates Session for \$25

Fall Pilates Specials -

Private Studio sessions: Purchase 2 sessions for \$110 and receive the 3rd for Free. Special expires October 5th.

Prefer working out with a friend? Purchase 2 sessions for \$75 each client and receive the 3rd for Free. Special expires October 5th.

Advanced Mat Class

Thursday 10:00 a.m., beginning Thursday September 18

Are you looking to make your Pilates Mat Class more challenging? Highlander and Bluemound Elite members are invited to attend this intensive group mat class at our Bluemound Club.

Member: \$5.00 a class, or purchase 10 for \$40
Non-member: \$15 a class or purchase 10 for \$120

Call Yvette in the Pilates Studio for appointments
262-786-3330.



ELITE WELLNESS GROUP TRAINING PROGRAMS

Elite Tai Chi & Meditation

HE

7:15 - 8:15 p.m., Thursdays, September 25 - November 13

Tai Chi Chuan (or Taijiquan) is a traditional Chinese health exercise and internal martial art using slow flowing movements that are sometimes referred to as "moving meditation". Tai Chi practice cultivates patience and concentration while increasing strength, balance and coordination. It is also believed to enhance and circulate Chi (inner energy or bioelectricity). Elite Tai Chi is taught by Todd Dybul CYT, RYT. His basic Tai Chi series explores movement principles along with selected sequencing using classical Yang long-form. 8 week program Members \$99/ \$129 non-members

Melt it Off Weight Loss Program

HE

Monday & Wednesday 6:00 - 6:30 p.m., October 1 - November 19

Tony designed his group training program to give each participant nutritional and exercise guidance so they can successfully reach weight loss and exercise goals.

8 weeks 16 sessions, \$249 members / \$299 non-members

Trainer's Thursday Workshops

Thursdays 10:00 - 10:30 a.m. Oct. 9 - Nov. 13 HE

9:00 - 9:30 a.m. Oct. 9 - Nov. 13 BE

Each week we will focus on one specific muscle group, teaching you the most effective exercises, as well as the science behind it. Together, in six weeks, we'll develop a new, exciting and challenging workout. 6 week program, \$24 members/\$36 non-members

Oh My Aching Back

Mondays & Wednesdays 10:00 a.m., or Tuesdays & Thursdays 6:00 p.m. HE

October 27 - December 4 (excl 11/26, 11/27)

Mon. & Wed. 5:30 - 6:30 p.m. or Tues. & Thurs. 10:00 - 11:00 a.m. BE

November 3 - December 11 (excl 11/26, 11/27)

This group training program with personal trainer Jessica Heller or Pamela Holseth, will help you rehabilitate current and prevent future lower back injuries by focusing on exercises for lumbar and core stabilization. 6 weeks., 12, 45 min. sessions, \$169 members \$199 non-members

Men on Mats

HE

Tuesdays noon or Tuesdays 6:00 - 7:00 p.m., October 28 - November 21

This six week introduction to Pilates is geared toward men only. Learn to increase core strength, flexibility and how to use Pilates principles for sports and daily life. Sign up with the Concierge.

4 week program, \$69 members/\$99 non-members

Jog Your Memory

HE & BE

By appointment with Anne Tremel HE & Pam Holseth BE

Recent studies show that your aerobic exercise can slow the aging process in your brain and your heart. Sign up for this training package with our trainers to learn the most efficient way to do your cardio as you beat mental & physical decline. 4 sessions \$219 member / \$269 non-member

Package includes an anaerobic threshold test to scientifically determine your heart rate ranges.