



MAY 2017 • • •

Club Hours

Monday-Friday, 5AM-10:30PM

Saturday-Sunday, 7:30AM-7:30PM

Memorial Day Hours, Monday, May 29

7:30AM-7:30PM

Mothers Can Influence Kids' Health in a BIG Way

By Rachael Mintzlaff, Certified Personal Trainer

**"Children are great imitators.
So give them something great to imitate."**

— Anonymous

One of my fondest memories growing up is riding in a two-seater Burley trailer. I remember my mother attaching it to her bike and taking us on long bike rides around the neighborhood. I remember thinking, as we strolled by, "I can't wait until I can ride a bike all by myself just like my MOM."

From day one of our lives, our parents can be our greatest role models. Without even realizing it, we strive to be just like them in every aspect of life.

This imitation is also reflected in our lifestyle choices. Research suggests that the less physically active parents are, the more likely it will be that their children will also stay away from physical activity. On the contrary, parents who live an active lifestyle and teach their kids

healthy eating habits will pass on lessons that their children will carry with them for the rest of their lives.

You might be surprised to learn that your kids really do want to live a healthier lifestyle. Why don't you give it a try by taking your children to a park, fitness center and/or any play area and watch their eyes "light" up, especially when they see their parents participating in physical activity. Promote a daily lifestyle that encourages healthy habits at every opportunity like taking stairs instead of elevators, parking your car further away, reading food labels and cooking together.

On this Mother's Day I am thankful for a mom who taught me the importance of prioritizing my health and for all the other moms out there who are taking the time to teach their kids lifestyle behaviors that will help them live longer, healthier, and happier lives.



Join a
small group training program
and your
FIRST 3 SESSIONS ARE FREE
(minimum 3 month commitment)

Family Pool Day Monday, May 29, 11AM-3PM

Join us for a day of family fun. Get ready to move to a great DJ, and enjoy fun activities. Free for members, non-members \$20 per family. Contact Tracy Mezell for more information at 770.698.2090 or tmezell@wellbridge.com.



SAVE THE DATE! Annual Anniversary Party Thursday, June 8, 6:30-9:30PM

Encore performance from your favorite band, Electric Avenue. Taco and tequila bar, beer and wine. Cash bar. Complimentary for members, \$20 for guests. All guests and members, please RSVP by Monday, June 5 at concourseclub.com/party.

Additional Opportunities to Engage



Yoga:

Mediation Yoga 4-Week Program

Cost is \$200 for members, \$240 for non-members. Contact Catherine Luciano at 770.698.2081 or cluciano@wellbridge.com.

Private Sessions Available

Cost for members is \$80 for single, \$624 for 8. For a complimentary 30-minute taster session or more information, contact Catherine Luciano at 770.698.2081 or cluciano@wellbridge.com.

PAMPER. RELAX. RENEW.

Happy Mother's Day

- :: 80-minute massage | \$99 (regular \$110)
 - :: 20-minute neck, head and face massage | \$30 (regular \$40)
 - :: 20-minute reflexology foot treatment | \$30 (regular \$40)
 - :: Upgrade your massage with aromatherapy | \$5
- To make your appointment, contact Member Services at 770.698.2076 or Krissa Timbs at ktimbs@wellbridge.com.



Courtside Grille:

Courtside Grille Poolside Service and Grilling Kicks off Saturday, May 27

Courtside Grille Loyalty Program

Earn double points on Friday. Ask your server or contact Peyton at pwalker@wellbridge.com for more information.

Breakfast

Monday-Friday, 7:30-10:30AM

\$5 Burger Mondays

Comes with two toppings, add fries for \$1.

Taco & Tequila Tuesdays

1/2 Off Tequila and Cerveza Corona & Modelo.

Every Wednesday is WILD

50% off drinks all day.

Special Events

Host your upcoming Celebration at Concourse!

Whether a child's birthday party, Bar/Bat Mitzvah, company or club social, Concourse offers an unforgettable experience. For more information, contact Special Events Coordinator, Krystal Barrett at 770.698.2018 or kbarrett@wellbridge.com.

Aikido

A Japanese Martial Art that practitioners can use for self-defense, while also protecting their attacker from injury. Contact Larry Feldman for more information at 770.331.1869 or LarryFeldman2@gmail.com.

Tri Club

\$35/year. Contact Tracy Meazell at 770.698.2090 or tmeazell@wellbridge.com.

Personal Training:

Sleek Physique with Christy

Do you want to look leaner and feel more energized? Christy Gould, Master Trainer, will help you achieve your "sleek physique" with a customized exercise program designed to burn more fat and increase your strength and endurance. Group and individual sessions are now forming. Email Christy at cgould@wellbridge.com or call 770.698.2081 to schedule your complimentary workout today!

Pilates:

Pilates Open House

Wednesday, May 31, 12:15 and 6:15PM

Complimentary "taste" of Pilates on the equipment with our certified instructors. Contact Member Services to register at 770.698.2076.

Pilates Small Group Training Special

\$140/month for 4 sessions. Contact Member Services to register at 770.698.2076.

Aquatics:

Keep Swimming

Private, semi-private and group lessons available year round.

US Masters Swim

12 coached practice sessions/week. Swim practices for all levels, teaching and training for triathletes, masters and fitness swimmers. Come swim with us in our outdoor heated saline pool! Great practices and great camaraderie! Cost for members is \$45/month, \$80/month for non-members. For more information on our Masters Program, contact Head Coach, Nancy Overheim at 770.698.2069 or noverheim@wellbridge.com.

Junior Stroke

Tuesday and Thursdays

4-4:45PM, 6-8 year olds

4:45-5:45PM, children ages 9+

Cost for members is \$105/month, \$125/month for non-members, \$113/month for Alliance members. To reserve your spot, contact Nancy Overheim at 770.698.2000 ext. 2069 or noverheim@wellbridge.com.

Children's Programs:

For information or to register for any programs, please contact Patricia Alvarez at 770.698.2017 or palvarez@wellbridge.com.

JIU-JITSU: Self Defense for Kids

Ages 5 to 7 years, 4-4:45PM

Ages 8 to 12 years, 4:45-5:30PM

April 17-May 22

6-week session. Cost for Members is \$90, \$120 for non-members. Taught by Brazilian Jiu-Jitsu (BJJ) Brown Belt and Kid's Jiu-Jitsu Instructor, Krissa Timbs. Martial art combat sports system that focuses on grappling and self defense.

Ballet Classes:

Ballet 1 in Studio B

Thursdays, 1:30-2:15PM

:: 6-week session for ages 3-4 years old

:: Session 2: April 13-May 18

Cost for members is \$78/session, \$96/session for non-members. This class is designed for students to express their individuality through the art of dance and introduce them to basic ballet.

Ballet 2 in Studio B

Tuesdays, 3:15-4PM

:: 6-week session for ages 5-6

:: Session 2: April 13-May 18

Cost for members is \$78/session, \$96/session for non-members. Students will continue to enjoy expressing themselves through the art of dance in this fun and interactive class.

MOM'S DAY OUT!

Friday, May 12, 6:30-10:30PM

Drop off the kids for a night of fun activities such as swimming, games on the basketball court, arts & crafts, movies and snacks. (snack included) Cost for members is \$30 for the first child, \$20 for each additional child. For non-members, \$40 for the first child, \$30 for each additional child. Call 770.698.2017 or email palvarez@wellbridge.com to register.

Concourse Athletic Club Sports & Kids Club Camp

May 31-August 4

Kids Club Camp, 9AM-1PM

Sports Camp, 9AM-3PM

Ages 3-14. One-week sessions. Sports and fun, rolled into one! Our camp is designed to give children the opportunity to have fun while being active, learning new sports and skills in a noncompetitive atmosphere. Campers ages 13 & 14 are eligible for our CIT (Counselor-in-Training) program to see what it takes to become a camp counselor. Expert instruction offered in many activities such as golf, fencing, tennis, squash and swimming. Other activities include Playball, indoor soccer, basketball, volleyball, kayaking, baseball, running and conditioning, recreational games, team building activities, tie-dye and arts & crafts. Each week we will have a different theme, special guests and talent shows. All staff are CPR/First Aide certified, experienced counselors who love teaching and helping children while having fun! For more information, call 770.698.2017 or email palvarez@wellbridge.com.

Tennis Summer Camp

Starting June 5

Join us for 8-weeks of amazing tennis, instruction from PTR developmental coaches, drills and games. Pack your swim suit and lunch.

Early Bird Registration:

Cost before May 13 is \$205 for members, \$195 per additional child. Cost for non-members is \$240, \$230 per additional child.

Late Registration:

Cost after May 13 is \$220 for members, \$205 per additional child. Cost for non-members is \$255, \$240 per additional child.

Friday Night Mixed Round Robin

Starting back April 21, 6:30-8PM

Dinner served afterwards in restaurant. Come out for an evening of fun and social tennis. All levels welcome. Cost is \$20 for members, \$25 for non-members. Contact David Jones at 770.698.2080 or djones@wellbridge.com for more information.

