



JANUARY 2018 • • •

Club Hours

Monday-Friday, 5AM-10:30PM

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

Holiday Hours

January 1, Closed

Keys to Creating a New Habit

By **Brian Cooper, MS, MA, LPC**

Everybody thinks about resolutions for the New Year and most of us kick around the idea of improving some aspect of our health. It might be weight loss, improving general fitness, decreasing cardiovascular risk or even running a marathon. I, myself, am contemplating participating in the Warrior Dash. This time of year lends itself for such thoughts and can act as an entry point for our goals. Use the following tips to help you reach yours!

- :: Set goals with the **SMART** (specific, measurable, attainable, relevant and time-bound) system.
- :: Evaluate your true motivation for the goal. Why are you doing this?
- :: Focus on the process. Highly successful people set goals that are very difficult to attain and focus on the process more than meeting the goal 100 percent.
- :: Set a series of smaller or short-term goals that lead to the primary goal, and measure on a regular basis.
- :: Reward yourself when you achieve success. Match the reward with your new successful healthy change.
- :: Create your environment. Surround yourself with positive people who will encourage your growth and success.
- :: Create a written contract that spells out your plan.
- :: Believe in yourself. Self-efficacy – the belief that we can succeed – is impacted by many things, but none is more impactful than our own past success.
- :: **KEEP IT POSITIVE.** Interrupt any negative self-talk with positive messages.
- :: Remind yourself of how this change will impact your life and do it frequently.

Tripl3 Threat

3 Personal Training Sessions for \$99*

Valid January 1-31

*First time clients only

Happy New Year

Complimentary Fitness Assessment

Contact Catherine Luciano to schedule your complimentary annual fitness assessment, or if you want to try something new such as **Yoga, Pilates or Personal Training** ask Catherine to assist on this. Tel: 770.698.2081, luciano@wellbridge.com.

90 Day Challenge

Starts Monday, January 22

Win BIG by getting in the best shape of your life. Prizes for 1st, 2nd and 3rd place winners. Contact Catherine Luciano for more details and to sign up. Tel: 770.698.2081, luciano@wellbridge.com.

Massage / Yoga Day

Wednesday, January 17

30-minute private Yoga sessions followed by a 20-minute Recovery Massage for \$30. For more information or to schedule contact Krissa Timbs at ktimbs@wellbridge.com or 770.698.2000 ext. 4253.

Success to You!

Additional Opportunities to Engage

Pilates

3 intro sessions for \$149, classes also available, inquire for times/availability

Contact Catherine Luciano at 770.698.2081 or cluciano@wellbridge.com.

Group Fitness

Flow in the Dark Yoga

Monday, January 15, 5:30PM

Tuesday, January 30, 6:30PM

"TASTER" Series

Saturday January 13

Try a 40 minute sampling of some new and old favorite classes.

For more information contact Group Fitness Director, Christina Morana, Tel: 770.698.2195, cmorana@wellbridge.com.

Personal Training

Styku Body Scan and two personal training sessions for \$149

(First time clients only)

Contact Catherine Luciano at 770.698.2081 or cluciano@wellbridge.com.

Yoga

Complimentary 30-minute session

Private Sessions Available

Cost for members is \$80 for single, \$624 for eight.

For a complimentary 30-minute taster session or more information, contact Catherine Luciano at 770.698.2081 or cluciano@wellbridge.com.

Massage

Concourse Massage

Now offering Couples Massage!

One 50-minute couples session for \$190.

Courtside Grille

Breakfast

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

\$5 Burger Mondays

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

Tapas Tuesday

Enjoy little plates of delicious food starting at \$4.95.

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.

Aquatics:

Keep Swimming

Private, semi-private and group lessons available year round. For information or to register for any programs, please contact Tracy Meazel, 770.698.2090, tmeazell@wellbridge.com

US Masters Swim

Twelve 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.

Underwater Video Clinic for Beginner Swimmers

with US National and Masters World Champion Swimmer / Coach Megan Melgaard and Concourse Head Swim Coach Nancy Overheim.

Sunday, January 7, 1-4PM

Clinic is 3-hours long and includes:

- Above water and underwater filming,
- Immediate on-site stroke analysis and video review,
- Hands-on stroke improvement drills,
- Breaks with snacks and Q&A opportunities,
- Individual review and custom swim drills e-mailed within 1-week.

Location: Concourse Athletic Club (8 Concourse Parkway, Sandy Springs)

Cost: \$150/person/session. Members \$125 person/session, non-members \$150/person/session.

This clinic will be limited to the first seven participants to register.

Children's Programs:

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

Parents' Night Out!

Friday, January 19

Valentine's Night Out!

Friday, February 9, 6:30-10:30PM

Members: \$30 first child & \$20 additional child.

Non-members: \$40 first child & \$30 additional child.

Drop off the kids for a night of fun activities including SWIMMING, games on the basketball court, arts & crafts, movie and snacks (snack included).

Martin Luther King Jr. Camp

Monday, January 15

President's Day Camp

Monday, February 19

Kids Camp, 9AM-1PM (ages 3-4)

Sports Camp 9AM-3PM (ages 5-12)

Members: \$45 (Kids Camp, \$35)

Non-members: \$55 (Kids Camp, \$45)

:: Enjoy a fun day of sports, games and activities

:: Don't forget your swimming suit

Kids Club Valentine's Day Party

Wednesday, February 14, 11AM-1PM

:: Complimentary refreshments, arts and crafts and activities

Members and guests are welcome.

Kids Club reservation is needed.

For more information please contact Patricia Alvarez at 770.698.2017 or palvarez@wellbridge.com.

TRX/Spin Fusion

Sundays, 1PM

:: Specialized heart rate training using your MYZONE fitness tracker

:: Put your cardio, strength and core all in check

:: Training is catered to your fitness level to maximize results

Cost for member is \$20 and for non-member is \$25.

For more information, contact Catherine Luciano at 770.698.2081, or cluciano@wellbridge.com.

Tennis

January Winter Tennis Camp

January 1-January 5, 10AM-3PM

Get your tennis back in shape before heading back to school. Winter special. \$75.00 per member or \$100.00 per non-member. Contact Coach David at djones@wellbridge.com, 770-698-2080.

Squash

CAC Squash is excited to welcome Adewale Amao, a current and professionally world ranked squash player, to the coaching team at Concourse. Adewale is a highly skilled and experienced player, coach and ambassador of the sport, and is now offering group and individual lessons to our members. CAC Squash excels at offering grass root programs through to Elite high level coaching with an experienced team of international squash coaches with over 50 nationally ranked juniors and adults as our success stories at Concourse, and still rising.

If you would like to schedule a lesson, group or just want to have more information about our programs, call 770.698.2093 or email rwilkins@wellbridge.com to find out the special promotions for existing and new clients.



Adewale Amao