



NOVEMBER 2017 • • •

Club Hours

Monday-Friday, 5AM-10:30PM

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

Thursday, 23 November

Closed, enjoy Thanksgiving

Squash the Myths on Your Fall Favorites!

By Rachael Mallory, Certified Dietician

Fall is the perfect time of year to enjoy the varieties of squash, as it supports healthy blood pressure, immune function and vision, while protecting against harmful free radicals. Squash also contains adequate fiber, which helps control blood sugar levels and lower cholesterol.

Tip #1- A squash that is darker in color has more nutrients.

Tip #2- Classified as a vegetable, various forms of squash are considered a starchy vegetable, and should be substituted as a carbohydrate source or grain. An added benefit is they can be lower in calories than other carbohydrate and grains such as pastas, bread and rice, with little to no processing (think acorn squash and butternut squash)!

Tip #3- Zucchini squash, spaghetti squash and yellow squash are considered non-starchy vegetables. These provide ~ 5 calories per serving and should be included on a plate filled with half fruits and vegetables.

Cooking squash. My personal favorite is roasting! Add a drizzle of olive oil and place flesh side down on a baking sheet. Roast in the oven at 400° for 45 minutes. In a hurry? Cover in plastic wrap and cook in the microwave for approximately 8 minutes, or until fork tender. Sprinkle with various herbs and spices including cinnamon, cayenne pepper, rosemary or cumin.

How can I "squash" my daily routine?

- Add to smoothies
- Put 'em in salads to add a nutty taste
- Sautee and add to a burrito or your morning omelet
- Use as a fun new side dish with your evening meal

Try pumpkin – a great source of antioxidants and nutrients like its other squash equivalents. Roast in the oven and bake the seeds separately for a good source of plant-based omega 3 fatty acids.

WEEKEND WARRIORS

Bring a friend to any weekend session for free!

Valid November 1-30

FIT 'N TRIM

2 complimentary, 30 min nutrition consultations with a personal trainer

Valid November 1-30

Buffet Breakfast on Saturdays at Courtside Grille \$9.99 starting in November!

ANNUAL
Holiday Celebration

Thursday, December 7, 6:30-9:30PM

:: Dance the night away with live music
:: Complimentary Hors D'Oeuvres and beverages
Members! \$15 donation or 5 nonperishable canned goods Non-Members | \$15 guest fee

Party for a reason! All proceeds benefit the Atlanta Food bank. To RSVP, contact Membership at 770.698.2063.

Additional Opportunities to Engage



Tennis Taster:

:: Complimentary hitting session with a Concourse Tennis Pro, a tennis racquet may be provided if needed

:: Open to members and guests

:: Prizes / giveaways

:: Food and beverages afterwards

:: Limited spaces, prior registration is required.

Contact Tennis Director, David Jones for more information and to register Tel: 770.698.2080, djones@wellbridge.com.

Yoga:

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.

Massage:

Concourse Massage

Now offering Couples Massage!

One 50-Minute couples session for \$190

Courtside Grille:

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.

Tapas Tuesday

Say goodbye to Taco Tuesday and hello to 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.

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.

Children's Programs:

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

Winter Break Camp

December 27-29 & January 3-5

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

Sports Camp, 9AM-3PM (Ages 5-12)

Register by November 1st:

Members: \$45 per child per day or \$125 (3 days session)* Non Members: \$55 per child per day or

\$150 (3 days session)*

Register after November 1st:

Members: \$50 per child per day or \$135 (3 days session)* Non Members: \$60 per child per day or

\$160 (3 days session)*

*Get \$10 OFF for each additional child (just on the 3 day session, not valid on the daily rate)

For more information contact our Junior Programs Director Patricia Alvarez at 770.698.2017 or Palvarez@wellbridge.com

Personal Training:

Women On Weights

:: Promotes confidence and an enjoyment of fitness

:: Designed to be a social environment for women of all abilities

:: Full-body workout without competition or intimidation

:: Low intensity, yet challenging strength building

2 sessions a week for just \$200 month!

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

Bet on your health

Pick 3 Complimentary Services.

:: Posture Assessment

:: Gait Analysis

:: MAX HR Test

:: Cardio Recovery Test

:: Strength & Flexibility Test

:: Body Composition & Weight

:: Blood Pressure & Resting Heart Rate

Contact Catherine Luciano to schedule 770.698.2081, cluciano@wellbridge.com

TRX/Spin Fusion

Sundays, 12:30PM

:: 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



New at Concourse, the revolutionary Styku 3D body scanner!

Advanced feature recognition and 3D visualization technology. Styku assembles a 3D model from over 600 infrared images taken in seconds. The 3D model can be rotated, panned, and zoomed to evaluate each body part in great detail.

Once a model is created, Styku's advanced feature recognition technology automatically finds detailed landmarks on the body (e.g. hip, bust point, etc), which are used to extract circumferences, volume and surface areas for various regions of the body.

It leverages body measurements to calculate body fat % with incredibly high precision. Fitness professionals can use the 3D model to highlight changes in shape and/or to set goals. For any pictures, go to www.styku.com.

Intro package available \$149 for first scan and 2 personal training sessions. (New and returning clients only. Have not trained in last 90 days)

Contact Catherine Luciano to schedule 770.698.2081, or cluciano@wellbridge.com