



SEPTEMBER 2017 ● ● ●

Club Hours

Monday-Friday, 5AM-10:30PM

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

Labor Day, Monday, September 4

7:30AM-7:30PM

Does my recovery match the intensity of my training?

By Elaine Erler, Certified Personal Trainer

Many exercise enthusiasts have experienced High Intensity Interval Training, H.I.I.T., during which the training stimulus of intermittent high heart rate to lower heart rate activities can produce results that are comparable to longer bouts of traditional training methods in significantly less training time. The important thing to remember is that training is most effective when it is customized to the individual with the correct intensity and adequate rest intervals. Intensity can be measured by using heart rate tracking devices such as the MY ZONE program, offered to Wellbridge members, or rate of perceived exertion (RPE) scales.

The mode of exercise can vary from cardiovascular forms such as running, spinning, rowing, swimming, to weight training and conditioning. The important variable is the individual's heart rate response and controlling the exercise intensity to vary that response. ACSM cites four popular H.I.I.T. protocols:

Tabata- 2:1 (20 sec. on, 10 sec. off) for eight series. Wingate- 30 seconds all out against constant resistance, followed by 4 minutes of low intensity for 4-6 series. Conventional- 1:1 (60 sec. at greater than 90% peak heart rate followed by 60 sec. of rest) for 10 series. Clinical- 4 minute work at 85-95% max heart rate followed by 3 minutes of recovery at 60-70% max heart rate for four series.

Recovery encompasses any variables that contribute to a renewed ability to meet or exceed previous performances. This includes rest intervals during and between workouts; proper hydration; adequate balance of proteins, carbohydrates and fats; quality sleep; stretching and massage. Working with a personal trainer or using a heart rate tracking device will ensure personalized programs with optimal training intensity, proper recovery and results.



Please congratulate Darr Smith, he won the Pan American Junior Championships, included all of the best triathletes from all the Americas (North, Central, and South). This race qualifies Darr for the Junior Elite World Championships in Rotterdam, Netherlands in September, he is one of only 2 Americans currently qualified for that race.



September is Yoga month:

Yoga Sampler Class

Sunday, September 10, 12-2PM

Flow in the Dark

Tuesday, September 19, 7PM

Candlelight Yoga Class

Wednesday, September 27, 6:30PM

Vino and Vinyasa Yoga

TBA

Courtyard Yoga

TBA - Lakeside in the business park.

Other yoga classes to be scheduled please contact Christina Morana for more information
Tel: 770 698 2195, cmorana@wellbridge.com

Additional Opportunities to Engage

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.

Parent's Night Out!!

Friday, September 15th, 6:30-10:30PM

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

Halloween Parent's Night Out!

Friday October 17, 6:30-10:30PM

Parents get to enjoy a relaxing night out while your children have a fun evening! including games on the basketball court, arts & crafts, movie and snacks (snack included).

PARENT'S NIGHT OUT PRICES:

Members: \$30 for the first child, \$20 for each additional child

Non-members: \$40 for the first child, and \$30 for each additional child.

Trick or Treat in the Kid's Club

Saturday, October 28 & Tuesday, October 31 10AM-12PM

Trick or Treating at 11:00 am through the club

:: Bring your kids in costume and tour the club with numerous candy stations

:: Don't forget your candy pail

Complimentary with a Kids' Club reservation.

For more information, contact the Kid's Club at 770.698.2061

Winter Break Camp

December 27th -29th & January 3rd -5th

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 in the daily rate)

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

Pilates:

LEAN IN

Find flexibility, stability, balance and strength.

Try Pilates today, Contact Cat Luciano at

770.698.2081, cluciano@wellbridge.com

Personal Training:

Women On Weights

Monday & Wednesday, 7PM

Tuesday & Thursday, 6PM

:: 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.

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.