



JULY 2017 • • •

### Club Hours

Monday-Friday, 5AM-10:30PM

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

**Independence Day Hours, Tuesday, July 4**

7:30AM – 7:30PM

## Fitness on the Road

By Laurel Beerman, Elite Personal Trainer

### Ah.... summer vacation!

Most of us look forward to taking a break from our routine or work schedule.

As we prepare our personal training clients we offer vacation suggestions for how to stay fit and maintain a healthy fit body.

There are many tips we use to avoid the 4-6 pounds of average weight gain and the pains of inconsistent mobility during our time away from home.

### Eating out:

1. Pack healthy snacks such as raw almonds, protein bars, boiled eggs and cheese sticks for long stretches without a meal.
2. Try to keep your diet in place 80% of the time. Have only one or two snacks or one meal as time to engage in the local fare or celebrate with family and friends.
3. Google restaurants in advance to choose healthy meal options .
4. Hydrate all day so that hunger isn't confused with improper fluid intake.

### Exercise:

1. Talk to your fitness professional about a mini travel exercise kit. This may include bands, glide discs and even a TRX.
2. Sign up for a local event such as a 5K, rafting trip, or hike. Move your body in a way that is fun and memorable.

### Room and Board:

1. Call the hotel in advance to find out if there is a fitness center available.
2. Check for affiliated local clubs through IHRSA. Our staff is happy to assist you with this!

### Rest and Recovery:

1. Take time each morning to meditate and get centered in your being.
2. Use your vacation time to get a special massage or mind/body class .
3. Make sure you sleep well.

When arriving home talk to your fitness coach about how to ease back into your normal schedule. Enjoy your trip!

## FIRECRACKER

Start off with a bang and receive  
**20% OFF your first Small Group Training Package**

\*First time clients only



### Coming to Concourse, the revolutionary Styku 3D body scanner!

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. Contact Catherine Luciano for more information and to schedule call 770.698.2081 or email [cluciano@wellbridge.com](mailto:cluciano@wellbridge.com).

# Additional Opportunities to Engage



## 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.

## 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.

## 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.

## 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.

## Children's Programs:

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

## 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.



## Stars and Stripes Fireworks Celebration

### Sunday July 2, 7:30-9:30PM

Come view the Sandy Springs Fireworks spectacular from the Concourse Athletic Club, poolside. FREE to our members, and food available at an additional fee. The Pool and pool deck will be open for pre-fireworks festivities!

## ALL-AMERICAN ATHLETES CAMP

### July 5-7, 9AM-3PM

(5 to 14 years old)

Functional Training. Developing their athletic ability through Mobility, Stability, Endurance, Strength, and Power. Each child will have fun while working hard through a creative application. All levels of athletes welcome. Cost for members is \$145 and \$135 for each additional child. Cost for non-members: \$165 and \$155 for each additional child.

## DANCE & CHEER CAMP

### July 5-7, 9AM-1PM

Taught by former Atlanta Falcons Cheerleader. Get ready to learn dance routines, sideline cheers and chants. Plus stunts, pyramid workshop, safety, jumps, acrobatics and tumbling. Perfect for ages 5-12. Cost for members is \$135 and cost for non-member is \$155.



## Summer Body Project

### June-August

### Mondays, Tuesdays, Thursdays, 6AM

### Saturdays, 9:30AM

Cost will be \$300/month for unlimited classes. For more information, contact Catherine Luciano at 770.698.2081, cluciano@wellbridge.com.

## Tennis Camp

### Monday=Friday, 9AM-1PM

Improve your drills and enhance your stroke. All levels, ages 5-15 welcome. Cost for members is \$220 and \$205 for each additional child. Cost for non-members is \$255 and \$240 for each additional child. Contact David Jones to register, 770.698.2080, djones@wellbridge.com.

