



MARCH 2018 • • •

Club Hours

Monday-Friday, 5AM-10:30PM

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

Eating Right Isn't Complicated

By Brian Cooper, MS, MA, LPC

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- :: Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- :: Include lean meats, poultry, fish, beans, eggs and nuts.
- :: Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein

choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts label** on food packaging.

For more information, view the Academy's info graphic on the **Total Diet Approach to Healthy Eating.**

MADNESS MARCH 1-31

Refer a new personal training client and receive **one FREE session** when they purchase their first package.



ANNUAL EASTER EGG HUNT!

Saturday, March 24, 11AM-1PM

Join us for a fun-filled afternoon

:: Refreshments and arts & crafts

:: Bring your Easter basket and camera for pictures with the Easter Bunny

Complimentary for members & guests

Additional Opportunities to Engage

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.

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 or tmeazel@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.

Children's Programs:

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

Lucky me, Lucky you!!!

Join us to celebrate St. Patrick's for Parents' Night Out!

Friday, March 16, 6:30-10:30PM

Members: \$30 for the first child and \$20 for each additional child. Non-members: \$40 for the first child and \$30 for each 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)

Jiu Jitsu - Self-defense for kids

Session 1: February 22-March 29

Session 2: April 19-May 24

5-7 years: 3:45-4:30PM

8-12 years: 4:35-5:15PM

6 Weeks | Member, \$90 and Non-member, \$120

:: 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.

February 17-March 31

Saturdays 2-1PM

Ages: 5-12 years

(no class the week of March 10th)

Members, \$72 and Non-members, \$90

:: Whether it is for fun or fitness, this programs is design to teach kids to salsa dance. This 4 week class will teach them introductory movements and to build confidence in the great world of salsa dancing and to enjoy the dance floor.
:: Taught by Gloriela Rosas

Ballet

Session 1: February 15-March 22

Session 2: April 12-May 17

1:30-2:15PM

Members, \$78 and Non-members, \$96. This class is designed for students to express their individuality through the art of dance and introduce them to basic ballet. Each 45 minute class includes warm-up stretches and floor exercises, across the floor activities, free dance, and closing curtsey.

NEW!! Mom and Baby Yoga

Wednesdays 10-10:30AM

Cost for Members is \$65 for 4 classes, and cost for Non-members is \$85 for 4 classes.

No makeups.

:: Find your center, relax and connect with your baby
:: Focus is on postures and breathing techniques for Mom
Must have at least 3 participants to hold group class

NEW!! Mom and Tot Yoga

Tuesdays, 10-10:30AM

Located in Studio B. 4 classes per session.

Cost for Members is \$65. Cost for Non-Members and Guests is \$85.

:: Active and child focused class. Featuring fun and creative ways to develop body awareness in your child.
:: A light hearted and playful time for moms and tots. Class will give toddlers a chance to use their bodies in new ways and moms to stretch their tight spots.

Scoring Fundamentals Basketball Program

February 28-April 11 (No class April 4)

Wednesdays: 4-4:45PM, Ages 8-11

Wednesdays: 4:45-5:30PM, Ages 12-14

Members, \$90 and Non-members, \$120

:: Boys and Girls will improve on the basic fundamentals of ball handling, shooting, and decision making while building confidence in a fun and competitive atmosphere.

Junior Hooper's Basketball Program

February 26-April 9

(No class April 2)

Mondays: 3:45-4:30PM

For ages 5 to 7 years

Cost for Members is \$90 and cost for Non-Members is \$120.

:: Boys and Girls will learn how to play the game and enjoy their first basketball experience.

Basic basketball concepts, rules, and fundamentals will be introduced by structured drills, contests, and games.

Shooting, passing, dribbling, defensive skills, and running/agility will be covered in this 6 week program.

Smart Start Sports Class

Wednesdays: 10:30-11:15AM

Session 1: February 28-March 21

Session 2: April 11-May 2

For ages 18 months-4 years

Member, \$60 and Non-member, \$80

:: Parent and Child will participate in sport and fitness activities that will lay the foundation for further sport participation. Children will build confidence while improving basic motor skills and social interactions in a fun and safe sports environment.

Kids on the Run

Mondays, 5-5:45PM

February 26-April 23rd

(No class Monday April 2)

(8 Week Program)

Members, \$96 and Non-members, \$120

For ages 5-14.

:: Program includes daily progression tracking, goal setting, and self-esteem building activities.

:: Build confidence and an appreciation for health and fitness that will last a lifetime.

Children will engage in a fun and competitive atmosphere that includes running, core exercises, and physical activity. The program will culminate in a race/run where awards will be given. Taught by Certified Group Fitness Instructor (ACE), Former European Professional, and Jr NBA coach, Lauren Johnson.

Spring Break Holiday Camp

April 2-6

Members, \$45/day, \$200/week

(additional child, \$190)

Non-Members, \$55/day, \$225/week

(additional child \$215)

Kids Camp: Ages 3-4

9AM-1PM

Sports Camp: Ages 5-12

9AM-3PM

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

:: Don't forget your swimsuit and lunch.

For more information please contact Patricia Alvarez at 770-698-2017 or Palvarez@wellbridge.com

Summer Camp 2018

May 30-August 3

Have a Blast! with us this summer! Our professional staff has prepared another exciting summer of fitness and educational fun. We will encourage each child to express his or her own creativity as well as explore and discover new activities.

Space is limited. Register Today!

Spa

Concourse Massage Open House

Wednesday, March 14, 11AM-1PM & 4-6PM

Complimentary Chair Massage and Yoga. Complimentary Refreshments. Games, Prizes and More! Open to Members and Non-members. Contact Krissa Timbs for more information at 770.698.2000 or ktimbs@wellbridge.com.

Pilates Studio Classes

Mondays 11AM, Wednesdays 12:15PM and Thursdays 6PM

\$20 to drop-in or \$15 in a series. Contact Catherine Luicano for more information or to sign up 770.698.2081 or cluciano@wellbridge.com

Squash

Club Squash & Tennis Championships

March 30-April 1

Racquet Sports BBQ & Live Band Poolside

Saturday, March 31

Sign up by email: rwilkins@wellbridge.com

Upcoming Events:

PSA Squash Tournament

May 3-6

\$30,000 Men's and Women's event with amateur draw.

Contact Rob Wilkins for more information or to register, 770.698.2093 or rwilkins@wellbridge.com.

New Member Party!

St. Paddy's Theme

Thursday March 15, 6-10PM

:: Everyone's Irish today, join us!

:: Music By DJ Holly

:: Drink specials on everything Irish

:: The Grille will be serving corned beef and cabbage

:: Games and Prizes

For more information, contact Peyton or Brian at 770.968.1650

