

**L-R-D-A**

**2010**

Group EXSZ

Schedule

TENNIS

Summer Camps

Kids' Craft &

Movie Night

BOOT CAMP

**For Tennis Coaching, Drills, Kids' & Juniors' Coaching, Pro Mike Robertson is the man for all your needs. He and Pro Yul Venter are serving the Sports Club for coaching needs.**



**Take a look at our new schedule for JUNIORS' TENNIS DRILLS Tuesday afternoons:**

- **3:30-4:20pm: High School**
- **4:30-5:20pm: Elementary School**
- **5:30-6:20pm: Middle School**

**Tennis!**

**If your child is interested in the Juniors' Program, please email [msimpson@chateauelan.net](mailto:msimpson@chateauelan.net) and register for Junior Drills. Private or group lessons are also available.**

**Drills are \$50 for 4 weeks, all ages.**

**Please email Malcolm Simpson regarding tennis opportunities for yourself, your team, or your child(ren) - [msimpson@chateauelan.net](mailto:msimpson@chateauelan.net).**

**Also, don't forget about *Golf & Tennis Camps* for 4-6 yr olds, and 7+ yr olds.**

**4-6: Mon, June 21 - Fri, June 25. \$125**

**7+: Mon, June 28 - Fri, July 2. \$125**



**See attached information detailing camps for the upcoming summer.**

**Most notable features for Summer 2010 are:**

- **Camps are now 6 hours instead of 4 hours, all 5 days/week**
  - **Lower Price\$, 50% more camp time!!!**
- **CAMPS OPEN TO GRANDCHILDREN AS WELL.**
  - **Lower Sugar Lunches**
  - **Better-accommodate Swim Team schedule**
  - **TWELVE Camps to choose from!**

*Summer  
Camps!*

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**Coed Sports Club Camp: Ages 4-6 years  
June 7th - June 11th: \$115/child**

**Coed Golf & Tennis Camp: Ages 7+ years  
June 28th - July 2nd: \$125/child**

**Flag Football Camp: Ages 5+ years  
June 14th - June 18th: \$125/child**

**Coed Art Camp: Ages 4-6 years  
June 28th - July 2nd: \$125/child**

**Princess Camp: Ages 5+ years  
June 14th - June 18th: \$120/child**

**Coed Basketball Camp: Ages 5+ years  
July 12th - July 16th: \$125/child**

**Coed Golf & Tennis Camp: Ages 4-6 years  
June 21st - June 25th: \$125/child**

**Cheerleading Camp: Ages 5+ years  
July 12th - July 16th: \$125/child**

**Coed Art Camp: Ages 7+ years  
June 21st - June 25th: \$125/child**

**Coed Sports Club Camp: Ages 4-6 years  
July 19th - July 23rd: \$115/child**

**Coed Magic Camp: 4-6 yrs (AM), 7+ yrs (PM)  
July 26th - July 30th: \$125/child**



Playball is a 45 minute program/class that helps young children in Chateau Elan to develop sports skills early to help them be successful lifelong. PLAYBALL is \$110.00 per 10-week session up front, or \$55.00 per five weeks. Contact Malcolm (msimpson@chateauelan.net). Please include the age of your child(ren), and plan to arrive at least 5 minutes early.

# PLAYBALL update

## RECRUITING FOR BOOT CAMP...

**NO-FRILLS - EXERCISE HARDER -  
STAY ON-TRACK - GET-ER-DONE**

• 4-weeks : Meets 4-5 times/week. 2 times: 5-6am & 6:30-7:30am.

• gain confidence, build fitness, & drop lbs & inches,

- New Session begins Mon, April 19th,
- assessment on Sat, April 17th at 9am,

- \$200/session — registrations capped at 10/class, minimum of 5/class,
- Includes workouts, food log, Assessments, daily nutritional coaching

**\*\*\*REPEATS register for \$150/session — reduced 25% off\*\*\***

**No Excuses**

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*"I started Boot Camp in January & am going strong in my 3rd session.... have dropped over 10lbs ... lost MANY inches... started out a size 6, now able to fit into my size 2 skinny jeans! I LOVE this boot camp!...every day is different & a challenge - Cory is VERY creative with use of weights & equipment, obstacle courses, stairs, track, outside grounds... love not having to think ... & I NEVER get bored! EVERY muscle is worked & toned ... cost is incredible - like getting personal training for \$8/hr - location could not be better - I literally roll out of bed and head to the club... feel like I'm getting my "dues" worth... the time works with 3 little ones getting up early, it's the only time I have for me... this is what gets me through the day! ... has been such a positive and fun group environment - everyone is supportive & kind. I LOVE boot camp! ...never worked harder or had more fun getting into shape... absolutely worth the time & money because it works. Cory's Boot Camp is by far the best thing I have done this year!"*

Jennifer Skidmore, 38 \* mother of 3 \* The Woodlands at Chateau Elan

# Group Exercise: What's What

## The Classes:

- CardioLIFT - weight training at the *speed* of cardio. Full-body focus. 60 min
- Upper/Lower Body Pump - CardioLIFT, but focused on Upper/Lower Body **only**. 60 min
- Interval - a cardio & weight format that alternates between hi-effort 3-5 minute cardio intervals & 1-2 minute weight intervals. 60 min
- Just the CORE - dedicated to the midsection- abs, obliques, lower back. 45 min
- Kids' Recess - a structured coed play class similar to PE; for kids 4-10 yrs old. 60 min
- Pilates - floor/mat pilates for the total body; special emphasis on midsection. 60 min
- ZUMBA - a latin-flavored dance aerobics class sure to get your heart pumpin' & your face smiling'. 60 min
- Junior Drills - our newest addition to tennis programming, for elementary-high school. 50 min. **See pg 2 for details.**

Continued...

- Yoga Stretch/Candlelight Yoga - relaxation yoga focused on stretching, lengthening, relaxing, & improving flexibility. 60 min
- Cardio Conditioning - cardio-only training using a variety of formats for conditioning the heart. 60 min
- BOOT CAMP- a tough, no-frills, cardio, core, & resistance training program that lasts 4 weeks. Requires registration & sign-up fee. 45 min exercise, 15 min on nutrition. **See pg 4 for details.**
- PLAYBALL - These 45-min classes are designed to help **children ages 2-4** gain competence in sports skills. 45 min. **See pg 4 for details.**

Come be part of this fun way to exercise and build relationships with your neighbors.

Most group exercise classes are no additional charge, except PLAYBALL (for 2-4), Junior Drills, & Boot Camp.

# Kids' Craft & Movie Night

Send the kids to join Malcolm at the Sports Club for an evening of Springtime Crafts, playing in the gym, dinner or snacks, and the movie Classic "The Sandlot". Register by calling (770) 867-1760 or emailing [sportsclub@chateauelan.net](mailto:sportsclub@chateauelan.net) and indicate meal option.



## Option #1

Kids BRING their own dinner or snack to eat at mealtime - Cost is \$15 for first child, \$10 for each additional.

## Option #2

Parents BUY pizza & cookie dinner for kids to eat at mealtime - Cost is \$18/child.

- When: Friday, April 23rd 5-9pm.
- *Please Note: MEAL OPTIONS have changed. See above for details.*

## *FREE Personal Training Sessions !*

Here's how: Sign up for any personal training package of 10 sessions or more. Automatically receive 2 free sessions - an \$80-\$120 value.

# April Group Exercise & Events

28th-Sun	1st—Mon	30th-Tues	31st-Wed	1st-Thurs	2nd-Fri	3rd-Sat
			Interval 9:00am Pilates 10:00am Ruth  Kid's Recess 5pm Malcolm	Yoga Stretch 8am-Sue  Cardio Conditioning 9:15am-Malcolm  JUST the Core 5:15-6pm - Malcolm  Men's (30+)B-ball: 7pm	Lower Body Pump 9:15am - Malcolm  PLAYBALL 9:45am (2-4 yrs)	<b>NO CLASSES</b>
4th-Sun	5th—Mon	6th-Tues	7th-Wed	8th-Thurs	9th-Fri	10th-Sat
<b>Happy Easter</b>	Yoga Stretch 8am - Sue  Upper Body Pump 9:15am - Malcolm  Kid's Recess 5pm Malcolm  Men's (30+)B-ball: 7pm	ZUMBA 9:15am Nicole JUST the Core 10:15am  Jr. Drills - Mike 3:30-6:20pm  CardioLIFT 5:15pm-Malcolm  Candlelight Yoga 6:30pm-Sue	Interval 9:00am Pilates 10:00am Ruth  Kid's Recess 5pm Malcolm	Yoga Stretch 8am-Sue  Cardio Conditioning 9:15am-Malcolm  JUST the Core 5:15-6pm - Malcolm  Men's (30+)B-ball: 7pm	Lower Body Pump 9:15am - Malcolm  PLAYBALL 9:45am (2-4 yrs)	<b>INTERVAL 9am- Malcolm</b>
11th-Sun	12th—Mon	13th-Tues	14th-Wed	15th-Thurs	16th-Fri	17th-Sat
	Yoga Stretch 8am - Sue  Upper Body Pump 9:15am - Malcolm  Kid's Recess 5pm Malcolm  Men's (30+)B-ball: 7pm	ZUMBA 9:15am Nicole JUST the Core 10:15am  Jr. Drills - Mike 3:30-6:20pm  CardioLIFT 5:15pm-Malcolm  Candlelight Yoga 6:30pm-Sue	Interval 9:00am Pilates 10:00am Ruth  Kid's Recess 5pm Malcolm	Yoga Stretch 8am-Sue  Cardio Conditioning 9:15am-Malcolm  JUST the Core 5:15-6pm - Malcolm  Men's (30+)B-ball: 7pm	Lower Body Pump 9:15am - Malcolm  PLAYBALL 9:45am (2-4 yrs)	<b>INTERVAL 9am- Malcolm</b>

## April Group Exercise & Events

18th-Sun	19th—Mon	20th-Tues	21st-Wed	22nd-Thurs	23rd-Fri	24th-Sat
	<p>Yoga Stretch 8am - Sue</p> <p><i>Upper Body Pump</i> 9:15am - Malcolm</p> <p>Kid's Recess 5pm Malcolm</p> <p>Men's (30+)B-ball: 7pm</p>	<p><b>ZUMBA 9:15am</b> <b>Nicole</b></p> <p>JUST the Core 10:15am</p> <p>Jr. Drills - Mike 3:30-6:20pm</p> <p><b>CardioLIFT</b> <b>5:15pm-Malcolm</b></p> <p>Candlelight Yoga 6:30pm-Sue</p>	<p>Interval 9:00am Pilates 10:00am Ruth</p> <p>Kid's Recess 5pm Malcolm</p>	<p><u>NO</u> Yoga Stretch</p> <p><b>Cardio Conditioning</b> <b>9:15am-Malcolm</b></p> <p>JUST the Core 5:15-6pm - Malcolm</p> <p>Men's (30+)B-ball: 7pm</p>	<p><i>Lower Body Pump</i> 9:15am - Malcolm</p> <p><b>PLAYBALL 9:45am</b> (2-4 yrs)</p> <p><b><u>KIDS' CRAFT</u></b> <b><u>&amp; MOVIE</u></b> <b><u>NIGHT</u></b></p>	<p><b>No Classes</b></p>
25th-Sun	26th—Mon	27th-Tues	28th-Wed	29th-Thurs	30th-Fri	1st-Sat
	<p>Yoga Stretch 8am - Sue</p> <p><i>Upper Body Pump</i> 9:15am - Malcolm</p> <p>Kid's Recess 5pm Malcolm</p> <p>Men's (30+)B-ball: 7pm</p>	<p><b>ZUMBA 9:15am</b> <b>Nicole</b></p> <p>JUST the Core 10:15am</p> <p>Jr. Drills - Mike 3:30-6:20pm</p> <p><b>CardioLIFT</b> <b>5:15pm-Malcolm</b></p> <p>Candlelight Yoga 6:30pm-Sue</p>	<p>Interval 9:00am Pilates 10:00am Ruth</p> <p>Kid's Recess 5pm Malcolm</p>	<p>Yoga Stretch 8am Sue</p> <p><b>Cardio Conditioning</b> <b>9:15am-Malcolm</b></p> <p>Men's (30+)B-ball: 7pm</p>	<p><b>PLAYBALL 9:45am</b> (2-4 yrs)</p>	

Please note: *Monday & Friday AM CardioLIFT has been split into UPPER & LOWER Body Pump, respectively. The format is the same, but the focus is more towards the Upper OR Lower Body, rather than towards the entire body. Your feedback is welcome. Thanks!*