

FRANCO'S

HEALTH & LIFESTYLE

SUMMER 2017

v.6 | no.2

MAGAZINE

WHAT'S HOT
IN FITNESS
**30-MINUTE
WORKOUTS**

LOOK INSIDE FOR
TIPS FOR
SUMMER
FASHION

PILATES
2.GO

INDULGE
WITHOUT THE
BULGE

Cover Model:
Emily Schock

SUMMER CLASSES AND PROGRAMS OPEN TO EVERYONE

2017
summer
FUN
guide

SUMMER CLUB HOURS

Monday - Thursday 4:45am - 10:00pm

Friday 4:45am - 8:00pm

**Open til 10pm Fridays in June only*

Saturday 7:00am - 7:00pm

Sunday 9:00am - 7:00pm

PUBLISHER

Franco's Athletic Club

EDITOR-IN-CHIEF

Sandy Franco

CREATIVE DIRECTOR AND GRAPHIC DESIGN

Erich Belk & Lagniappe Media

CONTRIBUTING EDITOR

Mindy Cordell

CONTENT COORDINATOR

Julie Hudson Wells

CONTRIBUTING WRITERS

Mindy Cordell

Courtney Farnet

CONTRIBUTING PHOTOGRAPHERS

Franny St. Cyr

Candra George

Michelle Wright

Hilary LaCombe

Caroline Hewitt

FOR ADVERTISING INFORMATION

Christine Beavers

985.792.0200



Download the
Franco's Mobile App



Like us on Facebook

Franco's Mandeville
Franco's on Magazine Street
Franco CrossFit



Follow us on Instagram

Franco's Mandeville
Franco's New Orleans
Franco CrossFit



Summer Fun at Franco's!

There is no better place to be this summer than Franco's Athletic Club! We have an incredible lineup of fun and excitement for the entire family.

Kick off the summer in style at Franco's annual Summer Kick Off Party. Join us in celebrating 29 years of family fun in the sun! We'll have water balloon tosses, inflatable relays, hula-hoop contests, dance contests, DJs, great food and drinks at the grill, and tons of amazing prizes. Then, spend an unforgettable evening at Franco's poolside DIVE IN Movie night.

We know summertime can be a little crazy. With the kids out of school and family vacations interrupting your normal schedule, it's easy to get out of your workout routine. We have come up with some great 30-minute workouts that will get you in, out, and on your way. Try SPRINT, the new cycling and sculpting class that everyone is talking about. Or jump into CX Worx, a great core conditioning class from Les Mills. Save some energy for the class that is creating the biggest buzz - the new ZONE 30. Zone 30 Small Group Training Workouts maximize your time and your calorie burn by training you in your zone. Bring a friend and prepare to sweat.

You might also notice some exciting changes taking place inside the club as we embark on the next phase of our beautification process. Many improvements are underway!

See you at the club!

Sandy & Ron Franco

Join us at the club!

Memberships starting at only \$75mo

Φ 2017 Ladies Day Out Poolside at Franco's Φ



Franco's Ladies' Day Out was filled with sunshine, music, fun and relaxation. Attendees enjoyed food and drinks from **Bacobar**, shopping from **Lululemon Athletica** and **Kendra Scott Jewelry**, and a fashion show by the **Lifestyle Store**. Fabulous giveaways and a raffle benefiting Shannon Maisano and her fight against cancer made this event meaningful and memorable.

It was a perfect day!





After enduring her first battle with cancer, Shannon shared her story and her strength through You Night's empowerment program and runway show. She was radiant, and brought hope, smiles and support to her fellow cancer warriors. She did not expect that her cancer would return.



SHANNONSTRONG

Shannon Maisano is a beloved employee of Franco's Athletic Club who is battling cancer for the second time in six years.

As a Membership Representative, Shannon graces Franco's members, staff and those seeing the club for the first time with endless optimism and the kind of smile that can light up a room. Those who know Shannon know that she is beautiful inside and out - young and vibrant, kind and uplifting.

In 2011, Shannon fought her way through breast cancer. After a lump was discovered, a mammogram confirmed it and a needle biopsy was done to test for cancer. The results were negative. Three months later, Shannon noticed fullness in her right breast and requested a lumpectomy. It was a Friday morning when her doctor called to deliver the news - Shannon had invasive ductal carcinoma. Her two youngest children were standing in front of her as the doctor explained this through the phone, and though she was in shock, she said nothing so as not to frighten them. "I hung up the phone and brought the kids to school trying to figure out what she just told me," Shannon recalled. "When I got home, I proceeded to call her back, but I received the news that she would be out of the office until Monday." Shannon hung up and immediately called her mother. Together, they decided that the first place to start would be with a new doctor.

Shannon had Stage III breast cancer. Dr. Alan Stoler, a Surgical Oncologist with the Center for Restorative Breast Surgery, performed a mastectomy, during which he found eleven lumpy nodes. Five of them were malignant. Shannon went through chemotherapy, radiation, a second mastectomy and began a plan for a ten-year course of Tamoxifen, a hormone treatment aimed at inhibiting the regrowth of the cancer. In May of 2012, she rang the bell at Mary Bird Cancer Center to signal that she was officially in remission.



Shannon and Billy Maisano with their children, Lauren, Nicole, Katherine and William.

In April 2017, Shannon was taking part in Franco's Ultra Fit performance challenge. During the swim portion of her training, she noticed a sharp pain in her arm and shoulder. She heard a pop, and her shoulder locked up. She thought that she had injured her rotator cuff, so she went for an x-ray. The x-ray showed no injury, but it was recommended that she get an MRI. That is when the real story began to unfold. Shannon's cancer was back with a vengeance. Doctors found activity in her left shoulder, right breastbone, pelvic area, and a spot on her liver. They also found lesions on her brain and skull. Testing confirmed that it was the same estrogen-fed cancer that Shannon had battled six years ago.

In spite of this tragic discovery, Shannon remains strong and positive. On a daily basis, friends and acquaintances approach Shannon in hopes of offering sympathy and support and come away saying that they felt that they had actually

been consoled by her instead of the other way around. How does she carry such strength? "I give it to God," she said. "I have found that when you let go, He just carries you. And you don't fear."



Show your support by purchasing a SHANNON STRONG t-shirt or bracelet. "Shannon Strong" is our motto and our mission to raise \$10,000 to help Shannon get the treatment she needs.

Shannon was unsure about whether to continue working at Franco's during the phases of her treatment that would allow her to, so she did what she often does - she prayed about it. She said the answer came to her as she was listening to "Pastor's Talk" on the radio. The speaker said, "If God uses your work as a platform for Him, then work." Shannon said to herself, "Well, okay, I will." Shannon has continued her work at Franco's part time, and though the Franco's team would make no claim to knowing of God's platform or plan, we certainly feel blessed to have Shannon in our lives each day.

Join us in HELPING Shannon to fight back!

SUMMER

TIME FUN

HERE ARE SOME RECIPES TO HELP YOU ENJOY

YOUR SUMMER WITHOUT OVERINDULGING.

By Emily Ruffino

*B.S. in Nutrition, Certified Personal Trainer,
Certified Health Coach*

Summertime is warm, relaxing, and peaceful, but it can also be a time filled with food, fun, and drinks. Our calendars quickly fill up with events - graduation parties, beach parties, BBQs and so much more.

Here are some tips on how to enjoy the parties but keep that summer body.

Nothing Off Limits

Having “forbidden foods” can create an unhealthy mentality, causing us to crave the foods we do not allow ourselves to have. Instead, focus on the foods that help your body to stay healthy, like fresh fruits and veggies, and enjoy desserts and treats sparingly. If you know you will be attending a party where your favorite dessert will be, make sure to eat light and healthy the day before so you don't overdo the calorie intake.

Make Healthy Food, Fun & Festive

For that Fourth of July party, try bringing a beautiful fruit tray with blueberries, strawberries, and mozzarella cheese in the form of an American Flag. Add a Balsamic vinegar drizzles for a fun flare.

Hydrate While Drinking Adult Beverages

Try adding sparkling water to your glass of wine. It will allow you to drink less alcohol, resulting in fewer calories consumed, and to enjoy more beverages without overdoing it.

Have A Plan; Don't Do Hungry

Most people wait all day to eat so they can eat lots of “good food” at the party. Instead, try snacking on healthier foods, like fruits, veggies, nuts and seeds to avoid overeating at the party. When we wait too long, our decision-making skills are weakened, making it easier to over eat. Eat a few snacks throughout the day, but save some room and enjoy smaller portions at the party.

BLUEBERRY COBBLER SMOOTHIE

Ingredients

- 1 cup unsweetened vanilla almond milk
- ¾ cup frozen blueberries (no sugar added)
- ¼ cup fat-free plain Greek yogurt
- 2 tbsp. old-fashioned oats
- 2 packets no-calorie sweetener
- 1 tsp. lemon juice
- ¼ tsp. cinnamon
- tsp. nutmeg
- tsp. vanilla extract
- ½ cup crushed ice (about 3 ice cubes)

Instructions

Place all ingredients in a blender, and blend at high speed until smooth, stopping and stirring if needed.

Nutritional information (about 18 oz.): 178 calories, 4g total fat (<0.5g sat fat), 203mg sodium, 28g carbs, 5g fiber, 13g sugars, 8.5g protein

Serves: 1

Active time: 5 minutes

**recipe from www.people.com*

HOMEMADE POPSICLES

Ingredients

- 10 oz. frozen fruit of choice
- 1 can full-fat coconut milk (or 13 oz. milk of choice)
- 2 tbsp. sweetener of choice, or pinch uncut stevia
- (Optional) 1 overripe banana

Instructions

Blend all ingredients until completely smooth. Pour into popsicle molds and freeze. Add popsicle sticks (available at most craft stores) about 1/2 hour after freezing so the sticks stay upright. To easily remove popsicles when ready to eat, run the popsicle mold under warm water for a few seconds, then gently twist off.

Nutritional information (serving size 34g.): 52 calories, 4.4g total fat (3.9g sat fat), 3mg sodium, 3.4g carbs, 0.7g fiber, 2.7g sugars, 0.5g protein

Total Time: 5 min

Yield: 20 popsicles

**Note: The popsicles will be much creamier if full-fat coconut milk is used, but any milk will work - You can also blend in 1/4 cup raw cashews (soaked in water for a few hours to soften them) or some raw almond butter for a creamy result if you can't have coconut but want creamier popsicles. *recipe from chocolatecoveredkatie.com*



1 HOT DOG WITH CHILI & CHEESE

550 cal. =
60 minutes of Zumba



¼ LB CHEESEBURGER DRESSED ON A BUN

500 cal. = 60 mins
Les Mills BODY ATTACK



½ RACK BBQ BABY BACK RIBS

470 cal. = 60 mins of
freestyle lap swimming



1 CUP POTATO SALAD

350 cal. = 50 mins of Les
Mills BODY COMBAT



½ CUP BAKED BEANS

140 cal. =
30 mins of water skiing



1 CUP MAC-N-CHEESE

360 cal. = 60 mins of boxing
(punching bag)



15 POTATO CHIPS

160 cal. =
60 mins of tennis



2 CANS BEER

300 cal. = 30 mins Les Mills
SPRINT cycling



1 PIÑA COLADA

250 cal. =
60 mins of brisk walking



1 MARGARITA

550 cal. =
65 mins of beach volleyball



1 SLICE APPLE PIE

270 cal. = 60 mins of Les Mills
BODY PUMP



1 FUNNEL CAKE

760 cal. =
75 mins of running, 6.0 mph



SPRING 2017

WEIGHT LOSS FITNESS CHALLENGE

LOSE DAT CHAMPIONS



CHRIS – TOP TRAINER



WINNING TEAM - MANDEVILLE

Trainer Chris Naumann, Robbie Gaudet, Jenny Todd, Summer Copeland, Chet Plank, Hilary LaCombe, Dee Oos, Eileen Bennett, Holden Duke, Christina Musacchia, David Willman, Evan Armentrout, not pictured Kenny Wolfarth

Congratulations to the Spring 2017 Lose Dat participants, who lost over 1700 lbs in just 8 weeks!

Congratulations to the FIRST PLACE WINNING TEAMS: Team Chris and Team Joey, as well as to the TOP WINNERS from each team (featured below).

Congratulations to Franco's on Magazine Street, our southshore club, for taking on the Lose Dat Challenge for the first time.



WINNING TEAM - NEW ORLEANS

Top: Joey White, Donna Kay Berger, Cheryl Georgusis, Corbett Scott Bottom: Vicki Cardon, Jan Barbier



JOEY – TOP TRAINER



LOST 25 LBS

TEAM CHRIS
Robbie Gaudet



2nd PLACE

TEAM FERNANDA

Herb Flood, Doree Kelly, Trainer Fernanda Cristiani, Steve Simpson, Lisa Chavez, Patrick Kilgore and John Lange



LOST 17 LBS

TEAM CHRIS
Christina Musacchia



LOST 12 LBS

TEAM KIM
Patty O'Rourke



2nd PLACE

Patty O'Rourke, Kim Walsh, Rene Janice, Danielle Franco, Jess Morgan
Not pictured Michelle Mouton



LOST 10 LBS

TEAM JOEY
Corbett Scott



LOST 20 LBS

TEAM FERNANDA
Patrick Kilgore



LOST 11 LBS

TEAM LISA
Julie Elliot



LOST 9 LBS

TEAM GRETCHEN
Robyn Napier



LOST 14 LBS

TEAM JOEY
Donna Kay Berger



LOST 23 LBS

TEAM MISTY
Shelli Myers



LOST 19 LBS

TEAM TRACY
Tyler Thompson



LOST 12 LBS

TEAM COURTNEY
Mary Beth Farnet

LOSE DAT FALL 2017 STARTS SEPTEMBER 5

SIGN UP TODAY! CALL 985.792.0200

TAKE YOUR FITNESS TO THE NEXT LEVEL!



AUGUST 21, 2017

**10 WEEK TEAM AND DECATHLON
PERFORMANCE CHALLENGE**



Brett Bernheisel
**TOP MALE BODY
COMPOSITION WINNER**
Team Tammy



Laurie Holbrook
**TOP FEMALE BODY
COMPOSITION WINNER**
Team Misty



Jacques LaCombe
**TOP MALE PHYSICAL
CHALLENGES DIVISION**
Team Tammy



Erica Laney
**TOP FEMALE PHYSICAL
CHALLENGES DIVISION**
Team Misty

**TEAM
DECATHLON**

1st Place
Team Tammy

ULTRA FIT CHAMPIONS

**1st
PLACE**



WINNING TEAM Tammy 1

Adrianna Kriesen, Amy Clark, Trainer Tammy Nunez, Holly Quick, Christina Smith, Nicole Thibaut, Michelle Gaudet, Jacques LaCombe, Ed O'Connor, Evan LaCombe
not pictured Brian Hill, Lenny Raymond and Kim Morrison



TAMMY - ULTRAFIT TOP TRAINER

**2nd
PLACE**



Team Tammy 2

Brett Bernheisel, Sydney Bazzell, Jeannie Dwyer, Gabby Cuccia, Trainer Tammy Nunez, Beth Wiedemann, Nick Binnings, not pictured Sonja Lagos-Mendez

**ULTRA FIT
TEAM WINNERS**

1st Place
Team Tammy 1

2nd Place
Team Tammy 2

3rd Place
Team Lisa

AN Immeasurable Gift

Franco's Instructor Receives Kidney from Member



“WHO?” Agnieszka Nance couldn't believe what she was hearing. She couldn't believe what she was feeling – shock and disbelief mingled with sheer joy and immense gratitude. It was February 2017, and Nance's surgeon had called with the news that she would receive a kidney from a living donor. She would be given a second chance for a life without the burden of dialysis and ongoing health problems. But when he told her who the donor was, it came as such a surprise, it took her a minute to place the name. “Erin from Franco's? How is this possible?” She struggled to comprehend. “I was speechless!” Nance knew Erin Dice - they were gym-friends. She admired her - Dice was a triathlete, a professional, and a single mother. But she never expected that Dice would be her kidney donor.

Originally from Poland, 43-year-old Agnieszka “Neshka” Nance is the Executive Director of the Center for Public Service at Tulane University and an Exercise Instructor at Franco's on Magazine Street. Her diagnosis of end-stage kidney failure came in 2015, and it came as a big surprise. She had maintained a healthy lifestyle, teaching exercise classes for the past 18 years. When she saw her doctor for an ongoing skin rash, she never expected that it was a symptom of organ failure. In hindsight, she realizes that the skin rash wasn't the only sign, and that she would have done well to listen to what her body was trying to tell her.

Her kidneys were not functioning. She would have to receive dialysis three times per week, she would have strict dietary restrictions, set limits to her intake of fluids, and she would be at risk for a wide variety of other health problems. Though it is possible to live on dialysis for long periods of time, it only performs a portion of the kidney's function, so other organs suffer from the effects of excess toxins in the body.

Nance was a very good candidate for transplantation. Her mother was tested first as a potential donor, but was disqualified because of health conditions. A close friend was tested, but did not qualify. Another friend was willing to donate, and got far in the lengthy process of testing, so far that the surgery was scheduled. Two weeks before going under the knife, something was discovered that disqualified her. Nance was crushed.

“There are so many emotions and so many words that I would want to say. But when it comes time, I'm just speechless. I don't know what to say, it is such a gift!”



Instructor Neshka Nance (left) recently received a kidney from Spin class participant Erin Dice (right)

The Right Person; The Right Time; The Right Perspective

Erin Dice learned of Nance's disappointment when someone posted a plea for prayers on Facebook. She knew Nance from Franco's Spin and Sprint classes. She thought highly of her, but their friendship did not extend beyond the gym. “When I met her, she struck me as a person who I would want my daughter to be like - independent, smart, strong, and just as kind as she can be.” So how does a person go from respect and admiration to, “Here, have my organ.”? It takes the right person, the right perspective, and the right timing. But the reward goes way beyond one or two changed lives.

As a hospital executive at Ochsner Medical Center who has worked in organ and tissue donation on the deceased side, Dice knew that kidney donation meant a big surgery. But she also knew how important it was, and it humbled her. “Emotionally, when you watch people who are courageous enough to make that decision at probably the worst time of their life, relatively speaking, my decision wasn't that difficult.” Dice's clinical background had helped her to feel fortunate for her health, and to realize the helplessness of Nance's situation. But perhaps the most important part of Dice's perspective was the part she received early in life. “I was raised by a mom who said, ‘You are absolutely expected to help other people.’”

Dice also felt the timing was right. “I'm at a point in my life where my daughter is old enough that I thought it was the right time and I am young enough that I thought I could still do it. It's an interesting way to overlap.” At 41 years old, Dice was in top physical condition going into the surgery, and she credits Franco's fitness staff for this. “Franco's did a fantastic job of supporting me preoperatively and really and truly getting me in the best shape I could've possibly been in going into the surgery.” In addition to holding her accountable for showing up to her usual classes, Franco's Personal Trainer Joey

White researched the types of exercises she should do to prepare for the surgery – particularly core strengthening, since it would require an abdominal incision – and which ones she would be able to do postoperatively. “It was a very kind and generous thing to do because he spent a lot of his personal time researching it. I am absolutely convinced that I bounced back quickly because they got me into pretty darn good shape before I went out. It totally makes a difference.”

To prepare herself mentally, Dice did her homework. She went beyond the clinical data about outcomes and percentages of complications and read donor blogs that shared personal stories. One recurrent theme stuck with her – living donors who were athletic or very active prior to the surgery often returned to being very active within six months to a year following the surgery. She said that made her less afraid. She also called on the support of family, friends, and her employer, and she prayed a lot.

On March 21st, 2017, the day of the surgery, Dice was ready – mentally, physically and spiritually. She was ready to give health to someone who had helped her to be healthy. “I know this sounds very strange, but for some reason, early on in the process, I knew I would be her donor. I don't know how to explain it. It's very surreal and kind of strange, but I just had a feeling that it was what I needed to do.”

Dice was back at Franco's doing modified workouts less than three weeks after the surgery. By her sixth post-op week, she was doing a Sprint Triathlon (500m swim, 12 mile bike, 3 mile run). Dice's good health has served her well, and her donated kidney is serving Nance well. It turned pink and began producing urine immediately after the transplant.

Nance's recovery was a little slower due to the need for anti-rejection medications, which suppress the immune system. She said staying away from the gym was the hardest part of her recovery. “Franco's is my passion.” After eight weeks, Nance began to join Dice again in her Spin classes, though she let her husband, David, take the instructor's bike. The two women now have a relationship that goes well beyond the gym, perhaps beyond what anyone else can comprehend. “It's a strange bond because I have her kidney,” Nance said. “So part of her is in me.... It's kind of bizarre and beautiful at the same time.” Both women still get a little emotional when they tell their stories. “There are so many emotions and so many words that I would want to say,” Nance says when trying to express her gratitude. “But when it comes time, I'm just speechless. I don't know what to say, it is such a gift!”



Erin Dice (left) and Neshka Nance (right) the day after the kidney transplant.

Dice said the most unexpected part of her experience was the response of the community. She received flowers, cards, emails, and even fruit from many people whom she didn't know. “It was amazing to see how much the community supported not only me individually but the idea of organ donation.... I think in today's climate, where people are probably more polarized than they have ever been, there is a sense of community around donation, and I felt supported and lifted.”

Franco's Athletic Club unveils the **LATEST** in Small Group Training **ZONE 30**



CROSSFIT, TRX, HITT Training, Ultra Fit and Lose Dat – each of these workouts has brought structure, camaraderie and friendly competition without all the choreography and conformity. The popularity of these programs has skyrocketed and each continues to grow within its own niche.

Wait until you see what is COMING NEXT!

Franco's Athletic Club has had its finger on the pulse of the fitness industry for the past three decades. Recently, Franco's program development team has been hard at work creating "the ultimate work out," one that uses the latest in fitness wearables, answers the call for 30-minute high intensity interval workouts, provides the camaraderie of small group training, and incorporates environmentally-friendly equipment and space.

Franco's proudly announces the NEW ZONE 30 Workout.

ZONE 30 takes the best elements from each of its predecessors and combines them into one seriously fun, technologically advanced, trainer-led workout that delivers a new level of results - fast. Each session takes place in the ZONE 30 room - a space professionally designed for a fast paced circuit-training workout without the delays of difficult transitions. The workouts consist of timed intervals of cardio and strength training, utilizing the best in fitness equipment from Technogym, SKILLMILLS treadmills, and Electric Magnetic Rowers. Kettle bells, medicine balls and weights round out an infinite combination of multi-functional training exercises. Trained instructors lead the workouts and the number of participants is limited to twelve to ensure plenty of individual attention.

Franco's Zone 30 thirty-minute workouts are designed to improve endurance, strength, and cardiovascular health by pairing heart rate monitoring technology with visual displays to help participants see which heart rate zone they are working in.

Blue - Rest Zone: 50-60% of your HR Max

Green - Warm Up Zone: 61-70% of your HR Max

Yellow - Work Zone: 71-83% of your HR Max - Starting to Sweat

Orange - After burn Zone: 84-92% -Sweating & Breathing Deeply

Red - Max Zone: 93-100+% Working Hard; Breathing is Challenged

Zone 30's preprogrammed workouts are designed to motivate participants to keep their heart rates in the "after burn" zone, aka EPOC (Exercise Post Oxygen Consumption). The more time spent in this range, the more calories participants will continue to burn after the workout.

After the class, the results of the workout can be emailed to you, your personal trainer, your doctor, or whomever you designate. Zone 30 heart rate monitors continue to track your results both in and outside of the gym, and you can follow your progress on your smart phone or other compatible device. Results can be tracked daily, weekly and monthly.

BONUS FUN!

Not only can you see your cardiovascular fitness improve, but each day, throughout the day, each class will have a challenge. Trainers will keep track of total calories burned for each class and total minutes in the after-burn zone. The top class and top participant of the day will be posted on the leader board for others to compete against.

BURN UP TO 600 CALORIES IN JUST 30 MINUTES!

Join us for Zone 30 Launch, June 2017

Classes offered throughout the day. **Your first class is FREE!**

Bring a friend and enter to **WIN Door Prizes** and a **FREE MONTH** of ZONE 30 Training

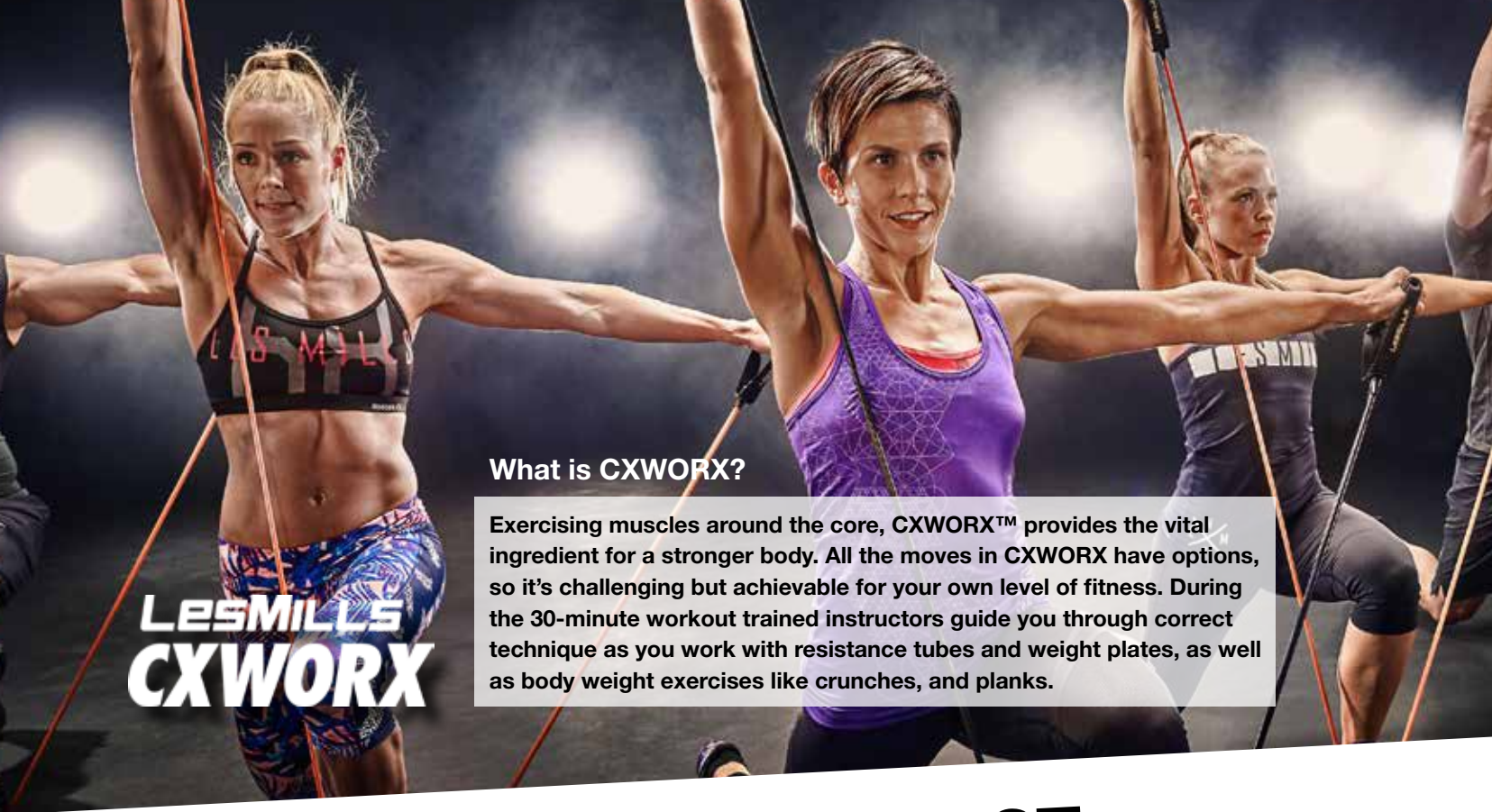
**Introductory
PRICING
Going on NOW!**

Unlimited Zone 30 Group Training
ONLY \$49 mo (Limited time only.)
Drop In Rate: \$15

**Sign up for a
FREE TRIAL
class today!
985.792.0200**



**ONE
MORE
REP**



LES MILLS
CXWORX

What is CXWORX?

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and planks.

GET SUPERFIT, SUPERFAST with one of our
30 MINUTES WORKOUTS!



Why SPRINT?

- It's a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
- Maximum performance, minimum time
 - Build lean muscle and train your body to burn fat
 - Burn calories for hours after your workout
 - Short and intense – all done in 30 minutes

LES MILLS
sprint

FRANCO'S

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Cycling
5:15am	BODYCOMBAT (S1) SPRINT CYCLE		BODYCOMBAT (S1)			8:00am Yoga (MB) BODYATTACK (S1)
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP XPRESS		
6:00am	SPRINT CYCLE	Studio Cycling		Studio Cycling		
6:15am				CXWORX (S1)		
6:30am			SPRINT CYCLE			
7:00am	F.I.T. Circuit		F.I.T. Circuit Boot Camp (S1)		F.I.T. Circuit	8:15am SPRINT Cycle
7:30am	BODYCOMBAT(S1) YOGA (MB)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT(S1) YOGA (MB)	9:00am Studio Cycling BODYPUMP (S1)
8:00am			CXWORX (S1)			
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	
	Boot Camp (S1)	Body Blast (S1)	BODYCOMBAT (S1)	Total Body Conditioning (S1)	Zumba (S1)	9:15am Barre Fitness (MB)
	Pilates Mat (MB)	Yoga Stretch (MB)	Pilates Mat (MB)	Yoga Stretch (MB)	Barre Fitness (MB)	
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	10:00am BODY COMBAT (S1)
9:30am	BODYPUMP (S1) Barre Fitness (MB)	CXWORX (MB)	Barre Fitness (MB)	CXWORX(MB)	BODYPUMP (S1) Barre Fitness (MB)	
9:35am						
10:00am		Power Circuit (S1)	Sculpt (S1)	BODYCOMBAT (S1)		
10:05am		Sr. F.I.T. Circuit		Sr. F.I.T. Circuit		
10:30am		Barre Fitness (MB)		Barre Fitness (MB)		
10:35am		CXWORX (MFT)		CXWORX (MFT)		
11:00am	SPRINT Cycle	SPRINT Cycle		SPRINT Cycle	SPRINT Cycle	11:00am Zumba (S1)*
11:05am	Dancin' to the Oldies		Dancin' to the Oldies		Dancin' to the Oldies	
11:30am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		
11:35am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	
12:05pm	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)	
12:45pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		
1:15pm	Parkinson's Class					
3:30pm				Parkinson's Class		
4:15pm	BODYSTEP Xpress	Allstars (S1)		Allstars (S1)		
4:30pm		Barre Fitness (MB) BODYPUMP (S1))		Barre Fitness (MB) BODYPUMP (S1))	Studio Cycling	
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			
5:15pm		SPRINT Cycle				
5:30pm	Yoga (MB) Studio Cycling	Yoga (MB) BODYATTACK (S1)	Studio Cycling	Yoga (MB) Zumba (S1)		
5:35pm				Studio Cycling		
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX YOGA (MB)			
6:30pm	BODYCOMBAT (S1)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*		
6:45pm	Aqua Zumba		Aqua Zumba			



*Kathryn Skuba
with husband Joe
and their triplets,
Tiberius, Astrid
and Corwin*

LIFE IN THE FAST LANE

It was three years ago that Joe and Kathryn Skuba married. The same week, Joe moved back to New Orleans from Charlotte, NC and began a new job. Three weeks later, the couple was expecting. Five weeks after that, they learned they were having triplets. Fast-forward to month nine, and the couple brought their babies home from the NICU, the same day they moved to the Northshore. How does a young couple handle life at such a fast pace? They each bring to the table a whole lot of energy and some hard-earned coping skills.

“Our lives have been kind of crazy from the start,” Kathryn explained. The oldest of five, Kathryn lost her mother at the age of twenty. Joe lost his father when he was only seven. “I guess we feel like nothing is shocking anymore. We have the skills from coping to deal with the unexpected and when things get hard.” The couple definitely wasn’t expecting that having a family would come so quickly, and en masse. But they don’t necessarily consider the task of raising triplets to be hard, more like nonstop. “If you look at it in the right perspective,” Kathryn said, “raising your kids is supposed to be a great experience and the opportunity for you to do better for them than your parents did, and continuing that on down the line. So we look at it as challenging and consistent, but not really hard.”

Challenging and consistent can also describe the couple’s fitness routine. Before they met, Kathryn trained for Iron Man races, taught CrossFit and took part in figure competitions. Joe traveled the world as a semi-pro swimmer. After they married, they began doing triathlons together. Although he had never been a very good runner, and she wasn’t a great swimmer, it became the one fitness challenge they could take on together. That is, until recently.

In early 2016, Kathryn came home one day with the news that she had signed them both up for UltraFit, Franco’s 8-week team fitness challenge. She worked out their schedules so that they could both get their team workouts in, keep up with their full time jobs, and tag team with the toddler trio, plus she would continue to teach her 5 am spin class each weekday morning. They both loved the experience! He was on Kim Camet’s team for three seasons. She was on Tammy Nunez’s team for two. Joe plans to continue with Ultra Fit, even though his 6’5” physique is already ultra-lean. It keeps him on a schedule, keeps his heart healthy, and helps with stress relief.



Kathryn, on the other hand, is always looking for a new challenge, so at the end of 2016, she came home with another announcement - they would get certified to teach Les Mills new 30-minute cycling and sculpting class, SPRINT, together. Joe was hesitant, but followed through with the training at Kathryn’s encouragement. “He is fantastic!” She said, “You would never know he hasn’t been teaching classes his whole life!” She had known it all along.



**“If you see the goal,
and you know what
you want, you’re
going to get it.”**

This positive attitude is what Kathryn calls “channeling [her] mother.” Before she died, Kathryn’s mother left her with what her friends refer to as her magical powers. “If I saw something I wanted or if I had an idea in my head, it was going to go that way,” she explained. Her mother had always told her, “If you know that it’s going to work out, it’s going to work out. If you see the goal, and you know what you want, you’re going to get it.”

Joe and Kathryn wanted an active lifestyle and a lifelong challenge, and they certainly got it. “Our most challenging triathlon is Astrid - Tiber - Cori,” Kathryn laughed. (Astrid is their petite but fierce daughter; Tiberius and Corwin are their rough and tumble boys.) But that certainly doesn’t mean they won’t continue to seek out new challenges. “I’ve been [teaching spin classes] for 14 years, and every single time I teach a class, I get something out of it that I didn’t the class before. There is always somewhere to go.”



**CROSSFIT
FRANCOS**

Call Today to get a

**FREE
MONTH OF
CROSSFIT**

985.801.0500



GAME CHANGER:

When to begin a sports career?

Hi Ashley,

My daughter can't get enough volleyball. She talks about playing day and night, and seems to have developed most of her friendships through the sport. She even talks about playing collegiate volleyball at LSU someday. The kicker? She's only 9 years old. Although I don't want to spoil her dreams, I also don't want to become one of "those parents"; the ones who push their children farther than they are ready to go. Is this too early to begin thinking about a sports career?

- 9-year-old pro

Dear 9-year-old pro,

Parenting is a tough balance; learning when to encourage their dreams and when to help them face reality can be difficult. Especially when it comes to the "long odds" dreams like becoming a professional athlete, singer, or actor.

Likewise, I trust that none of us want to be the overbearing parent that forces their child into a career that they aren't ready for, or don't really feel invested in. In your case, I already believe that you will never be one of "those parents" because you are already said the magic word: push.

Should you push your children into becoming athletes? Never.

Why? Because pushing always meets resistance, and resistance sets up conflict, and the conflict then sours the relationship. Either between you and your athlete, or your athlete and the sport.

Rather, if you really want to help your budding athlete get as far as they can go, let's think about pulling them into the next opportunity for development. Finding the right coach, camp, or training program for next season is something that you can be doing while she is focused on this season. You can remove barriers before she encounters them.

If she is truly destined for a sports career, your efforts in finding the best opportunities for her will pay off quickly. She will be happy continuing on the path, her skills will develop rapidly, and she will be grateful for your support. If she isn't destined for a career, you will soon know it. At some point, she will decide not to take the next opportunity you have found for her. Either way, getting out ahead of her is the best support you can provide.

Is there times that you should push on your athlete? Of course. But the focus of pushing should be upon values: hard work, sportsmanship, humility – not on the development of her sports career.

But whether she makes LSU's starting roster or not, the greatest support you can give your young athlete is providing her the best opportunities for growth.



Ashley Lange is a Louisiana State Volleyball MVP and All-American, as well as the Track State MVP and two-time New Orleans Hall of Fame Athlete of the year.

She serves as director of sports performance at Athletic Republic. Have a specific question? Ask her directly at 985.801.0500.



**ATHLETIC
REPUBLIC™**

**KNOW YOUR
STRENGTHS**

FREE PERFORMANCE TESTING

**MAY 27TH
JUNE 10TH
JUNE 24TH
JULY 8TH**

**ENROLL AT
WETRAINAR.COM**



K.O. KIDS

Benefits to Youth and Adolescent Boxing at Franco's Ringside Boxing Club



Children and adolescents are living in a digital world, one filled with television, smart phones, video games, and too little recess time. Did you know the average child spends seven and a half hours per day in front of a screen? It's no wonder 28 percent of Americans ages six and older are physically inactive, and one in five school-aged children is classified as overweight or obese.

Youth boxing classes are a great way to combat these issues. Franco's Ringside Boxing participants benefit in ways that go beyond physical fitness, reporting mental, psychological, and social gains from their boxing training.

Boxing Increases Physical Fitness And Overall Health.

The CDC's Youth Physical Activity Guidelines recommends that children and adolescents ages 6 to 17 participate in at least 60 minutes of moderate or vigorous-intensity physical activity each day. Only one in three children in this country currently meet that requirement. Troy Marcantel attends class weekly. His mom, Katherine Marcantel, said she and her husband did not want to raise a child who plays video games and on his smart devices all the time. "Getting him to try different things like boxing has definitely upgraded his quality of life," she said. Troy uses boxing to cross train for swimming, his competitive, year-round sport. Over the last year, boxing helped to improve his time in freestyle swimming and helped him to make it to the state-level competition. Boxing has also encouraged Troy to develop a healthier lifestyle. He now avoids junk food and makes better choices in life.



Jacob Lorino and Anna Hughes during the 5:15 p.m. Youth Boxing Class.



Adam Ballantine ready to strike his target.

Adam Ballantine has been taking boxing twice a week since November 2016. His mom, Diane Ballantine, said Adam never really enjoyed soccer, swimming, basketball or karate enough to continue with them. A friend recommended boxing, and now he loves it. "Boxing has increased my son's strength and endurance, and I know he feels better about himself," Diane said. "It gives him the ability to feel that he could defend himself if he needed to, which is priceless."

Boxing Builds Self-Confidence And A Strong Work Ethic.

Boxing is challenging, and each class provides kids with an opportunity to work on a specific skill—footwork, bag work, speed, accuracy, etc. With regular attendance and practice, kids see substantial improvements in their performance. Such visible improvements provide reinforcement, motivating them to work hard in future trainings and helping them to believe in themselves.

Mackenzie Blackwell attends class 2 to 3 times per week and aspires to become a professional fighter. She said the most noticeable benefit she has seen since she started boxing is an increase in self-confidence and work ethic. "Boxing has definitely made me more outgoing and confident," she said. "It also taught me work ethic. I have always had good work ethic, but boxing teaches you to go above and beyond what you are capable of and really push the limits."

Boxing Increases Mental Focus.

Extreme focus is required to successfully complete a boxing match. During class, kids learn to focus intently on their target. Focus in the ring can translate to better focus in the classroom and improved performance in school. Boxing may benefit individuals with ADHD and is the perfect way to expel excess energy and punch out frustrations in a controlled environment. "It really does boost self-confidence and has helped my son with his ADHD and low self-esteem," said Katherine Marcantel.

Boxing Introduces Kids To Strong, Positive Role Models.

Franco's Ringside Boxing Trainers work closely with the kids and provide a fun, safe and organized learning environment. Classes are structured, and the coaches bond with the kids and teach them discipline. They recognize each child's strengths and weaknesses and provide one-on-one attention during class to help every child reach his or her goals.

Boxing Teaches Self-Defense.

Kids learn three basic strikes—the jab, the hook, and the uppercut—and how to throw these strikes safely and effectively while also protecting themselves by maintaining a strong guard. These skills can come in handy in a world laced with violence and bullying. Franco's Ringside Boxing coaches train children using Body Opponent Bags (BOB), heavy bags and focus mitts, allowing them to feel what it is like to correctly aim for and strike a target.



August Thompson ready to strike his target.

August Thompson trains weekly. His favorite part of boxing is being with his coach. "Boxing is much more than a physical activity for August," his mom said. "His coach and his sport help with spiritual and physical growth."

Youth Boxing Builds Character.

Boxing allows kids to find their inner strengths and to overcome obstacles. They learn that hard work and persistence are keys to reaching a goal or winning a fight. Anna Hughes attends youth classes twice a week. Her mom, Kerry Hughes, said Anna is now stronger, quicker, more confident, and understands ways to defend herself. "I love that Anna has gained confidence in her abilities," Kerry said. "She is more willing to try new sports and show her knowledge at the classes."

Boxing is a Social Outlet.

Classes allow kids to interact with each other in a safe, controlled environment. Coaches incorporate partner drills and teamwork into each class, so kids learn how to work together. Mackenzie Blackwell said boxing never gets boring. "You meet so many amazing people," she said. "Boxing really brings people together, and you get to know the people you box with."

Youth Boxing Classes Coincide With Adult Boxing Classes, So Parents Can Get Their Workout In, Too!

Youth boxing classes take place at 5:00 p.m. throughout the week, which coincides with the 5:15 p.m. adult class. Aiden Pradillo attends boxing class twice a week while his mom, Lisa, takes the adult class. "I was looking for a place where family and friends could workout together," Lisa said. "We are so happy to have found Franco's Ringside for us to gain knowledge and strength in a positive environment." Lisa's friend, Rebecca Lorino, also takes the adult class while her son, Jacob, takes the kids class. "It is so convenient to have our classes run concurrently," Rebecca said. "Thank you to the trainers for challenging us and our kids every week. I love that I am getting stronger and closer to completing classes without skipping reps."

Step inside of "The Box" and try something new! Stop by Franco's Ringside Boxing Club located inside Franco's CrossFit for a free class or follow "Franco's Ringside Boxing Club" on Facebook.

<https://www.fitness.gov/resource-center/facts-and-statistics/>
<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>
<http://fightingreport.com/boxing-for-kids/>
<http://www.martialartssuccessforkids.com/benefits-of-boxing-for-kids/>

UNCOVER YOUR



with SIX Knockout, Non-Sit-Up Ab Exercises

by Courtney Farnet

Russian Twists

Complete 2 sets of 25 each side.



Oblique Mountain Climbers

Complete 2 sets of 25 each side.



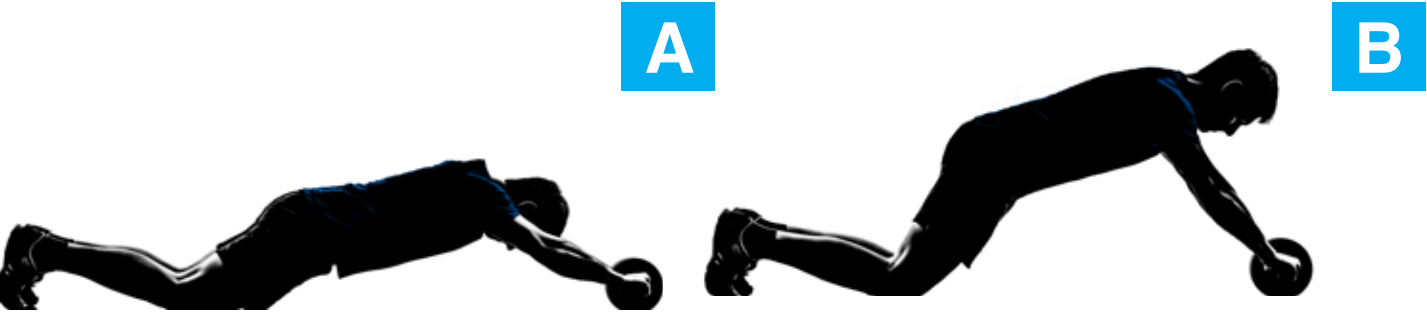
Bicycle

Complete 2 sets of 25 bicycles.



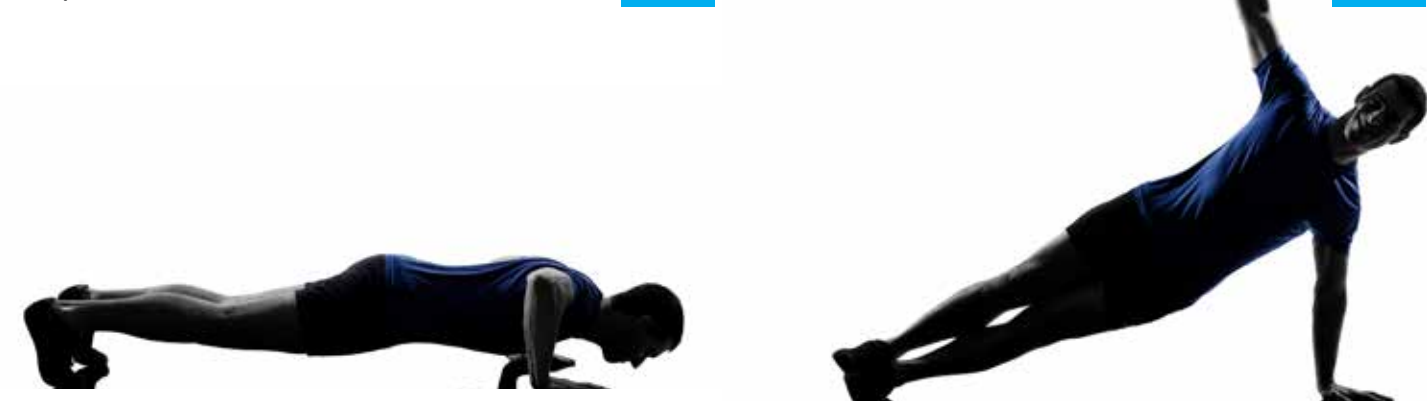
Ab Wheel Rollouts

Complete 2 sets of 12 rollouts.



Pushup to Side Hover

Complete 2 sets of 12 each side.



Medicine Ball V- Ups

Complete 2 sets of 12 V-Ups.



Did you know there are four separate muscles that make up the abdomen? The rectus abdominis is the muscle most people think of when they hear “six pack”. In reality, a strong “six pack” is made up of four separate muscles—the rectus abdominis, transverse abdominis, internal obliques and external obliques. Training the rectus abdominis in isolation, as with a sit-up, places stress on the lumbar spine and recruits only a small portion of your abdominal muscles. Crush your core from all angles with following six exercises. Complete the routine three to four times per week together with a clean diet and regular cardio. You’ll be ready to say, “Hello!” to your six-pack in as little as three months!

Pain, Pain, Go Away

by Courtney Farnet

DID YOU KNOW CHRONIC PAIN AFFECTS MORE AMERICANS THAN DIABETES, HEART DISEASE, AND CANCER COMBINED?

Approximately 76.5 million Americans age 20 years and older suffer from chronic pain, with 53 million Americans having received a doctor's diagnosis of arthritis. Arthritis is more common in women than men and increases with age.

How Do You Combat Pain?

Many people grab a non-steroidal anti-inflammatory drug (NSAID), such as Ibuprofen, to reduce inflammation. NSAIDS act quickly to alleviate pain, but long-term use can present certain risks. Natural alternatives for fighting inflammation exist, such as adding anti-inflammatory spices like Ginger or Turmeric to your diet. These herbs generally have no side effects with normal consumption and can be sprinkled on salads, soups, smoothies, or even mixed into a tasty drink. The possibilities are endless, and the reduction in pain can be pretty sweet!

Note: Individuals taking prescription medication and women who are pregnant or breastfeeding should consult a doctor prior to consuming these herbs.

Nature's Anti-inflammatory Ginger

is a spice with strong anti-inflammatory, antioxidant and antimicrobial properties. It has been used for centuries in Asia, India, Europe and the Middle East to treat arthritis, nausea and vomiting, diabetes, and menstrual irregularities.

Fresh Ginger is found in the produce section of the grocery store. It should be firm and smooth and requires peeling before use. Unpeeled fresh ginger can be stored in the refrigerator for three weeks. Ginger is also available as a dried spice. Try adding 1-2 teaspoons of Ginger to your daily meals.



Turmeric

is a common spice and major ingredient in curry. It originated in Southern India and is used as a supplement for inflammation, arthritis, stomach, skin, liver, and gallbladder problems, cancer and other conditions. The active ingredient in Turmeric is curcumin, a very strong antioxidant with powerful anti-inflammatory effects. To improve absorption of curcumin, it's best to take turmeric with black or cracked pepper.

Turmeric is available on the spice aisle but may also be found in the produce department. It's similar in appearance to Ginger root, but has a bright orange center when cut. Enjoy 1 teaspoon of Turmeric daily added to soup, rice, or your favorite stir-fry.

<http://www.painmed.org/files/facts-and-figures-on-pain.pdf>
<https://www.cdc.gov/chronicdisease/overview/>
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm107856.htm>
<https://www.curejoy.com/content/how-to-make-anti-inflammatory-turmeric-ginger-tea/>
<http://www.mccormickscienceinstitute.com/public/msi/assets/Singletary%20Nutr%20Today%20ginger.pdf>



Anti-Inflammatory Ginger Turmeric Tea

Ingredients:

- 1 cup of water
- 1 tsp freshly grated turmeric
- 1 tsp freshly grated ginger
- 1 slice of lemon
- Raw honey
- 1 tsp coconut oil or black pepper (to increase absorption)

Directions:

- Boil water in a saucepan.
- Add freshly grated ginger and turmeric and let it simmer for 10–15 minutes on low heat. If using ground turmeric or ginger, boil only for 7 minutes.
- Strain the tea and add honey and lemon to taste. Add coconut oil or black pepper for absorption.

<http://www.whfoods.com/genpage.php?name=foodspice&dbid=72>
<https://nccih.nih.gov/health/turmeric/ata glance.htm>
<https://authoritynutrition.com/top-10-evidence-based-health-benefits-of-turmeric/>
<http://www.whfoods.com/genpage.php?name=foodspice&dbid=78>

Stay active **WITHOUT PAIN**

Learn about the latest advancements in treatments for shoulder pain.



JOIN
Dr. Kevin Darr
for Coffee Talk
Surgical & Non-surgical
Treatments for Joint Pain
June 22nd, 9am
Franco's Media Lounge

NEW STATE-OF-THE-ART SHOULDER PAIN TREATMENTS INCLUDE:

- Shoulder Arthroscopy
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy
- ARP Wave Therapy
- Shoulder Replacement Surgery



DrKevinDarr.com
KEVIN F. DARR MD | ORTHOPEDIC SPORTS MEDICINE & SURGERY
REGENERATIVE MEDICINE CELL THERAPY

985.273.5888



KEVIN F. DARR, MD

Board Certified in Sports Medicine,
Orthopedic Surgery, Regenerative Medicine,
and Musculoskeletal Ultrasound

Dr. Kevin Darr is taking part in an
INTERNATIONAL CLINICAL RESEARCH STUDY
on new advancements in Stem Cell Therapy for Adults
with Articular Cartilage Injury of the Knee.

To learn more about this study, and to find out if you may
be eligible to participate, visit www.DrKevinDarr.com.

COVINGTON
19343 Sunshine Ave.

SLIDELL
1570 Lindberg Dr, Ste 10 & 12

METAIRIE
3100 Galleria Dr, Ste 300

FIT TIPS



Running **DOESN'T** **INCREASE Your RISK OF** **KNEE OSTEOARTHRITIS**

RUNNING is often associated with knee and other joint issues, but findings of a new study presented at the American College of Rheumatology annual meeting shows that association may be misplaced. The study surveyed over 2,600 people about which types of physical activity they had done at various times in their lives.

The results showed that the 29% of the group who were runners at some point in their lives experienced knee pain less often than non-runners, and also had fewer symptoms of knee arthritis. These findings indicate that running likely does not increase the risk of arthritis, and it may even provide some protection. Lead author Dr. Grace Hsiao-Wei Lo of Baylor College of Medicine added, "In people who do not have knee osteoarthritis, there is no reason to restrict participation in habitual running at any time in life."

Health clubs provide a safe, supportive environment for activity, and can provide a comfortable place to run during the hottest and coldest months. WebMD News from Health Day. Study: Running Won't Raise Risk of Knee Arthritis.

Published by The International Health, Racquet & Sportsclub Association (IHRSA), November 24, 2014. Visit ihrsa.org for more information.<http://www.webmd.com/arthritis/news>



INTERNATIONAL HEALTH, RACQUET & SPORTSCLUB ASSOCIATION
phone: 800-228-4772 | email: info@ihrsa.org | visit: ihrsa.org

Moderate, **REGULAR** Physical **ACTIVITY REDUCES** Odds of **DEPRESSION AND** **ANXIETY** in Adolescents

PHYSICAL ACTIVITY has been associated with lower risk for and improved symptoms of depression and anxiety in adults. A study published in the Journal of Adolescence examined the relationship between anxiety, depression, and physical activity in Irish teens between 15 and 17 years of age. The study included 481 people.



The results showed that about 21% had anxiety, and indicated that 37% were probable for depression. Both anxiety and depression symptoms were higher among less active teens (60 minutes of exercise daily for 0-2 days per week) compared to moderately and highly active teens (60 minutes/day for 3-4 and 5-6 days per week respectively). Compared to low active teens, moderate active teens had 30% lower odds of being depressed, and highly active teens had 56% lower odds. For anxiety, moderate and highly active teens had 46% and 47% lower odds respectively.

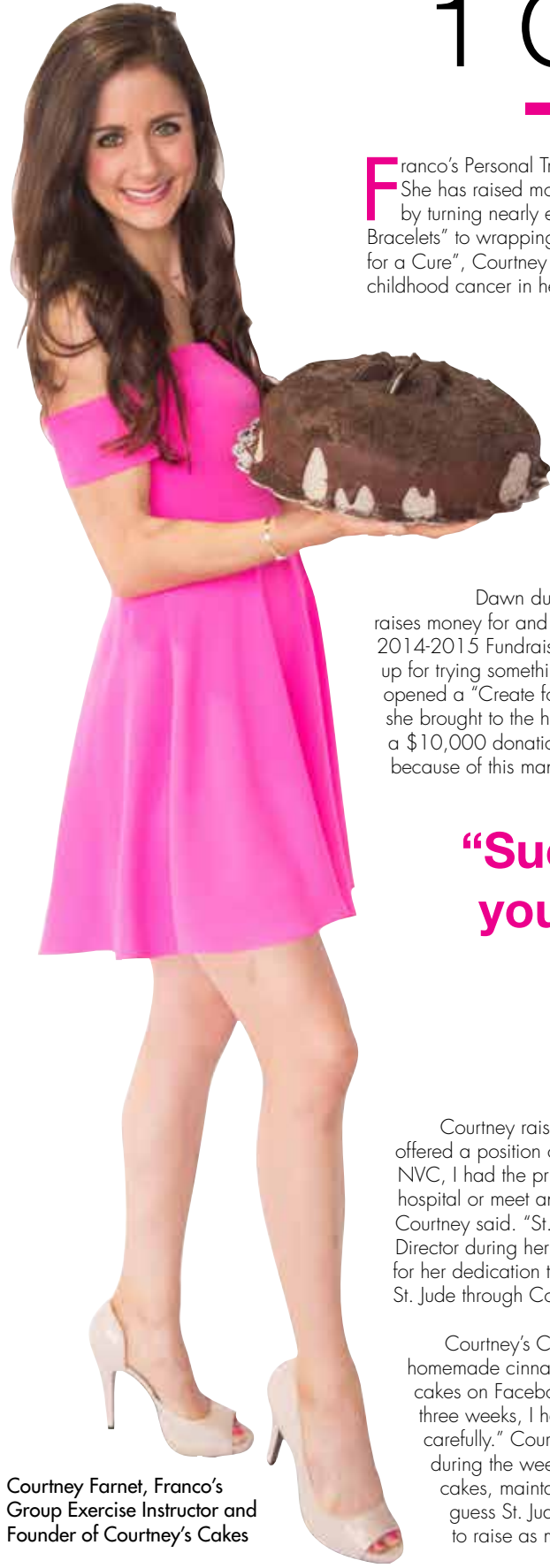
Health clubs provide safe, supportive, and engaging place for teens to be active on a regular basis.

McDowell CP1, MacDonncha C1, Herring MP2. Brief report: Associations of physical activity with anxiety and depression symptoms and status among adolescents. J Adolesc. 2016 Dec 15;55:1-4. doi: 10.1016/j.adolescence.2016.12.004.

Published by The International Health, Racquet & Sportsclub Association (IHRSA), January 3, 2017. Visit ihrsa.org for more information.

CHANGING LIVES

1 Cake At A Time



Courtney Farnet, Franco's Group Exercise Instructor and Founder of Courtney's Cakes

Franco's Personal Trainer and Group Fitness Instructor, Courtney Farnet, is on a mission to change lives. She has raised more than \$65,000 for St. Jude Children's Research Hospital over the last three years by turning nearly everything she does into a fundraiser. From making and selling St. Jude "Miracle Bracelets" to wrapping gifts at Christmastime to selling homemade baked goods from "Courtney's Cakes for a Cure", Courtney is always seeking out opportunities to advocate for St. Jude and raise awareness of childhood cancer in her community.

Courtney gives credit to her dad for her interest in St. Jude. "When my dad started his company in 2003, he committed to donating to two charities annually. St. Jude was one of them," Courtney said. "My dad is the reason I became so interested in St. Jude." In 2010, Courtney lost her eleven-year-old family friend to neuroblastoma. "I have vivid memories of seeing my sweet friend at school during our morning assembly with a huge smile on her face despite her suffering. She's my guardian angel, and I do everything in honor of her," Courtney said. It wasn't until 2014 that Courtney's dream of becoming involved with St. Jude turned into reality.

A member of Courtney's sorority, Delta Zeta, nominated her for St. Jude Up' til Dawn during her sophomore year at LSU. Up' til Dawn is an on-campus organization that raises money for and awareness of St. Jude Children's Research Hospital. Courtney was selected as the 2014-2015 Fundraising Director. "I knew very little about fundraising," Courtney said, "but I'm always up for trying something new." Courtney started reaching out to friends and family for donations and opened a "Create for a Cure" booth at her church festival for children to make "Miracle Bracelets" that she brought to the hospital in Memphis, TN. At that same festival a family friend surprised Courtney with a \$10,000 donation. "I looked at the check and saw not two, but four zeroes. Tears came to my eyes because of this man's generosity. He truly believed in me and my ability to make a difference."

"Success in life is not about what you accomplish for yourself. It's what you do for others."
- Danny Thomas

Courtney raised so much money within her first few months as Fundraising Director that she was offered a position on the St. Jude National Vision Committee (NVC) in Memphis, TN. "As a member of NVC, I had the privilege of visiting St. Jude countless times. Each time I walk through the doors of the hospital or meet another patient, I realize how much of a difference the money I raise actually makes," Courtney said. "St. Jude has completely stolen my heart." Courtney served as Up' til Dawn's Executive Director during her senior year at LSU and was awarded the first ever national "Be Like Danny" award for her dedication to St. Jude. Courtney graduated LSU in May 2016, but she continues to fundraise for St. Jude through Courtney's Cakes for a Cure.]

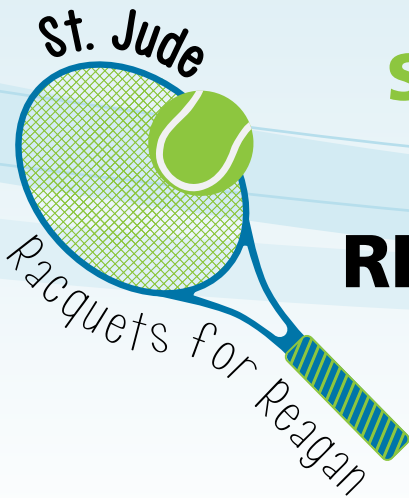
Courtney's Cakes for a Cure came about in January 2015 when Courtney baked her first homemade cinnamon, raisin, pecan king cake. "I thought it would be a great idea to sell my king cakes on Facebook, but I had no idea how much the sales would explode!" Courtney said, "Within three weeks, I had more than 65 orders, but I only have one oven at home, so I had to plan very carefully." Courtney said she baked morning, evening and night, and her mom helped her out during the week when she was away at LSU. "I'm still not sure how I managed to bake so many cakes, maintain my 4.0 GPA, and continue to pursue my passion for fitness," Courtney said. "I guess St. Jude himself had my back!" Courtney said she couldn't turn down an order. She wanted to raise as much money as possible for St. Jude.

Courtney now bakes king cakes, birthday cakes, wedding cakes, gender reveal cakes—pretty much anything requested. Courtney covers her costs for ingredients and asks only for a donation to St. Jude Hospital as payment for her cakes. "It's important to me to send 100% of the proceeds to St. Jude. Every dollar I raise goes toward finding cures and saving children." Aside from Courtney's delicious king cakes, she says her most popular cake flavors are wedding cake and, her personal favorite, chocolate cake with Oreo buttercream frosting. Courtney says the best way to "have your cake and eat it, too" is to place an order, enjoy your cake, and then join her for a Group Ex class or personal training session to torch the calories!

This fall, Courtney's Cakes will join forces with Racquets for Reagan, another local nonprofit devoted to raising money for St. Jude, during the third annual Racquets for Reagan Tennis Tournament September 28th through October 1st, 2017 "I am so excited to share my cakes with the tournament participants and can't wait to continue baking more goodies to fundraise for kids like Reagan, who truly are God's little warriors." For more information, visit "Courtney's Cakes for a Cure" on Facebook or email Courtney at cfar1012@gmail.com.



"I guess St. Jude himself had my back!"



SAVE THE DATE -Sept. 28 / Oct. 1

ST. JUDE RACQUETS FOR REAGAN TENNIS TOURNAMENT

Franco's Athletic Club

All proceeds go directly to St. Jude Children's Research Hospital



GREAT FOOD & DRINKS



GOOD FAMILY FUN



SUMMER TYEDYE FASHION



Arrowhead Necklace \$48
Bracelets \$32 (each)
Printed Dress with Fringe \$64
Tan Wedges \$52



Beaded Earrings \$32
Tye Dye Print Top \$39
Bracelets \$32 (each)
Light Skinny Jeans \$69
Netted Heels \$46



Sunglasses \$18



Beach Hat \$22
Off Shoulder Dress \$56
Braided Wedges \$64
Beaded Earrings \$32



Tye Dye Beach Cover-Up \$56
Sandals \$42



Wristlet \$32



Tear Drop Earrings \$34
Off Shoulder Romper \$52
Bracelets \$32 (each)
Brown Purse \$54
Brown Wedges \$56



Tear Drop Earrings \$34
Bracelets \$32 (each)
Tye Dye Dress \$48
Wristlet \$32
Brown Wedges \$56

BLACK SUMMER FASHION



Earrings with Stone \$32
Beach Hat \$22
Wedged Flip Flops \$56
Animal Print Cover up \$46



Long Sleeve Crochet Cover Up \$49
Beach Bag \$22
Tan Wedges \$52



Beach Hat \$22
Beach Bag \$29
Crochet Cover-Up \$54



Sandals \$39.50



Tear Drop Earrings \$34
Floral Romper \$46
Wedges \$52



Beaded
Earrings \$32

lifestyle boutique
at Franco's



Brown Fringe
Purse \$39



Beaded Earrings \$32
Bracelets \$32 (each)
Navy Tank Top \$38
Light Skinny Jeans \$69
Wedges \$58



Print Top \$44
Skinny Denim \$69
Netted Heels \$46

BLACK WHITE FITNESS



Criss Cross
Sports Bra \$56
Cut Out Tank \$50
Black Printed
Leggings \$80



Criss Cross Tank \$28
Printed Leggings \$74

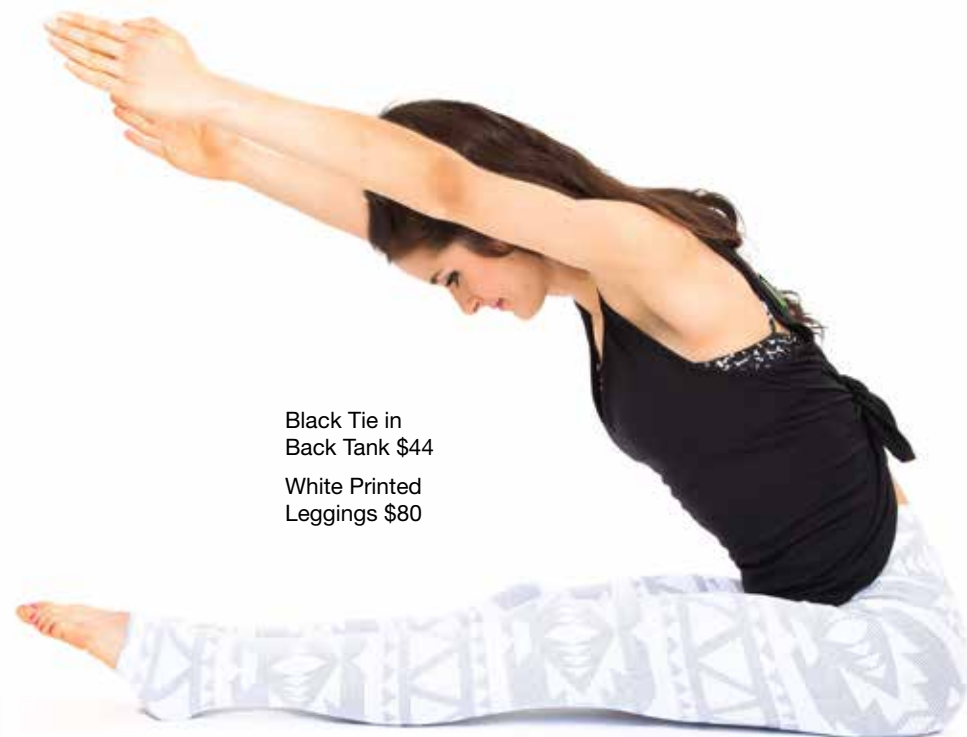
YOGA FITNESS FASHION



Purple Tank \$48
Printed Leggings \$69
Tennis Shoes \$79.99



Printed Sports
Bra \$56
Printed
Leggings \$79



Black Tie in
Back Tank \$44
White Printed
Leggings \$80

PILATES 2-G

by Caroline Devereaux



If your summertime vacations come with long car rides or too much time spent on an airplane, try tightening your tummy while you travel with this Pilates carry-on trick:

Sit up tall in a chair, car seat, or on the edge of the bed. Imagine a string is being pulled from your back, up your spine and out through the crown of your head. Feel yourself grow taller as you focus on breathing deeper and slower. Any hunching in your shoulders begins to straighten and your chest lifts slightly upward. Again, focus on breathing - breathe deeply, in through the nose and out through the mouth. Begin to suck your tummy in like you are trying to zip a pair of pants that are a little tight. (If you are in a car or airplane, pull your lower abdomen in and away from the seatbelt.) Feel your navel drawing back toward your spine, away from the waistband of your too-tight pants. Hold onto the tight-tummy feeling the entire time you breathe, completing 10 breath cycles (inhale-exhale = 1 breath cycle).

When you can't work in a workout, strengthen your muscles with your mind. Pilates incorporates many unseen elements such as visualizations and small, concentrated contractions that let you work your muscles wherever you are. To learn more, visit francosmandeville.com, or stop by Franco's Pilates Studio today.

NEW Equipment - NEW Classes - NEW Pricing

**UNLIMITED
PILATES
PACKAGES**

ACCESS TO ALL CLASSES

\$199

1 month unlimited

\$179

month

3 month unlimited

Call 985.792.0273 for details.

Unlimited package pricing is for members only. Call for non-member pricing.

Join us at Franco's Studio Pilates for...

Sip & Stretch

franco's
STUDIO  PILATES

FREE 30-minute Reformer Stretch Class
followed by mimosas and lite bites.

FIRST SATURDAY EACH MONTH

Jul 1, Aug 5, Sept 2

11:30am - 12pm *Reservations Required.*

Sunless Tanning at Franco's

Superior Sunless Results

- 3 spray nozzles improve overall coverage

Best Sunless Experience

- Heated warm air environment for comfortable session
- Heated drying ensures customer exits dry

Unmatched Sunless Options

- Unlimited combined applications
- Option for pre and post skincare treatments

**VERSA PRO
TANNING**
annual membership
\$89 one time fee

sessions
ONLY \$18

Tanning Tuesdays Only \$20

CALL TODAY! 985.792.0250

VERSASPA®
SUNLESS SKIN CARE SYSTEM

Q
spa

You are just steps away from
**BEAUTIFUL
SUMMER HAIR!**

KJ

KENTJACOB
color salon

985.845.8011 | kentjacob.com
Inside Franco's Athletic Club



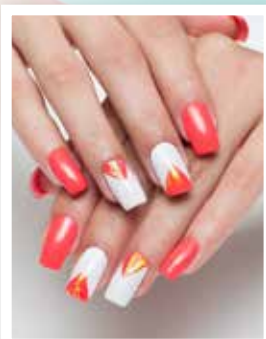
NAILED IT!

What's **HOT** for **HANDS** this season?



MODERN METALLIC

Metallic tips, overlays and reflective French manis are all the rage in 2017. Jewel toned elegance translates effortlessly from holiday splendor to beach babe shimmer. Who knew?



BOLD COLOR BLOCKING

From stripes to polka dots to geometric shapes, bright hues are making a bold comeback this season, and they can make your mani more fun than ever!



MULTICOLOR FRENCH

Get bold with tip color, or go diagonal for a modern twist on this classic look. A spruced-up French mani is a great way to give a soft touch to a loud color, or to go heavy on the glitter without looking bedazzled.



DECORATED CUTICLES

From glitter and embellishments to wrap around borders, cuticles are getting more love than ever this season. And why not? From nail bed to tip, let your nails be your canvas and get creative!



GLOSSY NEUTRALS

Don't be afraid to shine! Even the most natural looks are getting an iridescent sheen from the glow-all-over theme of this summer's beauty trends. Who says playing it safe has to be boring?

NEW POWDER COUTURE Nail Service

Dip Powders are a BRAND NEW TREND taking over the nail industry!

WHY ARE DIP POWDERS SO POPULAR?

Dip Powders are faster to apply and don't have the odor of acrylics. They leave the nail bed healthy and undamaged and are more durable than gel polish. Dip powder can stay on natural nails for up to 8 weeks (if you want to let it grow out that long) and leaving the nail healthy and beautiful after removal.

Ditch the double dip with Young Nails' new powder coating system, SlickPour. Jumpstart traditional nail enhancements with this powder coat application process that is easy to apply and remove. With a service that's clean and fast, you'll discover the durability and staying power of the glossy poster coat finish. Fortified with Calcium and Vitamin E.



young  nails
it's all about you.

GIFT CARDS AVAILABLE

Ospa

SUMMER SPECIALS

Stress Reliever Massage \$55

Beach Bound Pedicure \$36

Anti-aging Facial \$65

Offer valid Monday-Thursday, June & July only.

OPEN TO MEMBERS AND GUESTS



Ospa

MEMBERSHIP NOT REQUIRED | OPEN LATE | 985.792.0250

985.792.0250 | 100 Bon Temps Route | Mandeville | francosmandeville.com

RESORT STYLE SUMMER FUN

franco's



Waterslide Fun & Dive-In Movies

Join Us For Franco's

SUMMER KICK-OFF

SPECIAL SUMMER MEMBERSHIP PRICING ENDS SOON!

CALL TODAY 985.792.0200