

FRANCO'S

SPRING 2016

v. 5 | no. 1

HEALTH & LIFESTYLE

Power up Your Morning

**HIGH-PROTEIN
BREAKFAST
RECIPES**

**FIT
FUN**

FOR A CAUSE

Spring

INTO SOMETHING NEW!

New classes
New programs
Exciting events



Look inside for

**FIT
TIPS**



REGULAR CLUB HOURS

Monday - Thursday 4:45am - 10:00pm
 Friday 4:45am - 8:00pm
 Saturday 7:00am - 7:00pm
 Sunday 9:00am - 6:00pm

Easter Sunday, March 27
 Club is Closed

MEMBERS, DON'T FORGET

to give your sponsorship certificate to a friend!



FRANCO'S HEALTH & LIFESTYLE

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WHO'S THAT GIRL?

There has been quite a buzz about Franco's Health & Lifestyle cover model. People want to know, "Who's that girl?"

Twenty-four year old Samantha Beyer is a Franco's fitness coach, Lifestyle Boutique employee and exercise enthusiast. She wasn't always that girl though. It wasn't long ago that Samantha was the girl who "never stood out," who wanted to be athletic but thought she wasn't. She was the girl who hated the way she looked in pictures, and who had lost sight of what she wanted her future to hold. The fitness industry did much more than shape Samantha's body; it shaped her life.

Franco's Athletic Club helped Samantha to develop a deep love for fitness. She now works out seven days a week and is studying to become a personal trainer. "I am a 100% better because of the lifestyle changes I have made. I am healthier, and I am more athletic than I ever gave myself credit for.... I have a clear vision for my future. There is nothing I want more than to continue to gain knowledge about fitness so that I can motivate and inspire others."



Samantha Beyer

The season of new beginnings is upon us.

It is springtime, an exhilarating time when the world around us brightens and beautifies! Here at Franco's, we are ready to unveil the many ways we have been working to beautify our clubs.

Franco's flagship club is undergoing several renovation projects, including the much-anticipated Resort Pool Renovation. This undertaking has been many months in the making and has seen more than its fair share of obstacles. The delays created by January's unprecedented rain are behind us and the damage from February's destructive tornadoes has been repaired. We are now ready to embark on the final phase of this million-dollar renovation. We are grateful for the patience and support our members have shown through this process, and are looking forward to offering them an oasis of beauty, fun and relaxation this summer!

Franco's six-lane pool has been resurfaced and tiled. In addition, the entire pool deck has been resurfaced with a special non-slip coating. Next, we will be adding new sunbathing areas, beautiful 20-foot shade sails, and three custom-built pergolas. Our new resort pool area will then offer the ambiance of the Caribbean, with new towering jewel palm trees and lush landscaping. Members can relax on all new loungers, chairs and tables with the enhanced privacy offered by new fencing. We hope you will join us center stage at the new pavilion and staging area designed for music events and parties. Our latest renovation projects might just make Franco's your favorite vacation destination this summer!

Franco's Mandeville members will notice even more changes throughout the club each and every month. New furniture, lighting, carpet, flooring, ceilings, and locker room amenities are in the works. Additions and upgrades to Franco's facilities will be noticeable inside and out.

Franco's boutique and specialty clubs are enhancing the fitness experience for their members as well. Franco's Magazine Street club members are currently enjoying the addition of a new 2000 square foot, fully equipped Pilates studio. Franco's Crossfit Box is gearing up for its biggest event season yet, with Crossfit and Redline Athletic Olympic Weightlifting competitions happening through May and June.

We are so excited to have you share in the growth and blossoming of Franco's health clubs! Just like spring, it feels like a new beginning. It is, in fact, part of an ongoing commitment to the motto we were founded on - *Always moving forward, never standing still.*

We'll see you at the club!



Sandy Franco



TOMORROW STARTS NOW

Tips for reaching your goals
and keeping your results

A new year can bring renewed optimism. Whatever we want to become or accomplish often seems more possible when given the opportunity to start fresh. In this part of the country, new beginnings often wait until the revelry and indulgences of the Super Bowl and Mardi Gras are behind us. So, if you have not yet morphed into the thinnest, fittest, most organized, successful and spiritually fulfilled version of yourself, take heart. You are not alone.

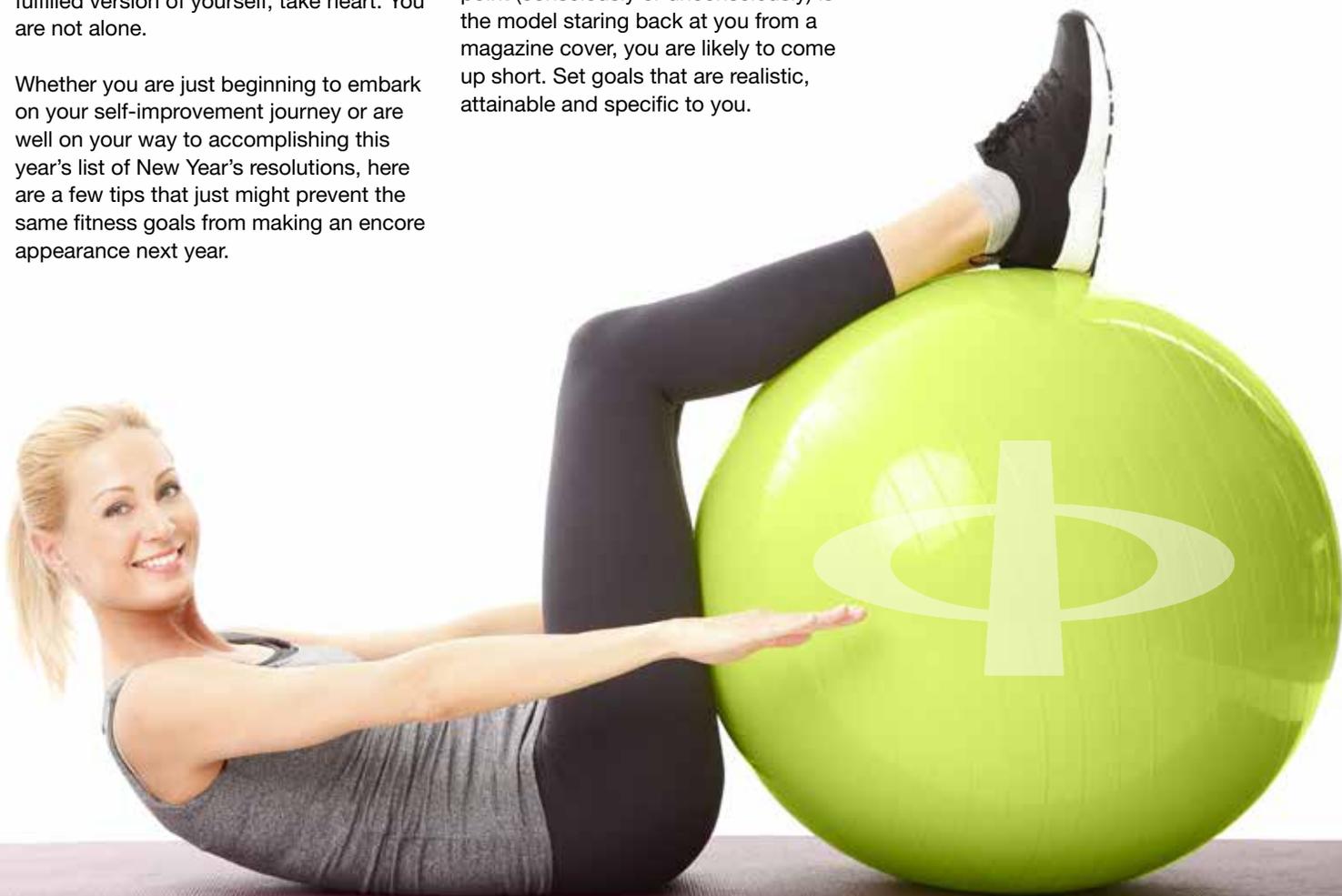
Whether you are just beginning to embark on your self-improvement journey or are well on your way to accomplishing this year's list of New Year's resolutions, here are a few tips that just might prevent the same fitness goals from making an encore appearance next year.

Define your results

Whether you are buying a fitness program, a skincare product or a new appliance, your purchase is likely to carry a promise that it will "get results." But those words mean different things to different people. Assess your goals carefully and determine what you hope to get for your efforts. If you go in with a vague mission to "get in better shape" and your reference point (consciously or unconsciously) is the model staring back at you from a magazine cover, you are likely to come up short. Set goals that are realistic, attainable and specific to you.

Separate "why" from "how"

The why part of your goal is a creative function. The how is a technical function. Neuroscience research has proven that these two functions not only exist in different parts of the brain, they aren't even close neighbors. The brain does not perform them simultaneously and doesn't easily shift between them. So get creative



and develop firm motivation for your goal, then get technical and lay out your game plan. Should you need to make revisions along the way, take a step back and consider whether the why or the how of your goal needs attention.

Measure with memorable milestones

Health-related goals offer plenty of quantitative measurements, but unless you plan to write your BMI across the sky or tattoo it on your chest, it isn't likely to carry you forward or give you something to build upon. If your fitness goals are focused on your appearance, aim for a particular clothing size. If you are more concerned with performance, schedule a 5K, 10K or a fun run. If you are into weightlifting, sign up for a fun competition or compete against yourself in a Crossfit event. If yoga is more your style, work a challenging yoga retreat into your vacation plans. Not only are these milestones memorable, they come with a built-in reward (such as new clothes, a great after-party or the chance to catch the energy or the Zen of a new fitness community).

Be consistent while embracing change.

Any effective fitness program or routine should include both consistency and variety. Working out at the same time each day, on the same days each week can help you stick to your workout schedule, but doing the same workout each day decreases the likelihood that you will see a change in your body. Muscles adapt, which means the same exercises provide diminishing returns when done over and over. Get out of your comfort zone every chance you get and take on new challenges often to get the most muscle out of every grunt and grimace.

Avoid workout burnout.

Goals that are bound by a predetermined time period are more likely to be attained. But if you achieve optimal fitness because you enlist in a six-week fitness program reasoning that you "can do anything for six weeks," what do you do when it is over? You might find yourself burned out and tempted to take a week or two off. Two weeks can turn into three, then four. Before you know it, you are back where you started. How quickly is your progress lost? The time period varies according to your exercise history and the degree to which your fitness is specialized versus generalized, but some studies show that strength begins to deteriorate after a three to five week hiatus, cardiovascular endurance declines somewhat faster, and specialized muscle fibers such as those used in specific sports often begin to change in as little as two weeks. The good news is that it doesn't take nearly as much to keep muscles as it does to build them. Studies published by the National Institute of Health indicate that strength and muscle mass can be preserved with an exercise routine that is as little as one-third of the training program used to create them. Rather than going from all to nothing, establish a maintenance plan early in the process and resolve to commit to it indefinitely.

Celebrate with a new challenge.

*You just won the Superbowl! What are you going to do now?
I'm going to Disneyland!*

It is natural to want to celebrate big accomplishments with big fun, but don't forget the intrinsic reward that comes with getting fit. Celebrate, then move on to the next challenge. If you find a type of exercise that you love, or a fitness community that makes it fun, the celebration and the work come together, and your healthy place becomes your happy place.

WANT TO LOSE YOUR "WINTER COAT" IN TIME FOR SWIMSUIT SEASON?

WHEN TO BEGIN:

If you are trying to lose weight on your own, and are looking for sustainable results, aim to lose 1 to 2 pounds per week, and 1% body fat per month. Since one pound equals 3,500 calories, most people need to reduce their net caloric intake by 500 to 1000 calories per day (by eating fewer or burning more) to lose 1 to 2 pounds per week.

This means that if you are hoping to reach your goal weight by Memorial Day 2016, and you have 10 pounds to lose, you would need to start by April 13th. If you have 20 pounds to lose, you should have begun to get serious by February 15th.

If you have a significant amount of weight to lose or need to lose weight quickly, consider enlisting a personal trainer, nutritionist, or a weight loss program that incorporates personalized recommendations from both and the support and guidance to help you make lifestyle changes that you can sustain.



How often should I replace my athletic shoes?

The insole of athletic shoes often wears out long before the tread on the bottom. These insoles provide your feet with cushion and support that ease the trauma of pounding the pavement (or the gym floor). Insufficient foot support can lead to overuse injuries ranging from shin splints to tendonitis (not to mention those aching feet). Most podiatry experts recommend updating your athletic shoes every 300 to 500 miles. For active individuals, that translates to a new pair of shoes every 3 to 6 months.



Butt-Lifting Exercises You Can Do Anywhere



Take this barre-inspired glute exercise from Pilates Director Caroline Devereaux with you wherever you go.

While standing, grab the wall or the back of a sturdy chair for balance. Barely bend your knees – never lock or hyperextend them. Brace your abdominal muscles to avoid straining your back. Reach one leg straight behind you and flex your foot, just barely balancing your big toe on the ground. Move the extended leg up and down, then side to side by contracting and relaxing your glutes and hamstrings. Keep in mind with each movement, LESS is BETTER. Make your movements really small and don't forget to breathe. Do 2 sets of 20 small movements or pulses in each direction.



LIKE YOURSELF

Psychology research has increasingly linked frequent social media usage to feelings of discontent. One such study published in the *Journal of Social and Clinical Psychology* found that the more time people spend on social media, the more depressed they become when comparing their lives to others. Lead author Mai-Ly Steers suggested in an interview with *The Atlantic* that this result might stem from people's tendency to present themselves in the best possible light on social media. Steers entitled her paper, "Seeing Everyone's Highlight Reels" and opened it with a quote from Theodore Roosevelt, "Comparison is the thief of joy." Steers avoids pointing the finger at any one social media outlet, and rather encourages users to remain aware of why and how they are using social media. "The medium is just an extension of our genuine human tendencies," she says. Steers encourages users to avoid comparing their lives to those portrayed on social media and suggests gratitude as a worthy antidote to envy. (The full article is available on guilfordjournals.com.)

*www.theatlantic.com
journals.plos.org
guilfordjournals.com*

WHAT TO DO ABOUT CELLULITE.

Warm weather is shining down on us and as the layers come off, our problem areas are revealed. One problem that haunts many of us is the appearance of cellulite. While cellulite is not a health problem, it can deliver a serious blow to our confidence.



WHAT IS CELLULITE?

Cellulite has a “cottage cheese” or “orange peel” appearance and is most often seen on the butt, hips and thighs, though it can appear anywhere, including on arms, stomach and even breasts. It happens when normal fat cells push against the connective tissue of the skin and cause it to pucker and appear uneven.

WHAT CAUSES IT AND WHO DOES IT AFFECT?

Cellulite occurs most often on women. It is estimated that 80-90% of women, but only 10% of men, will develop this problem at some point in their lives. Women tend to have more body fat and weaker connective tissue, and hormones such as estrogen affect the development of cellulite. Water retention and reduced blood flow further add to the problem. Age, weight and lifestyle play a role, but because genetics is an important factor in its development, even lean and fit people can have cellulite.

WHAT CAN I DO ABOUT IT?

Reducing body fat, building muscle and improving circulation can reduce the appearance of cellulite. Your first line of defense should be diet and exercise. A healthy diet can reduce body fat and water retention, two factors that help to create the appearance of cellulite. Proper hydration and a diet rich in antioxidants and omega acids can also improve skin's elasticity and boost collagen production.

Exercise is essential to reducing the appearance of cellulite. High Intensity Interval Training (HIIT) offers the biggest impact. Yoga and strength training also help to build muscle and improve circulation.

BEYOND DIET AND EXERCISE

You don't have to search far to find everything from surgical procedures to a host of expensive treatments that promise a solution to cellulite. However, there is no one “miracle cure.” Before you break the bank, try some of the following recommendations for reducing the appearance of those unsightly dimples and wrinkles.

Try a cream that contains retinoid or stimulants:

Creams that contain retinoid can smooth skin and reduce the appearance of cellulite. Creams with stimulants such as caffeine, ginger, green or black tea can increase blood flow and give skin a smoother, tighter appearance (at least temporarily).

Get a massage: There are specific anti-cellulite massages out there, but in general, a good massage will stimulate blood flow to those problem areas.

Try an at home remedy: Try mixing coffee grounds with hot water and scrubbing it on cellulite for 10 minutes once or twice a week. Rubbing coconut oil on the affected area and then using a dry body brush to massage has also been found to be highly effective.

Get a spray-tan: Cellulite is less visible on darker skin. A self-tan can help to even your skin tone, further reducing the visibility of those problem areas.

When it comes to cellulite, the best advice may be to do what you can and not worry about the rest. It is a problem that most women will deal with at some point in their lives. So take heart, you are not alone, and you are probably your own worst critic!

FRANCO'S 2016 RESORT POOL RENOVATIONS

Our latest renovation project might just make Franco's your favorite vacation destination this summer!

Our new resort pool area will offer the ambiance of the caribbean, with new towering jewel palm trees and lush landscaping. Members can relax on all new loungers, chairs and tables with the enhanced privacy offered by new fencing. We have also added new sunbathing areas, as well as plenty of shade with beautiful 30-foot shade sails, and three custom-built pergolas. Phase 3 will include private poolside cabanas made available by reservations

We hope you will join us center stage at the new pavilion and staging area designed for music events and parties.

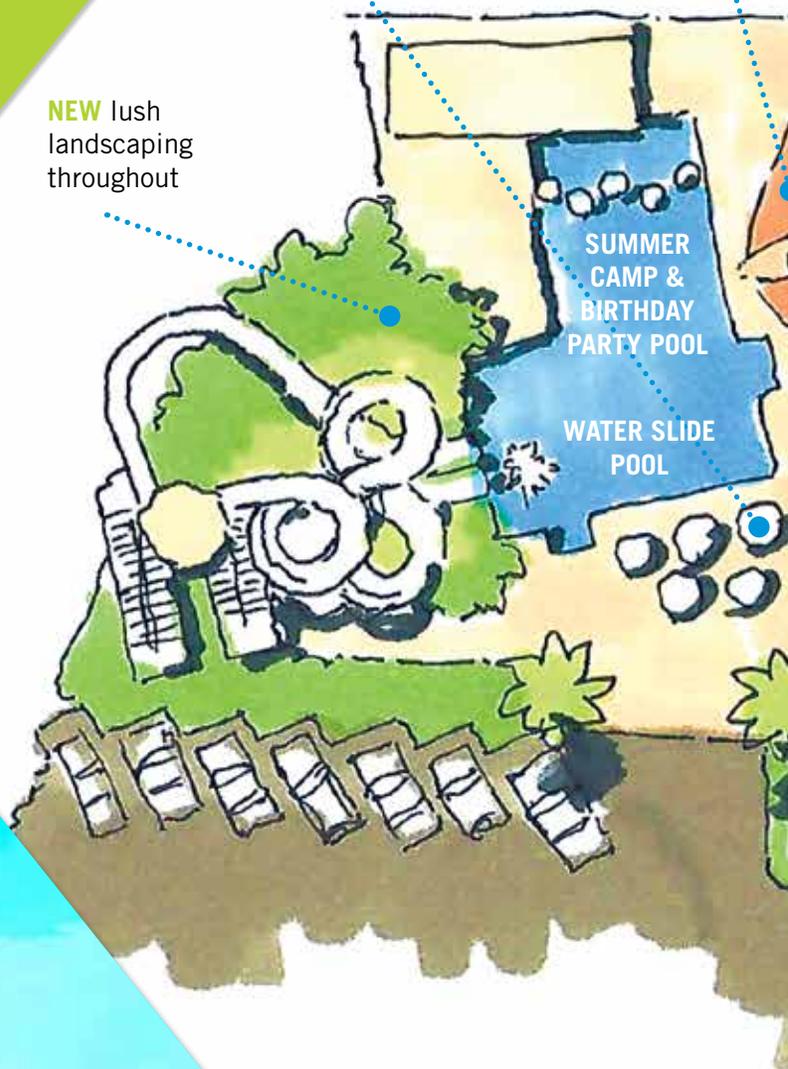
Dont miss the fun this summer at francos

*Francos Always moving
forward never standing still*

NEW 20-foot
shade sails

NEW loungers,
tables & chairs

NEW lush
landscaping
throughout



NEW



NEW non-slip pool deck surface

Newly resurfaced & tiled pools

NEW sun bathing areas

NEW fencing & planters

CHILDREN'S THEME POOL

SIX LANE POOL

EIGHT LANE POOL

NEW pavilion & live music stage

NEW custom-built pergolas

NEW 25-foot jewel palm trees

POWER UP your morning



Berry Green Smoothie

Ingredients

- 8 oz. plain 0% or 2% Greek or Icelandic yogurt
- 3/4 cup frozen raspberries or mixed berries
- 2 tbsp. powered peanut butter (such as PB2)
- 2 cups (2 large handfuls) fresh spinach or kale
- 1 cup unsweetened vanilla almond milk (or enough to thin to desired consistency)
- 1 .5 slice of a medium avocado

Add ice and no-calorie, plantbased sweetener (such as Truvia) if desired. Blend until smooth.

Approximately 330 calories and 31 g Protein

4 QUICK AND EASY HIGH PROTEIN BREAKFASTS (THAT AREN'T EGGS)

What are you having for breakfast? If a bowl of cereal or toast with butter has been your morning staple because you think the only high-protein breakfast options involve eggs and plenty of preparation, think again. Healthy weight management strategies include not only eating breakfast, but eating one high in protein. A recent study published in the *International Journal of Obesity* showed that participants who ate a high protein breakfast (one with 35 grams) experienced fewer glycemic fluctuations, less hunger, and ate an average of 400 fewer calories throughout the day than a control group who ate a “normal protein” breakfast (specifically, cereal with milk containing 13 grams of protein).

Eggs are an obvious source of protein, with only 75-calories and 7 grams of protein per egg. But what other breakfast-worthy foods are high in protein? We asked Franco's Registered Dietitian Nutritionist Aimee Plauche to offer some alternatives.

www.nature.com/ijo/journal/v39/n9
www.ncbi.nlm.nih.gov/pubmed



Call (985) 792-0206 to schedule your appointment with one of Franco's Registered Dietitian Nutritionists (RDNs)

Aimee Plauche, RDN

Yogurt Berry Parfait



Ingredients

- 8 oz. plain 0% or 2% Greek or Icelandic yogurt (I prefer Siggis or Fage)
- ½ cup mixed berries (fresh or warmed if frozen)
- 2 tbsp. milled flaxseed or 1/2 oz chopped nuts
- 2 tbsp. Powdered peanut butter (such as PB2)
- No-calorie, plant-based sweetener if desired (such as Truvia)

Mix PB2, flaxseed and sweetener (if using) into yogurt. Pour warmed berries or sprinkle fresh berries. May thin out yogurt mixture with a splash of unsweetened vanilla almond milk or dust with cinnamon if desired. If not using flaxseeds, top with chopped nuts.

Approximately 280-310 calories (depending if using flaxseeds or nuts) and 30 g Protein

Cottage Cheese with Pears & Cinnamon



Ingredients

- 6 oz. cottage cheese
- 1 small pear chopped (size of a tennis ball)
- Cinnamon and no calorie, plant-based sweetener of choice if desired
- Top with mixture of ½ oz. almonds and walnuts (amount that is in 100 calorie pack).

300 calories and 23 g Protein

Southwestern Breakfast Burrito



Ingredients

- 1 - 8" 100% whole-wheat tortilla (80 calories) or low carb, high-fiber tortilla (50 calories)
- ¼ cup no-salt-added canned black beans
- 1 oz. shredded cheddar cheese
- 1 oz. cooked turkey (one with no added nitrates or nitrites)
- ¼ cup (a dollop) plain Greek yogurt
- 2 tbsp. salsa for dipping
- 1/5 of a medium avocado
- 100% olive oil spray

Directions

- Lightly spray tortilla with oil and place in skillet, add cheese, beans and turkey. Once cheese is melted, fold over twice and remove to cool. Can dip into 1/4 cup plain Greek or Icelandic yogurt for additional 7g of protein

270 or 300 calories and 26 or 24 g Protein (with low carb or whole wheat tortillas respectively)

FRANCO'S

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	
5:15am	BODYCOMBAT					7:00am Cycling
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP XPRESS		
6:00am		Studio Cycling		Studio Cycling		8:00am Yoga (MB) BODYATTACK
6:15am				CXWORX		
7:00am	F.I.T. Circuit		F.I.T. Circuit Boot Camp (S1)		F.I.T. Circuit	
7:30am	Barre Fitness (MB)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	Yoga (MB) BODYCOMBAT(S1)	9:00am Studio Cycling BODYPUMP
8:00am			CXWORX (S1)			
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	9:15am Barre Fitness (MB)
	Boot Camp (S1)	Load & Xplode(S1)	BODYCOMBAT (S1)	Load & Xplode (S1)	Zumba (S1)	
	Yoga Stretch (MB)	Yoga Stretch (MB)	BARRE FITNESS (MB)	Yoga Stretch (MB)	Barre Fitness (MB)	10:00am BODY COMBAT (S1)
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	
9:30am	BODYPUMP (S1)	CXWORX (MB)		CXWORX(MB)	Barre Fitness (MB)	10:30am Pilates Mat (MB)
	Barre Fitness (MB)					
9:35am		Power Kick Circuit (S1)	Sculpt (S1) Roll & Release (MB)	Cardio X-Fitness (S1)	BODYPUMP (S1)	11:00am BODYJAM (S1)
10:00am	Dancin to oldies	Sr. F.I.T. Circuit	Dancin to oldies	Sr. F.I.T. Circuit	Dancin to oldies	
10:05am		CXWORX (MFT)		CXWORX (MFT)		
		Barre Fitness (MB)		Barre Fitness (MB)		
10:30am	CXWORX (MFT)					12:00am Zumba (S1)*
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	
11:30am	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)	SUNDAY
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		9:00am BODY COMBAT (S1)
12:45pm	Parkinson's Class					
1:15pm				Parkinson's Class		
3:30pm		iCan (S1)		iCan (S1)		
4:15pm	BODYSTEP Xpress		BODYSTEP Xpress			9:00am Yoga (MB)
4:30pm		BODYPUMP (S1)		BODYPUMP (S1)	Studio Cycling	
		Barre Fitness (MB)		Barre Fitness (MB)		
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			9:30am Studio Cycling
5:30pm	Yoga (MB)	Yoga (MB)	BODYFLOW (MB)	Yoga (MB)		
	Studio Cycling	BODYATTACK (S1)	Studio Cycling	Zumba (S1)		
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX	RPM Cycling		
6:30pm	BODYCOMBAT (S1)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*		
	Roll & Release (MB)		Barre Fitness (MB)			
6:45pm	Aqua Zumba		Aqua Zumba			



For more information, call 985.792.0278 or visit myfrancos.com.



Classes are open to everyone.

MOTHER/DAUGHTER ZUMBA CLASS

GUEST ARE WELCOME

MAY 7 Saturday @ 12:00pm

Taught by Gretchen Hogan and Mother daughter Duo Michelle and Sophia Ruffino.

FREE GUEST PASS

LES MILLS LAUNCH SATURDAY, APRIL 9

FOR MORE INFORMATION CALL 6985-792-0278



Mondays & Wednesday 6:45 pm beginning May 2nd



Shop the latest in **FITNESS FASHION** AT **FRANCO'S** Activewear Store

TAMMY COOK NUNEZ

“Professional. Relatable. Fierce. Tough. A great motivator. Super smart.” The descriptors rang out in layered enthusiasm when I cornered Angie Nicotri, Melissa Parette, and Naz Butcher to ask why they train with Tammy Nunez. When the chorus died down, Angie summed up the group’s admiration in three words, “She is superhuman.”

Tammy may have the physique of a fitness prototype, but people are drawn as much to her intellectual complexities as to her muscular exterior. She can easily be described as creative and practical; structured and surprising; regimented and spontaneous; extraordinary and completely relatable. She appears to be superhuman at times – like when she goes airborne during a Body Combat routine, or when she trains and teaches mornings and evenings, manages a full-time career and still keeps up with her three active children.

Tammy is a personal trainer and a group exercise instructor. She is also a sports journalist of 22 years and a Community News Editor for the Times Picayune. For most of Tammy’s life, fitness meant sports. As a child, she did gymnastics and swam competitively. Swimming took center stage as early as age 10, and she continued to compete through her years at Indiana State University. Sports journalism was a natural choice, combining her knowledge of sports and her gift for writing. It was also what brought this Cleveland-born girl to Louisiana in the late 1990s.

In 2011, Tammy found her way to Franco’s. She wasn’t looking for a place to exercise, just reprieve from a scorching August day. “I literally joined Franco’s just to go to the pool,” she says. While there, she picked up a group exercise class schedule, “just for giggles.” She had never taken a class before. At the time, she was running four miles a day and lifting weights at home. “I didn’t think I needed group exercise. I thought, ‘I know how to stay in shape,’” she laughs. She keeps a picture of herself from the month before she joined Franco’s and shares it with some of her Lose Dat team members when they get discouraged. “It doesn’t look anything like me now,” she says.



Tammy began taking Franco’s exercise classes and immediately fell in love with Body Combat. “It was so much more fun than running or swimming! The instructors are making you



laugh and your heart rate is going up and down, and it's still really hard and I just loved it! I ended up losing 20 pounds along the way." She also happened to be really good at it. It wasn't long before one of the top instructors suggested she teach. After letting the idea "marinate" for six months, she began the Les Mills training program and, later, pursued her personal training certification. But jumping in took courage. "This was definitely out of my comfort zone," she says. "Intellectually, I am completely confident, but [teaching] group exercise can be scary." Tammy worried about entering into an "all-star lineup" of instructors and teaching members who have years of experience with these classes. "Finally, I was like, "They're either going to like me or they're not going to like me. So I just put myself out there. It was like a leap of faith."

FIVE YEARS AGO, TAMMY TRIED HER FIRST GROUP EXERCISE CLASS. TODAY, SHE IS BEING DESCRIBED AS A "SUPER FIERCE TRAINER" AND AN "AMAZING MOTIVATOR."

It would appear that Franco's members definitely like her! Her fitness career has propelled forward with as much power as her roundhouse kick. Currently, Tammy teaches classes, trains Lose Dat and Ultra Fit teams, leads strength and HIIT group trainings, and does personal training. Those she trains often say that she knows how to push them to their limits, but not beyond. She is also known for her ability to make hard workouts fun, fostering camaraderie among group members and breaking out in crazy dance moves when one of her groups is struggling to get through a tough workout. ("You know she twirks?" teases trainee Melissa Peretti.) Tammy's ability to marry (or vary) seriously difficult workouts with crazy quirky fun is just one more of the dichotomous talents that have made her superhuman in so many eyes.



Have you seen Princess Tammy?

Tammy was "officially" crowned by her 5:30 Lose Dat team following an early morning swim workout during which Kelly, a friend and strong swimmer, was giving her some pushback. Tammy was busy helping a different team member who could barely swim and joked to Kelly, "You can be a princess, today just is not your day." The phrase caught on and became a mantra for the remainder of the season. The team even acquired a "magic wand" that would be passed around to anyone who was having an off-day" It was understood that the team member who held the wand was not to be pushed. The fatheads were created so that Tammy could have her day to be a princess.

Download Franco's **NEW APP!**

FRANCO'S APP INCLUDES OUR 3 LOCATIONS:

Franco's Mandeville

Franco's CrossFit

Franco's on Magazine Street, New Orleans



AVAILABLE ON:

iPhone, Apple Watch and Android



itunes:



android:

LOSING TO WIN

Kristi Doran LOST 44 LBS.

When Kristi decided to do the fall Lose Dat challenge, it had been three years since she had worked out. She was determined to give it her all. She enlisted her husband to manage the family's evening routines and her friend to do the program with her, then she signed on with Kim Camet, a trainer that she knew would make her work hard.

At the beginning, her body rebelled against the intense activity. Through the struggles and the pain, with the help and support of her trainer and teammates, Kristi persevered. By the end of 10 weeks, she had lost 44 pounds and 22% body fat. She reveled in her trimmer, lighter frame and her newfound energy. She and her husband began running together regularly, and Kristi went from a 14-minute mile to a 9-minute mile. She even inspired her husband to begin an early morning gym routine. "He didn't like that I had started running faster than him," she jokes.

Since her victory with the Lose Dat program, Kristi has continued to work out and make healthy choices. She loves being able wear leggings and skinny jeans and has no intention of looking back.

"I am never going to be that out of shape again!"

- Kristin



BEFORE



Lose Dat Winner

C.J. Pollet LOST 48 LBS

CJ Pollet had been a member of Franco's for years, and had attended regularly, but the intensity of his workout routines slowed to an elliptical simmer when he lacked a clear and motivating goal.

Ironically, it was not his own goal that got CJ into the Lose Dat program; it was his daughter's. "She wanted someone to do the program with her," he says. CJ tried and tried to find another family member who would sign on, but to no avail. "I sure as heck didn't want to do it," he confesses. "I had watched those [Lose Dat] folks working out, and thought, 'I can't do that!'" He pauses, sighs and shrugs. "BUT... I am also a dad."

The first few weeks were tough! But CJ pushed through his soreness, and many days, pushed his daughter through hers. As the muscle aches eased, they both began to enjoy the workouts.

"One thing led to another," CJ says, "and I started doing well. So I got motivated. I started thinking, 'Hey! I could win this thing!'" With a goal in mind and a finish line in sight, CJ pushed harder and ate leaner than he ever thought possible.

In hindsight, CJ recognizes that his goal-driven personality was a perfect fit for the structure that Lose Dat offers. He is lighter, leaner, fitter and ready for the next challenge.

Lose Dat Winner



BEFORE



BE OUR NEXT FITNESS CELEBRITY

Michael Scaglione LOST 51 LBS.

From hurricanes to out-of-state moves, job promotions to parenthood, Michael Scaglione's exercise routine has had its fair share of interruptions. None were quite as overwhelming as his firstborn child's battle for her life. In June, Mike's then six-year-old daughter Ava received a devastating diagnosis - cancer. The seven months of intense treatment that followed consumed Mike and his wife completely. What they were eating and whether or not they were exercising were the farthest things from their minds. January 2016 marked one year of remission for little Ava.



The fall Lose Dat challenge offered Mike and his wife a reset to healthy living. They both successfully completed the program, and he earned the title of Second Place Male. Mike believes the program was easier because they did it together. "We cooked the same things; we ate the same things. We pushed each other." The support they gave each other might lead to the assumption that they were on the same Lose Dat team. "No, we wanted to compete against each other," he says without a hint of irony. Whether through their flirtatious competition or the cooperation needed to make it happen, Mike believes the program brought the couple closer.



BEFORE

Jennifer Colella LOST 42 LBS.

Lose Dat's most recent female runner-up is easily recognized for her enormous smile and her shrinking physique. Thirty-one year old Jennifer Colella shaved off an impressive 42 pounds and 13% body fat during the 10-week challenge, but those numbers just skim the surface of Jennifer's results.

"Lose Dat completely transformed my body, mind and soul,"

- Jennifer

Before this transformation, Jennifer felt as though she was living in a body that was not her own. "2006," she said solemnly. "That's when it all began." Jennifer described a period during which her petite frame gained 75 pounds, began retaining fluids, and became susceptible to overheating. She saw doctors but did not receive answers that sufficiently explained the scope or sudden onset of her symptoms. She became depressed, lost motivation and turned to food as a crutch.

When Jennifer looks at pictures taken during that time in her life, she gets a little choked up. "I don't remember realizing that it was that bad." Her physical condition began to improve when she had her first daughter, and continued with her second pregnancy. She believes hormones may have played a role. Jennifer also made changes to her diet after learning she had food allergies.

During Lose Dat, Jennifer's determination was unwavering, and she received plenty of support from Franco's trainers and members. "I got so much more out of Lose Dat than just weight loss," she says beaming. "I got community."



BEFORE



HEY PARENTS & KIDS, Look what's NEW!

TRI FIT KIDS

This 8-week program meets 3 days per week and concludes with a mini-triathlon. Athletes are instructed in swimming, biking, and running; gain strength and flexibility; and learn the fundamentals of good nutrition. Each session is instructed by a trained head coach and coaching assistants (ratio of 1 coach per 8 kids).



March 21-May 13
Mondays, Tuesdays & Wednesdays

Elementary (grades 2 - 3): 4:30pm - 5:30pm
Middle School (grades 4 - 6): 4:00pm - 5:00pm
Jr High & High School: 3:30pm - 4:30pm

STRONG - Weightlifting Programs for Kids & Teens

Our Personal Trainers teach kids and teens proper weightlifting technique and help them to build muscle. Goals will be set at the beginning of the 8-week program, and a noticeable increase in muscle strength will be seen by the end.

March 21 - May 13
Mondays & Wednesdays

STRONG Kids
(ages 7 - 11)
4:30pm - 5:30pm

STRONG Teens
(ages 12 - 17)
5:30pm - 6:30pm



Register with your Franco's app or call 985.792.0206

Junior Fitness Instruction

JFI is a program designed for kids 8-13 years of age. This is a 3-4 day certification course and allows your child access to the Fitness area.

SWIM CLINIC

ages 5 & up
Tuesdays & Thursdays, 5:30pm, 9 weeks,
March 1 - May 5

TENNIS

ages 4 & up
Scooby Doo, Champions, Jr. Aces, Aces,
Jr. Academy, Academy

EXERCISE CLASSES

all ages
Free! Zumba, Yoga, Pound, Body Jam,
Cardio Challenge

OTHER ACTIVITIES

included in membership: Basketball, Racquetball, Cardio & Weight Room (if JFI certified), swimming (if lifeguard or parent is present), hanging out in the Media Lounge.

Easter/Spring Break Camps

Friday, March 25 - April 1
8am - 5:30pm

Parents Night Out

March 26, April 30, May 28
5pm - 9pm
Ages 6 weeks - 13 years
Drop your kids off for an evening of fun!

LET FRANCO'S HOST YOUR CHILD'S



Call 985-792-0243 to
book your party today!

FRANCO'S SUMMER CAMP



2016 SUMMER CAMP SESSIONS

Session	Week	Field Trip Location	Field Trip Date
Session 1	May 23-27	Global Wildlife	Thursday, May 26
Session 2	May 30 - June 3	Safari Quest 	Thursday, June 2
Session 3	June 6-10	Zephyrs	Tuesday, June 7
Session 4	June 13-17	Saints 	TBA
Session 5	June 20-24	Audubon Zoo	Thursday, June 23
Session 6	June 27 - July 1	Chuck E. Cheese	Thursday, June 30
Session 7	July 4-8	Elevation Station 	Thursday, July 7
Session 8	July 11-15	BooKoo Bounce House	Thursday, July 14
Session 9	July 18-22	Playmakers Indoor Sports 	Thursday, July 21
Session 10	July 25 - 29	Aquarium & IMAX	Thursday, July 28
Session 11	August 1 - 5	LA Children's Discovery 	Thursday, August 4

All field trips are subject to change.

PRICE IS ALL INCLUSIVE

Awesome Field Trips
Lunch and Snacks
Camp T-shirt & Backpack
Exciting Weekly Themes
Tennis Lessons

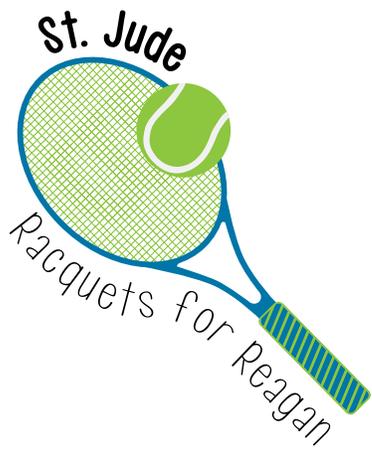
2-story Waterslide & Adventure Pool
Adrenaline Rush II Obstacle Course
Fun Fitness & Yoga Classes
Unique Arts & Crafts



For more information please contact Camp Director, Ann Penot

985.792.0243 or 985.792.0205

To Register See Program Registration Desk



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ST. JUDE RACQUETS FOR REAGAN TENNIS TOURNAMENT

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



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Raffle tickets will be sold at Franco's and at Bill Hood Chevrolet

Entertainment Sponsor:  **Northwestern Mutual**



CRAWFISH MIXER - SATURDAY, APRIL 30, 5PM

- \$45 per person to play and eat
- Limited availability.
- Sign up at the tennis desk to reserve your spot.
- Sign up begins Monday, April 25.



Troy University Men's Tennis Team and the Franco's Tennis Academy Top Guns Group. Troy hit with the Top Guns group and participated in the drills with them after their match against Xavier.



NORTHSHORE'S BEST
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- Two Heated Jr. Olympic Lap Pools
- Two-Story Waterslide
- Kids Adventure Pool
- Children's Theme Pool

Registration Going On Now. Call Today 792.0200

FINNS SWIM TEAM

Franco's Fins USA Swimming Year-Round Competitive Swim Team. For ages 5-18. In addition to improving on technique, endurance and speed; they will also learn time management, responsibility, camaraderie.



SCHOONERS RECREATIONAL SWIM TEAM

Franco's Schooners Recreational Summer Swim Team. For swimmers of all abilities, ages 5-18. Practice begins May 9th.



SWIM SCHOOL

Conducted with exceptional professionalism, our swim lessons are designed to make very proficient swimmers as they progress through the program. Certified by the American Red Cross with extensive background in competitive swimming, our staff is comprised of United States Swimming coaches, national caliber swimmers, and great teachers. All of our group lessons are supervised by a senior swimming instructor.

Visit francosmandeville.com more information on our swim programs and class schedules.

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ATHLETICS



INSIDE CROSSFIT FRANCO'S

Saturday, April 23 Seniors

Sunday, April 24 Masters

Contestants compete for podium finishes,
top honors & cash prizes! \$500 prize for best
male & best female lifters

For more information or to register, contact
Jonathan Teague, Director and Coach for Red Line
Athletics USA Weightlifting Club
985-705-1600 or redlineperformance@icloud.com

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TEAMS
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How do I gain a larger competitive edge?

GAME CHANGER:



Hi Ashley,

I have been playing competitive tennis for three years now, and I seem to have hit a plateau. Although I feel like I am doing everything I can to get better, my win percentage seems to stay the same. How do I get better, faster?



- Love-30

Dear Love-30,

For all athletes, there are times of rapid growth, and times of plateau. This is natural to any area of learning, and is not necessarily bad. But being stuck on a plateau is more likely to be about your routine, and less about your skills or drive.

When trying to move yourself off of a plateau, we recommend three different types of changes: change your training, change your insight, and change your competition.

Change your training: Are you training specifically for your sport? Training for performance is sometimes counter to a typical workout. For example, spending an hour running may help your cardio, but it does nothing for the explosive forces needed in tennis. High intensity interval training (HIIT) would be a better option to gain cardio and explosive power. Likewise, while general weightlifting may make you stronger, tennis players need more lateral stability training and

flexibility than most routines provide. Athletic Republic works with athletes of all ages to provide routines that are tailored directly to each individual's sport and lifestyle.

Change your insight: Is the only feedback on your game your win/loss record? If so, you are overlooking one of the most valuable resources an athlete can have – an expert to help you along the way. For any sport, a coach can be a key ingredient to getting you over plateaus. Good coaches have seen all the challenges athletes face, and have tools, insights, and drills to help you get past them. Franco's and Athletic Republic have many different coaches to help you along, and many problems can be solved in as little as one or two sessions.

Change your competition: Are you playing the same people every week? Are they at the same level as you? Then most likely you will see the same results. Finding competition that is new will force you to adapt to new situations, a key ingredient for growth. A change in either

direction can be good: playing someone much better than you can teach you drive; playing a beginner can teach you patience and accuracy.

As athletes, we all understand the frustration of hitting a plateau. But what separates the average from the great is how rapidly they seek out the next challenge or opportunity for growth. I encourage you to find a new challenge today!

-Ashley



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

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Fit Fun for a Cause

New Orleans Endurance Festival

Sunday, April 3, 2016



South Shore Harbor Marina • 6701 Stars & Stripes Blvd. New Orleans, LA 70124
Starts and ends on the beautiful shore of Lake Pontchartrain. Swim (1500m) in the protected waters of the marina, bike (40k) along the lakefront and to eastern New Orleans and back, and run (10k) along Lake Shore Drive. Culminates in a festive finish line. <http://www.active.com>

2ND ANNUAL

Bursting with Speed 5K and Half Mile Races

Saturday, April 9, 2016, 8:00 AM

Bucktown Lakefront, Metairie, LA
In Memory of Benny Burst
Benefiting the Leukemia and Lymphoma Society
More info at runnotc.org



Saturday, April 16, 2016

First Baptist Church

16333 HWY 1085
Covington, LA 70433

Bring your running shoes and cow spots to this 10K, 5K & 1 Mile run/walk which includes the chance to compete in SPIRIT (dress up like a cow) for Chick-fil-A Prizes! Chip timing, a USATF certified course, and dri-fit shirts guaranteed. For detailed race information, registration, and race updates, visit www.CFARaceseries.com.



Saturday, March 26, 2016

The Allstate Sugar Bowl Crescent City Classic 10k road race begins in Downtown New Orleans in front of the Mercedes-Benz Superdome, runs participants through the French Quarter, and then all the way up beautiful Esplanade Avenue to New Orleans City Park.



Local events you don't want to miss out on.

Dragon Boat Race

**Saturday, May 14th
2016, 9:30am**

If you have never witnessed a long narrow boat featuring a dragon's head and tail packed with 20 rowers, a steersman and a drummer beating a steady rhythm as oars splash in unison, you won't want to miss the Greater New Orleans Dragon Boat race.

For more information visit, GWNDragonBoat.com or by calling 416.962.8899. Or, call Tanya Leader from the St. Tammany Parish Tourist Commission at 985.892.0520 or visit www.LouisianaNorthshore.com.

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The First Saturday of the Month beginning
April 2nd, 11 AM - 12 PM

Reservations Required.

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While the fitness industry is seeing growth in hard-hitting workout styles such as boxing, mixed martial arts, Crossfit and high intensity interval training (HIIT), the need for more slow and controlled fitness modalities has become more obvious than ever. Pilates is well known for its ability to mold and shape bodies that perform better in other fitness activities, as well as in everyday life. And yet there remains a large population of health-club-goers who still believe a trapeze is for circus acts and a Cadillac is for luxury driving.

Pilates is a must for those who expect a lot from their bodies. The following offers a small sample of the many benefits Pilates has to offer.

INCREASED FLEXIBILITY

Increased flexibility equals increased mobility throughout life, and decreased risk for injury. Like yoga, Pilates incorporates stretching into its choreography, which means those halfhearted before-and-after stretches don't have to carry you through a tough workout alone (not that they ever really did).

IMPROVED CONCENTRATION

If breathing is the physical key to attaining mind-body awareness, then concentration is the mental key. Pilates calls for intense concentration because successful execution is less about the number of reps you do, and more about proper form. A recent study from two universities in China measured changes in brain activity in participants after 10 weeks of Pilates and found increases in neural network activity, memory performance and in other cognitive functions.

ROCKIN' ABS

Each Pilates exercise focuses on your core (not just "abs" – the core includes abdominals, hips, glutes, back muscles and deep stabilizer muscles that connect your legs to your spine). Pilates' principle of "centering" gets your breath working with your core muscles to strengthen and lengthen your entire abdominal area in a short

amount of time. (It's no wonder those "hundreds" hurt so good.) With diligence, determination and the right nutrition, Pilates is specifically suited to those hoping to uncover the enviable curves and cuts that define a "six pack"

RELIEF FROM BACK PAIN

Working your core trains your back, glutes and the entire area that helps your body support your spine. Strong core muscles mean the burden of supporting your body's weight isn't just placed on your bones. Pilates is about balancing the body so that all the muscles work together to create a healthy, anatomically correct spine.

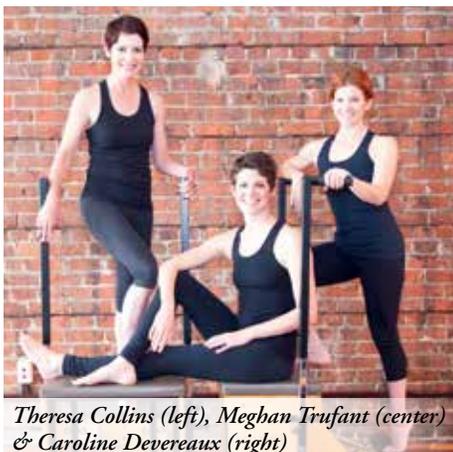
IMPROVED PERFORMANCE IN OTHER WORKOUTS

Cross training with Pilates is a no-brainer. In addition to decreasing risk for injury, increasing core strength and improving mobility, Pilates can boost the efficiency of movements in workouts such as yoga and Body Attack, and teach you breathing methods and focus that keep you calm and centered through high-pressure workouts such as Crossfit and Body Combat. If you want big-name proof, consider what top



athletes like Lebron James (NBA), Kerry Walsh (Olympic Volleyball gold medalist), Kobe Bryant (NBA), Tiger Woods (PGA), Sonya Richards (Olympic runner) and many others have in common. They ALL use Pilates to improve their performance.

FRANCO'S DREAM TEAM OF PILATES DIRECTORS



Theresa Collins (left), Meghan Trufant (center) & Caroline Devereaux (right)

MOTHER-DAUGHTER DUO, THERESA COLLINS AND MEGHAN TRUFANT,

have extensive backgrounds in fitness including Barre, Cardio Dance, Weightlifting, Step, and PILOXING, but share a true passion for the Pilates Method. They trained with Power Pilates in New York, earned Reformer certifications with Pilates Master June Kahn and completed their Comprehensive Certification through Body Arts and Sciences International (BASI).

CAROLINE DEVEREAUX'S

classical ballet background led her to Pilates as a way to strengthen her body post-injury. She completed Reformer and Cadillac certifications through Modern Pilates Training. Caroline has taught Pilates for the past 5 years with a style that is anatomically informative, challenging and restorative.

3 CHIC & EASY

Go-Anywhere Hairstyles



Hot and humid days are here. For many of us, that means ponytail season. There is no reason that ponytails have to be boring! Glamorize your summertime style with these easy, chic pulled-up and pulled-back looks.

Lauren Payne
Precision Hair Cutting Specialist
Kent Jacob Salon

Love these looks but struggle to create them on your own?

Schedule a personalized style session with one of Kent Jacob's master stylists. Call 985.845.8011 or visit kentjacob.com.



To create beautiful up-dos that last, Kent Jacob Master Stylist Lauren Payne prepares hair with Moroccanoil dry shampoo. "It adds texture and grip," she says. For coarse hair types, Lauren relies on Moroccanoil molding cream to control fly-aways.



SIDE BRAID

Braids are great at any age! Whether you take them to the side, down the middle, or opt for the throwback ponytail braid, they are fun, easy and boho chic. Fishtail braids start with only two sections of hair rather than the three sections of the traditional braid.



SIDE PONYTAIL

Ponytails can offer style that is timeless and carefree. Side ponies are a great style trend that makes this age-old look more current and fun. First, tease the crown of your hair, then smooth to the side to make ponytail. Wrap hair around the ponytail holder for another trendy look. Add large, loose spiral curls to the ends to take this look from day to evening.



BUN – HIGH OR LOW

Start with a sleek, pulled-back pony. Then tease the pony, wrap and bobby pin. No need to over-style; today's buns are more on the not so "fixed" side.

These looks will easily take you from the gym to a night out. Just add earrings and lipstick and you're ready!

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Savannah Carr



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Cropped Bell Sleeve Top \$34
Woven Leather Bag \$180
Dark Skinnys \$62
Cream Strappy Wedges \$72



Beaded Arrow Necklace \$94
Black Split Sleeve Top \$30
Black Maxi Skirt \$36
Gold Sandals \$52
Virtue Bracelets \$32



Floral Romper \$40
Virtue Bracelets \$32
Woven Hat \$34
Strappy Cream Wedges \$72

lifestyle boutique

at Franco's



Crochet Top \$39.50
Tassel Necklace \$58
Tassel Bracelet \$46
Dark Skinnys \$62
Tan Booties \$96



Dangle Earrings \$48
Stripe Top \$36
Bootcut Denim \$94
Brown Clogs \$89
Brown handbag \$59



Dangle Earrings \$48
Cream Crochet Top \$42
Virtue Bracelets \$32
Bootcut Denim \$94
Brown Clogs \$89

lifestyle boutique

at Franco's

Model:
Brandie Ollervidez



Navy Print Top \$34
Virtue Bracelets \$32
Bootcut Dark Denim Jeans \$94
Brown Clogs \$89



Cream & Navy Knit Top \$46
Navy Studded Shorts \$58
Strappy Cream Wedges \$72



Paisley Print Dress \$36
Virtue Bracelets \$32
Strappy Cream Wedges \$72

EDITOR'S PICKS



Bid farewell to drawn-on, smeared, or unnatural looking eyebrows! This little miracle compact combines brow wax and pigment that allows even the least artistic among us to create perfect eyebrows that last. Perk: A little goes a long way.

If your experience with putting on makeup typically includes 1) moisturizer, 2) sunscreen, 3) concealer, 4) foundation and 5) powder, prepare to have some extra time on your hands. The makers of Jane Iredale cosmetics have packed all of these into one shiny little tube. Glow Time covers blemishes, minimizes pores, disguises wrinkles and smoothes and brightens skin. Finally, great coverage in a product that feels light and looks natural!



Somme Institute's MDT5 technology offers turbo-charged delivery of anti-aging vitamins and antioxidants. True to its name, Skin Reset can take skin from parched, blotchy, and pasty to firm, bright and smooth.



Call the O Spa at 985.792.0250 for more information.

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Ladies Day Out is back!



Friday, May 6, 11am - 2pm

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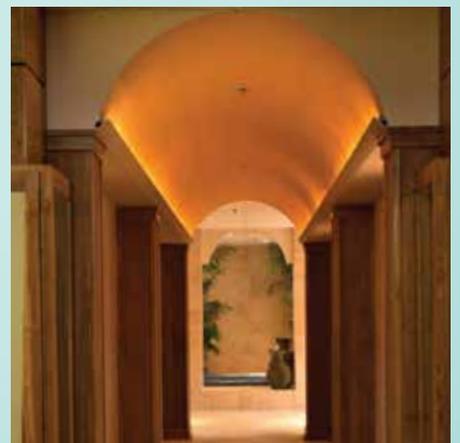
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