

# FRANCO'S

HEALTH & LIFESTYLE

SUMMER 2016  
v.5 | no.2



**UNFORGETTABLE  
SUMMER FUN**

*coming to Franco's  
New Resort-Style Pool Area*

**SUMMER  
TRAVEL  
WORKOUTS**

**SUMMERIZE YOUR  
SKINCARE ROUTINE**

SUMMER CLASSES AND PROGRAMS OPEN TO EVERYONE

2016  
summer  
**FUN**  
guide



## SUMMER CLUB HOURS

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

**FRANCO'S**  
HEALTH & LIFESTYLE

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*Join us at the club!*

## Summer is in the air!

The kids are in the pool and, hopefully, you are relaxing in one of our new poolside lounge chairs, sipping a frosty beverage. If you haven't seen Franco's million-dollar resort-style pool renovations, you are in for a treat! The Franco's team, with the help of many wonderful local companies, has worked hard to create the ambiance of a five-star tropical resort. **Live music, poolside service, towering palms, and plenty of entertainment for the kids mean your favorite vacation destination is now steps away from your favorite place to get fit.**

On the fitness front, Franco's continues to stay on the cutting edge, adding even more exciting programs to help you get, or stay, bathing suit ready. **Our CrossFit location is now home to the all-new Franco's Ringside Boxing training facility.** Led by the 2015 Boxing World Championship runner-up, Tory Williams, Franco's boxing program delivers a hard-hitting workout perfect for those who want superior physical conditioning, self-defense training or a great stress management tool. At Franco's flagship club, we are adding MyZone Heart Rate Training to some of our wildly popular group training programs. When combined with superior training, this customized hi-tech tool lets you train in your target heart rate zone, and maximize your results. **More updates and upgrades are in progress, with new flooring, family locker room renovations and a series of initiatives designed to make our clubs more energy efficient and environmentally friendly.**

While remodeling our facilities, ramping up our fitness programs and adding even more summertime entertainment are just a few ways we at Franco's are staying true to our mission to keep moving forward, it is the ways that these advancements bring our community together that make all of these efforts worthwhile. From our team fitness programs such as Lose Fat and Ultra Fit, to our most popular celebrations such as Ladies Day Out or our Summer Kickoff Party, to the community events that our members take part in together, we are reminded often that our members are the reason we love what we do!

We look forward to making many more memories with you this summer!

And we'll see you at the club...

*Sandy & Ron Franco*

Hosted By  
Franco's

BENEFITS  
OF HOME

*gala*

MARY BIRD PERKINS  
CANCER CENTER

**SAVE THE DATE**  
**August 18, 2016**  
**6:30 - 9:30 pm**

This unforgettable evening for a great cause will feature delicious offerings from local chefs, unlimited libations, live music and both a silent and live auction.

For information, contact  
(985) 276-6845 or  
llandry@marybird.com  
mbpstph.org/benefitsofhome

*Save  
the  
Date*

**Saturday,**  
**August 13, 2016**  
**7:00pm - 12:00am**

**Cards 4 Kids**

Featuring gaming tables for blackjack, roulette and craps; great food & drinks; live music; plus silent & live auctions!

At Franco's Health Club and Spa  
Cost: \$75.00

**For more info, call**  
**985.966.1448 or 504.723.8361**

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# SWEET TALK

**By Aimee Plauche', RDN**  
**Registered Dietitian Nutritionist**

After listening to participants in my group exercise classes talk about replacing table sugar with other “natural sugars,” and observing the generosity with which these seemingly healthy sweeteners are used (seriously folks, only Winnie the Pooh can get away with adding a splash of tea to his cup of honey), I decided it was time to set the record straight. Natural doesn't always mean healthy, particularly when we forget to moderate.

“Natural sugars” are found in foods that are sweet but that also have some nutritional benefit, such as fiber in fruit or protein and calcium in milk. “Added sugars” are those that are sweet but have no nutritional benefit, AKA empty calories. Ideally, we want to limit the amount of added sugar in our diets and remind ourselves that these things should be viewed as treats rather than daily staples. There are several popular sweeteners that are being touted as healthy alternatives to table sugar. Among them are agave nectar, honey, coconut sugar, and molasses.

The American Heart Association has set an upper recommended limit of added sugar at 25 g per day for women and 36 grams for men. Just 1 tablespoon of honey contains a whopping 16 g of added sugar, putting women more than halfway to that limit. There are health implications that can come into play if more than a smidge of these products are used.

Limiting our use of sweeteners and refined carbohydrates is important to the prevention of inflammation. Inflammation can increase levels of cholesterol and triglycerides, increasing our risk for heart disease and stroke. If that is not reason enough, inflammation also plays a role in the aging process. It produces enzymes that negatively affect our skin's plump, full appearance, leading to wrinkles and sagging. The overuse of added sugar and other sweeteners also has the potential to create peaks and valleys in your body's blood sugar levels, leading to periods of excessive fatigue and afternoon pantry raids. So, the next time you are out for dinner and the waiter offers you a “sugar-free skinny margarita” made with agave, be aware that this delicious drink is neither skinny nor sugar free.

The most recent Dietary Guidelines for Americans suggests consuming less than 10% of your total calories from added sugar.



## FRUIT INFUSED WATER

It isn't just a Pinterest pretty. Fruit-infused water is a great way to meet your body's daily fluid needs! The better hydrated you are, the more efficiently your body will function. Try adding berries, cucumber spears or jazz up your h2o with herbs such as mint or basil. In the mood for a little bubbly? Try using a sparkling water such as La Croix. For a deeper flavor, let fruits and herbs infuse overnight.

**Check out these bonus benefits offered by Franco's Registered Dietitian Nutritionist Aimee Plauche:**

- Berries offer fiber and antioxidants
- Citrus helps collagen production
- Herbs (such as mint) provide antioxidant and anti-inflammatory benefits and can relieve some seasonal allergy symptoms.

# CARB confusion

With the “low carb” craze still holding strong, many misconceptions remain about which foods contain carbohydrates. Most people are aware that bread, rice,



and pasta contain carbohydrates. However, they may not realize that, fruits, milk, and starchy vegetables (think peas, beans, corn) can have substantial carbohydrates. One cup of mixed berries or one and one half cups of grape tomatoes have complex carbs about equal to the average slice of whole wheat bread. While non-starchy vegetables (think salad fixings) do contain some carbs, they are the carbs that should have the leading role in your everyday diet. Lean meats and healthy plant fats are perfect go-tos for anyone looking to consume fewer carbohydrates. Complex carbs are still essential to our diets for several purposes- fiber to help us feel full and antioxidants to prevent disease, as well as for blood sugar stabilization and, of course, for energy. Although carb-free is all the rage, it is not necessarily going to put you on the path to a healthy, well-rounded diet.

## NEW AT THE GRILL!



Franco's Grill proudly serves ICONIC Protein Drinks! If you are running out of the gym or just running on empty, these grab-and-go, dietitian-approved, grass-fed milk protein drinks pack 20 g of protein in each 12 oz bottle. At only 130 calories, ICONIC drinks have just 3 g of sugar and no artificial sweeteners. Now available in Chocolate Truffle and Vanilla Bean flavors. Coming soon: Cafe Au Lait.

## NUTRITION TIPS



### Franco's Nutritional Consultation Services

**PLAN:**

Personalized Learning About Nutrition

90-minute comprehensive INITIAL CONSULTATION includes

- Nutrition plan with target intake of calories, protein, fat, carbs, fiber, and fluid
- Instruction to help you incorporate your plan into your life
- IN Body: measurement of your LBM, body fat%, BMR, BMI, visceral fat level, segmental lean analysis, obesity analysis, and water balance
- Recommendations on high quality foods that maximize your diet's nutritional profile and your overall health
- Complimentary 30-minute follow-up 2-3 weeks after initial visit

**\$169**

**TWEAK: To Work on Efficacy, Accountability, and Knowledge**

30-minute follow-up sessions can be used to

- Answer questions
- Offer recommendations
- Re-assess plan following weight changes
- Conduct in-person food log review
- Provide accountability

**\$49**

**CALL 985.792.0260 to schedule your appointment**

# Φ 2016 Ladies Day Out



# Poolside at Franco's Φ



More than 250 women basked in the sun with their friends, enjoying delicious food and drinks by **BACOBAR**, shopping the **LULULEMON ATHLETICA** trunk show, watching the runway show put on by the **LIFESTYLE STORE** at Franco's, and dancing to the tunes of **DJ FAB FABRE**.  
*It was a perfect day!*



# DOES YOUR STRATEGY MEASURE UP?



Some of us need a bridge to get from knowing to doing (others, a bulldozer). This is especially true when it comes to improving the quality of our diets. Sure, we know fresh is best, fruits and veggies are our friends, lean protein is king, and sugar should be shunned. We know that the best way to lose weight is to log our daily intake and prepare meals ahead of time. We may even have a firm idea of what numbers we want to see on the scale before slipping into that swimsuit or slinky new outfit. Armed with knowledge and determination, we decide, "It's go time!" And our nutrition-savvy alter ego is unleashed.

Fast-forward five weeks. Our Tupperware is towering in the back of the kitchen cabinet graveyard, our weekend hours so carefully set aside for perusing farmers markets and organic produce

departments have been reallocated to Little League games and mountains of laundry, and our Fitness Pal apps are hounding us with automated alerts, "It has been 8 DAYS since you last logged in (you loser). You might need some encouragement."

Health and weight loss experts have warned us of the downfalls of dieting for more than a decade. They tell us that deprivation is a one-way ticket to unsustainable weight loss at best, and to becoming ever fatter at worst. (Some research indicates that more than 80% of people gain back more weight than they lost.) They tell us that a lifestyle change is needed to lose weight and keep it off. And yet each year millions of people turn to the diet de jour to help them shed unwanted pounds. Why? It offers a formula to follow. Eat this, this much, this many times, for this

long and you will lose this weight loss at best, and to becoming ever fatter at worst. (Some research indicates that more than 80% of people gain back more weight than they lost.) They tell us that a lifestyle change is needed to lose weight and keep it off. And yet each year millions of people turn to the diet de jour to help them shed unwanted pounds. Why? It offers a formula to follow. Eat this, this much, this many times, for this long and you will lose this much weight. Check. This, we can handle. Lifestyle changes are vague, hard, and come with an implied, “till death - or you decide you are good with being fat - do us part.” So how do we take the structure of a diet and morph it into the longevity of a lifestyle change?

## STEP 1 Get help.

Guidance from experts will give you the structure you need to succeed, and the knowledge that can help you loosen that structure once you have the hang of this new lifestyle thing. Exercise caution when selecting your nutrition guide. Self-proclaimed “experts” are everywhere! Look for a Registered Dietitian Nutritionist (RDN). These individuals have earned a Bachelor’s, Master’s or Doctorate degree in nutrition, performed a minimum of 1200 supervised hours in an approved internship, passed a national examination, and maintain continuing education credits by staying up to date on the latest scientific research in their field.

## STEP 2 Get busy.

**The bad news:** It really is necessary to document what you eat. (If you don’t have time to input information into an app or write it down, snap a photo of your meal before you dig in.) “Food logs are a key tool during weight management as they are a means to hold yourself accountable for everything you consume,” says Franco’s Registered Dietitian Nutritionist Aimee Plauche. “Since most of us greatly underestimate what we eat and drink, a log can be extremely eye-opening and informative.”

**The good news** You don’t have to log your food forever. Plauche recommends logging your daily intake until you meet your goal weight. “Over time, you will notice a pattern within groups of foods and appropriate portion sizes and then logging becomes less of a requirement for keeping your weight in check.” Don’t be too quick to delete that app, though. Plauche also recommends returning to daily logging any time you feel that you are returning to unhealthy habits or eating substantially more than you are burning. “If the scale starts to creep back up the first thing you should do is check your intake with a food log.”

## STEP 3 Get support.

Fitness buddies and online communities offer accountability, a key ingredient to success. MyFitnessPal touts that members who share their food diary with friends in the app lose twice as much weight as users who don’t share. If you prefer face-to-face support, enlist a friend or family member who has similar goals and share food logs on a regular basis. Agree in advance to set aside pride and judgment, and to compare your own eating habits from week to week rather than competing against each other.

## STEP 4 Get sleep.

Inadequate sleep (less than 7 hours per night) can lessen or even undo the benefits of a proper diet. Not only does it increase food cravings as your body grasps for energy in whatever form it can get it, but a growing sleep debt decreases your body’s ability to properly use insulin. Excess insulin causes your body to store fat.

## STEP 5 Get in a groove.

The best way to change old habits is to replace them with new ones. The National Institute of Health suggests first identifying any environmental cues that trigger unhealthy habits, then substituting those behaviors with new ones. If the candy bowl on your desk calls to you, get rid of it. If watching television lures you to limitless snacking, measure out a reasonable portion before you reach for the remote. If your favorite lunch spot is short on healthy alternatives, save it for special occasions. Plan, prepare and measure your way to new routines. Changing your body begins with changing your mind.



A.V. Nedeltcheva, J.M. Kilkus, J. Imperial, D.A. Schoeller, and P.D. Penev. "Insufficient Sleep Undermines Dietary Efforts to Reduce Adiposity." *Annals of Internal Medicine*, October 5, 2010. Vol 153, pages 435-441.  
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Join Us June 23rd - 26th

# BILL HOOD CHEVROLET Racquets for Reagan TENNIS TOURNAMENT

## Franco's Athletic Club

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

## ADULT MIXED DOUBLES

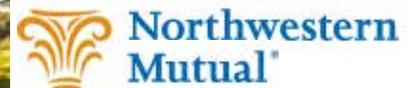
5.5, 6.5, 7.5, 8.5, 9.5  
\$99/player FMLC

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Champagne Beverages - Martins Wine Cellar - Voodoo Barbecue & Grill - La Gateaux Cakes - Lucky Dog

Vist [racquetsforreagan.com](http://racquetsforreagan.com) for more information

# What should my athlete do in the offseason? **GAME CHANGER:**

Hi Ashley,

My son is entering high school next year. He was a starter on his 8th grade team, but the HS players seem so much larger and faster than him. I'm worried that freshman year will find him on the bench. How should I prepare him this summer?

- High School High Anxiety



Dear HSHA,

High school sports mark a big shift in intensity and competition. The stakes are greater, the audiences larger, and the competition tougher. Additionally, many teams will have 18-year-old starters practicing next to 14-year-old freshman. For many young athletes, this can be both intimidating and inspiring. So what should your athlete do? Prepare.

Unfortunately, the lure of summer is to "take summer off"; letting valuable time go to waste while the competition is improving. Yet the opposite can also be dangerous; competing all summer can lead to burnout and overtraining. A good middle ground is to treat summer as offseason - preparing for a sport without playing competitively. There are many ways to train in the offseason, but they all follow a basic pattern: get stable, get strong, get smart.

**Get Stable:** Many athletes believe that playing the game is the only work needed. While playing definitely makes you better, athletes often ignore nagging injuries or weak areas in order to continue playing. Now is the time to address those issues. A good Summer Performance Training program will have stability and injury prevention built in.

**Get Strong:** Once you have addressed stability, it's important to increase power. In high school, a win or loss can be decided by who lasts longest. Summer is ideal for developing the stamina needed to win. If you are competing in running sports such

as soccer, basketball, or football, a Speed Training program can rapidly gain results. If you are in an explosive sport such as baseball, wrestling, or volleyball, an Athletic Lifting program can change your game.

**Get Smart:** One of the best opportunities an offseason presents is to gain new skills. A good private coach can deliver invaluable tools for the next level of play. Working with a private coach can also let you ask questions that you can't ask the team coach, like "how do I beat out the starting junior?" or "how can I respectfully disagree with my school coach?"

Finally, it's natural for many entering freshman to be intimidated by the high school team, and natural for parents to want to shelter them from disappointments like getting benched. Yet good parenting is not protecting them from disappointment, it's preparing them for challenges. If you help your athlete think about the summer as their offseason, they will enter high school prepared.

-Ashley



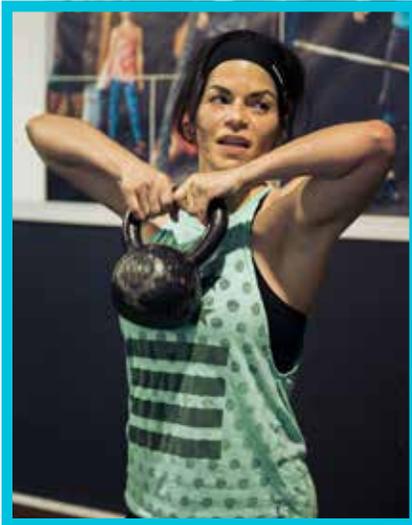
*Ashley Lange is a Louisiana State Volleyball MVP and All-American, as well as the Track State MVP and two-time New Orleans Hall of Fame Athlete of the year. She serves as director of sports performance at Athletic Republic. Have a specific question? Ask her directly at 985.801.0500*

**ATHLETIC REPUBLIC™**

**MAKE 2016 YOUR  
SUMMER OF SPEED**

4 WEEK SPEED CLINICS - 2X WEEK - \$115

# CROSSFIT 40+ MASTERS



Linnette Del Valle, 46 years old

Think CrossFit is only for those handstand walking, tire flipping, ring swinging twenty-somethings? Think again. The number of over-40 professionals lifting and sweating at Franco's CrossFit is growing, and these individuals are doing more than expanding their own fitness repertoire. They are changing the perception of CrossFit.

Led by local attorney and fitness guru Bruce Danner, Franco's CrossFit Masters class is equal parts form and function; instruction and intensity. "It encourages you to shift your mindset in a unique way by challenging your beliefs about aging and the body," says participant Zara Zeringue. "It is Bruce that makes this Masters class so engaging with his passion, commitment, and humor."

"I like the intensity of the class and the constant communication," adds fellow CrossFitter Alex Peragine. "I like the intervals of really pushing then stretching. After about ten classes, I feel better than I have felt in years."



Bill And Karen Mc Nabb getting stonger!



985.801.0500

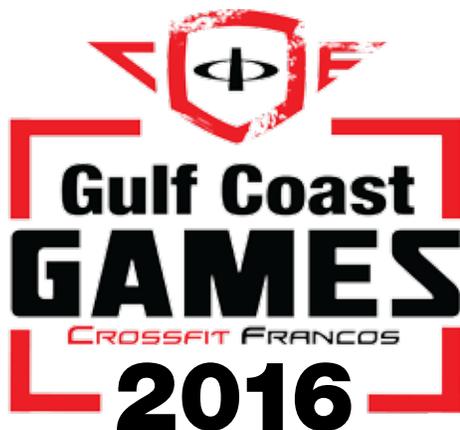


CROSSFIT FRANCOS

1801 N. Causeway Blvd., Mandeville, La  
crossfrancos.com | infocrossfit@myfrancos.com

**Franco's CrossFit**

offers *Masters* classes  
for participants  
over 40 years of age!



# SOLD OUT



A one-day team competition powered by CrossFit Francos. Come see 182 teams compete for top titles and prizes. This event is **SOLD OUT** for participants, but spectators are welcome.

# TORY WILLIAMS

**The Humble Beast of Franco's  
Ringside Boxing Club**

*A charging locomotive, a bolt of lightning, a humble beast, and the best amateur boxer to come out of St Tammany Parish* – these are just some of the unofficial titles Tory Williams has earned in his four short years in the ring. With 57 wins and just 6 losses, Williams has racked up more than a few official titles as well.

Williams began boxing in 2011 at the age of 22. Growing up in the small town of Bastrop, Louisiana, he established an early interest in the sport, but had nowhere to practice but the streets. He attended Southeastern Louisiana University on a football scholarship, but his NFL dreams and his degree in Business Management were pulled out from under him just three semesters before he graduated. Williams and his girlfriend were expecting a baby, and, when he told his coach, he was cut from the team. No football meant no scholarship and a baby on the way meant extra bills to pay. Williams took a job at Lowe's. There, a coworker introduced him to his first boxing trainer, Charles Baldwin, an ex-convict who had honed his skills in Angola's sanctioned boxing program. Baldwin trained Williams using a grueling back-to-basics approach (ala Rocky IV). "He pushed me to my limits," Williams said. The results paid off in the ring. Williams won more than a dozen fights under Baldwin's guidance.

In 2013, Williams caught the eye of Dupre Strickland, a former boxer who now runs a boxing club in Slidell. Strickland was able to offer Williams what Baldwin could not - a boxing gym and sponsors. With Strickland in his corner, Williams took to tournaments and took home titles. After earning the runner-up title in the World Championship fight in 2015, Williams began to entertain hopes of going pro. But when he injured his hand during an Olympic trials training session, he was forced to put those hopes on hold.

Along the way, Williams worked at places such as UFC and Gracie United School for Jujitsu. "I began studying personal training to help with my own training," Williams says. "Then, I met my first client. She was out of shape; she couldn't do a single squat. After I began training her, and I saw how it changed her life – her whole image, her confidence – I got in tune with the idea that I wanted to train people... I like to help people achieve what they thought they couldn't do."

**"I like to help people achieve what they thought they couldn't."**

In the spring of 2016, Franco's built a boxing club inside its CrossFit location, and Williams was offered the opportunity to change even more lives. Within two weeks of opening, Franco's Ringside Boxing drew more than a hundred members. The program continues to grow rapidly, offering 30+ classes per week. Williams teaches boxing and boot camp classes for children and adults and works one-on-one with members who wish to further improve their strength, agility, and technique.

As a boxer, Williams has earned the nickname "humble beast" for his quiet demeanor and powerful presence. He doesn't talk trash, preferring instead to let the fury he unleashes in the ring speak for him. As a trainer, Williams is bringing the beast out in others, and helping them to achieve a level of fitness they never thought possible.



**INSIDE FRANCO'S CROSSFIT**

Boxing Classes offered for kids and adults Monday thru Saturday  
Visit [crossfitfrancos.com](http://crossfitfrancos.com) for schedule and information.

  
**CROSSFIT FRANCOS**

**LES MILLS LAUNCH WEEK**  
**SAT. JULY 16**

# 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		Sr. F.I.T. Circuit		Sr. F.I.T. Circuit		
10:05am		CXWORX (MFT)		CXWORX (MFT)		
		Barre Fitness (MB)		Barre Fitness (MB)		
10:30am	CXWORX (MFT)					12:00am Zumba (S1)*
10:35am	Dancin' to the Oldies		Dancin' to the Oldies		Dancin' to the Oldies	
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	<b>SUNDAY</b>
11:30am	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)	9:00am BODY COMBAT (S1)
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		
12:45pm	Parkinson's Class					
1:15pm				Parkinson's Class		
3:30pm		iCan (S1)		iCan (S1)		9:00am Yoga (MB)
4:00pm	BODYSTEP Xpress		BODYSTEP Xpress			
4:30pm		BODYPUMP (S1)		BODYPUMP (S1)	Studio Cycling	9:30am Studio Cycling
		Barre Fitness (MB)		Barre Fitness (MB)		
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			
5:30pm	Yoga (MB)	Yoga (MB)	Mat Pilates	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 [francosmandeville.com](http://francosmandeville.com).

# TIGHT TUMMY TRICKS

Few fitness feats are as coveted as the sculpting of a tight and toned six-pack, but incorrect form or too much of the wrong exercises can cause abdominal muscles to widen or protrude rather than narrow or flatten. If your abdomen is bulging forward as you do sit-ups or crunches, you could be straining the connective tissue that runs down the center of your rectus abdomens. Enough strain could cause the muscles to separate,



a condition called asdiastasis recti, also commonly found in women following pregnancy. What can you do about it? Trainer Chris Naumann recommends engaging your transverse abdominis. These muscles will act as a corset, bringing together the separated halves of the rectus abdominis.

## TRY DOING PLANKS AND TUMMY VACS.

**When doing planks**, position yourself on your forearms and toes, keeping your back long and straight and drawing in your abs.

Hold this move for 30-60 seconds, completing 3 sets.

**For tummy vacs**, simply lie on your back with your knees bent and your feet flat on the floor.

Draw in your stomach holding it for 5 seconds while inhaling, then release and exhale. Repeat this 5 times and do a total of 3 sets.



## Jump 4 joy!

Did you know that jumping rope burns more than 10 calories a minute while strengthening your legs, butt, shoulders, and arms? That means you could burn more than 1,000 calories a week with just two, 10-minute sessions per day!

### Try this Jump Rope Circuit Workout:

**Minute 1:** Playground Jump – Add a mini hop between each jump.

**Minute 2:** Front to Back – Hop to the front and to the back as you jump over the rope.

**Minute 3:** Side to Side – Jump slightly to the left then to the right as you jump.

**Minute 4:** Rest – Swing rope side to side in front of you (making an 'X') without jumping.

**Minute 5:** High Jump – Jump as high as you can while keeping your feet together.

**Minute 6:** High Knees – Lift your knees as high as you can as you jump.

**Minute 7:** One Foot – Jump on your right foot for 30 seconds, then jump on your left foot for 30 seconds.

**Minute 8:** Rest – Swing rope side-to-side (making an 'X') without jumping.

**Minute 9:** Run – Alternate legs as if you are running while you jump.

**Minute 10:** Butt Kicks – Try to kick your butt with your feet as you jump over the rope.

**Bonus:** Double Unders, add 2 minutes of jumping passing the rope under twice for each jump.

# TRAINING

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**He wanted chocolate milk.** Mark Wendle never dreamed that this harmless, childlike craving would lead him to the moment when he nearly lost his life. It was July 18<sup>th</sup>, 2015. Mark, his future wife, Kay Hensel and a mutual friend were on a bike ride along a country road in Waldheim, LA (north of Covington). Avid cyclists, triathletes, and all-around fitness enthusiasts, this day was not unlike any other. Mark and Kay had just returned from their latest triathlon in sunny California and they were testing out the post-travel reassembling jobs they had performed on their bicycles. Kay's was amiss so, as a safety precaution, the group stopped and their friend went back for the car. As they waited, Mark told Kay that he was going to ride to the store about a mile away to get a carton of chocolate milk. Moments later, Kay heard the crash.

He was less than 200 yards away from her. Immediately, she took off running in the direction he had gone. She found him, lying in a ditch, unconscious. She thought he was dead.

The SUV that hit Mark was going 65 miles per hour. Its driver was neither drunk nor distracted. She simply did not see him. The vehicle's impact on Mark's body left a gaping hole in his left gluteus. The second impact, the one that came after his body was hurled fifty feet through the air, left him with many more injuries - a temporal bone fracture, subarachnoid hematoma, cranial nerve damage; vertebral fractures at C6, C7, and T10; four rib fractures; a pelvic fracture; fibula fracture; kidney contusion; and second degree burns on both his thighs and calves.



Mark was airlifted to a trauma center in Hammond. There, Kay learned that the extent of his injuries typically carried a 100% mortality rate. "They told me, 'If he hadn't been in as good of shape as he was, he would never have made it out of that helicopter,'"

Kay recalls. At the age of 64, Mark was in top physical condition, and it had saved his life in a way he had never expected.

As soon as Kay learned that the accident had not taken Mark's life, she set her mind to helping him make a full recovery. She decided on day one of his twenty-one day hospital stay that they would participate in the Louisiana Half Marathon the following January - together. "I was sure that he would not die, that he would recover," she says. Her outlook was a continuation of the philosophy that had brought them together, the same one that played a large role in the life they shared.

# FOR THE UNEXPECTED



*UltraFit Teammates Left to right: Tommy Gascon, Kay Wendle, Mark Wendle, Jeannie Dwyer, Adrianna Kriessen, Denise Clark, Todd Boullion*

*"We have always felt that the importance of working out is having someone to work out with," Kay says. "It's a very important part of our relationship, and now [with Ultra Fit] it's also nice to have this group of people who are a part of it too."*

When they set their minds to something, they did it. And when it came to physical conditioning, they excelled. That was how they had become triathletes just seven years prior, him at the age of 58 and her at the age of 48.

Mark and Kay had met through the close-knit group of triathletes and trainers at Franco's. That same group was there for them through Mark's recovery. They sat with them each day at the hospital, brought meals, did errands, mowed their grass, and when Kay found out that Mark would require a hospital bed at home, they arrived at their house in time to move furniture and make room. Ben and Sondra Hewett coordinated the effort and kept friends and family updated on Mark's progress.

Recognizing that fitness was very important to him both physically and mentally, Mark's doctors did not put many restrictions on his physical activity. He was back at Franco's in the fall of 2015, with a brace on his neck and a boot on his foot. In January of 2016, in keeping with the promise Kay had made to herself, they took part in the Louisiana Half

Marathon, though they walked the 13.1 miles instead of running. In February, they began Franco's 10-week Ultra Fit Challenge. They were anxious to put the months of wound care and walkers, hospitals and hyperbaric chambers behind them and return to their routine of exercising seven days a week. Mark and Kay enjoy a routine that is so rigorous, they consider spin class a warm up, and swimming a hundred laps a rest. Their trainer, Tammy Nunez, helped Mark modify any exercises that might put him at risk for injury while he regained his balance and coordination. What she did not do was go easy on him. "She doesn't put up with any excuses," says Mark, "and that's perfect."

The same month they embarked on Ultra Fit, Mark and Kay married. Though they had encountered the young girl who was driving the SUV that hit Mark on the day of the accident, they have also met with her more recently in an effort to aid emotional healing for both them and for her. As of this writing, Mark and Kay have not fully returned to cycling, though they still hope to. Because

Mark's head injuries were accompanied by some memory loss, Kay's fears and hesitations have them proceeding with caution. They plan to begin training for a new Ironman challenge in 2017.

Mark and Kay don't see themselves as extraordinary in the resilience they have displayed since the accident. This is simply the lifestyle they enjoy. The strength they had built worked for them, and they intend to continue to work for it.



*Mark and Kay Wendle*

# RESORT STYLE SUMMER FUN



  
franco's

# FRANCO'S

## ***Resort Style Summer Fun***

Always moving forward, never standing still – this is the mantra Franco's Health Club & Spa was founded on. True to that promise, Franco's clubs receive ongoing improvements, updates, and upgrades. Never before have changes drawn as many oohhs and aahhs as this May, when Franco's unveiled its latest million-dollar resort-style pool renovation.

Just in time for summer, Franco's ever-popular pools are offering much more than just a fresh coat of paint. The new resort pool areas offer more space, more shade, more comfort and more full-service offerings than ever before!

Every weekend through the summer, enjoy fun activities for adults and children. Friday nights kick off with dive-in poolside movies, a family favorite! Saturdays turn up the fun with live music and rockin' DJs poolside on Franco's new spacious stage pavilion. Jump in on some very fit fun with poolside workouts, Aqua Zumba, water polo, volleyball, and much more. Or just relax and enjoy poolside food and beverage service, which offers restaurant-quality food and perfectly blended specialty drinks, delivered right to your lounge chair. Enhanced wifi service offers more freedom to keep up with the digital world from all of the club's outside areas.

***DON'T MISS OUT! Join us for an unforgettable summer experience!***



**WE WOULD LIKE TO THANK THOSE WHO HELPED TO MAKE OUR RESORT POOL RENOVATIONS POSSIBLE!**

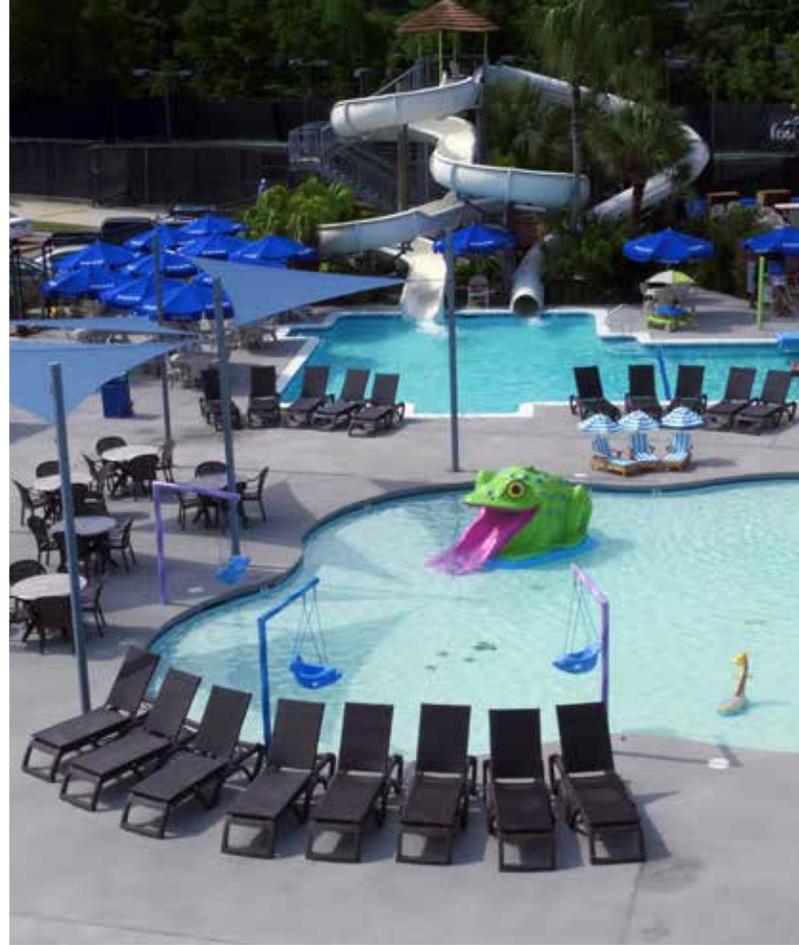
Al Barcia Landscape Architect - Randy Aultman - Architect Pool Renderings - Trey Weaver - Crystal Clear Imaging  
Shade Sales - Niko Industries - Miacrete - Clearwater Pools - Acadian Landscaping - Green Star Cool Roof Coatings



## Everything is NEW!

- **NEW** no-slip pool decking
- **NEW** pool surfaces
- **NEW** tables, chairs, and umbrellas
- **NEW** luxurious chaise loungers
- **NEW** shade sails offer plenty of shade and enhance the breeze
- **NEW** resort ambiance complete with towering tropical palm trees
- **NEW** poolside fun every weekend this summer!





Kids have always loved Franco's waterslides and theme pools, but now they have even more reason to want to spend their summers at Franco's. Bright colors inspired by Seuss Landing in Universal Studios and miniature chase loungers complete with comfy cushions and matching umbrellas mean even when they are on a splash break, they are in their happy place. Resort-style games and activities such as logrolling, hair braiding, face painting and line dancing mean the fun never ends!

# HOT SUMMER FASHION



Printed Tunic \$46  
Light Denim \$62  
Necklace \$42



Fringe Tote \$95



Wire Earrings  
with Beads \$28



Strappy Heels \$68

# lifestyle boutique at Franco's



Teal Bat Wing Romper \$56  
Beaded Bracelet with Tassel \$46  
White Beaded Necklace \$49



Beaded Earrings \$32



Beaded Horn  
Necklace \$90

Mint Dress with Print \$42  
Taupe Wedges \$72  
Druzy Necklace \$42  
Beaded Earrings \$28



Beaded  
Bracelets  
\$32 each



# HOT SUMMER FASHION



Black Floppy Hat \$26



Tangerine dress \$44  
Agate Slice necklace \$42  
Beaded Bracelets \$32  
Fringe Tote \$95



Black maxi Dress \$64



Black Crochet Cover Up \$54  
Black Floppy Hat \$26  
Black Flip Flops \$19.50



Versaspa Products \$20-32

# lifestyle boutique at Franco's

Models:  
Nicole Savoy Vallowe  
Samantha Beyer  
Courtney Farnet  
Emily Schock



Glasses with  
Hard Case \$38

White Maxi with Print \$66  
Beaded Bracelets \$32



Tie Dye Maxi Dress \$46  
Beaded Bracelet \$32  
Necklace \$46



Tan Towel  
Products  
\$20-28



Tie Dye Dress \$39.50  
Beaded Bracelets \$32  
Taupe Strappy Wedges \$46

# HOT SUMMER FASHION



Fringe Crossbody  
with Chain \$38



Flower Print Romper \$56  
Beaded Bracelets \$32  
Taupe Strappy Wedges \$46

Pineapple Print Romper \$66  
Beaded Bracelet \$32  
Black Flip Flops \$19.50



Aztec Print Romper \$46  
Black Strappy Wedges \$46



# lifestyle boutique at Franco's



Beaded  
Bracelets  
\$32 each



Green Leaf Printed Dress \$66  
Black Strappy Wedges \$46

Black Fitted Romper \$44  
Beaded Bracelets \$32  
Black Wedges \$72

Wire Earrings  
with Stone \$32



Black Top \$42  
Green Leaf Printed Shorts \$52  
Agate Slice Necklace \$42  
Black Strappy Wedges \$46

# A PERFECTLY PORTABLE WORKOUT

## TO GET YOU BIKINI READY



It's time to hit the beach! Have you packed your itsy-bitsy-teeny-weeny-yellow-polka-dot bikini? You'd better pack some exercise gear to make sure you are prepared to rock it! These take-anywhere pieces of fitness equipment may look innocent enough, but with a little guidance from Franco's Lose Dat & Ultra Fit Trainer Misty Theriot, they can deliver a muscle shaking, fat blasting workout for abs, glutes and thighs.

Misty Theriot offers group and personal training at Franco's Athletic Club. Contact the fitness desk at 985.792.0239 for more information.



### TUSH TONERS WITH SMALL EXERCISE BALL -

Spice up donkey kicks by squeezing a small ball behind your knee. Keep back flat (no arching) and line of vision just past hands to maintain proper spine alignment. On hands and knees, raise one bent leg (as if trying to kick the ceiling with flexed foot) while contracting your glute. Slowly return knee to floor. Complete 3 sets of 12 to 15 reps on each side.

### SUMO BRIDGE WITH BAND -

Build up your bridge work by adding some outer thigh burn. Place resist-a-band just above your knees. Lie flat with arms by your side, heels slightly outside of hips, toes turned slightly out. Lift hips by squeezing glutes and pressing into heels, using knees to push the band open. Hold for 3 seconds, then slowly lower to starting position. Complete 3 sets of 12 to 15.





### PLANK JACKS WITH SLIDERS -

Place sliders under feet in a plank position on toes with feet hip distance apart. Brace core and slide feet out to a position slightly wider than hips. Slide them back in to starting position. Complete 3 sets of 12.

### MOUNTAIN CLIMBERS WITH SLIDERS -

Put a slider under each foot in a plank position. Slide foot along the floor as you bring one knee to chest. Return foot to starting position. Alternate feet. Complete 3 sets of 12 reps on each side. The sliders engage your core for stabilization. HINT: If you don't have sliders, use paper plates or hand towels.



### JACK KNIFE WITH SMALL BALL -

Begin by lying on the floor with the ball between ankles. Keep legs straight and feet flexed as you raise legs, shoulders and arms. Grab the ball with hands, keeping lower back pressed against the floor and head aligned with spine. Slowly lower legs and chest as much as you can without going all the way to the floor and without arching lower back. Repeat to replace ball between ankles. Complete 3 sets of 12.

### SQUAT SIDE STEPS WITH BAND -

Place resist-a-band around ankles. With feet placed slightly wider than hips, squat, keeping knees behind toes and bringing butt as low as you can without going lower than knees. Step right foot out one inch to the side. Return foot to starting position, keeping resistance on band. Repeat on left side. Complete 3 sets of 12 to 15 reps on each side.





## MEMBER SPOTLIGHT

# LAURA ROUYER

*"It's like church."* This is how Laura Rouyer explains her habit of occupying the same spot in Franco's Studio 1 every weekday morning for the past eight years. Rouyer certainly is religious about her exercise routine. She takes two hard-hitting group exercise classes each and every weekday morning, with the exception of Wednesdays, when she takes three! At the age of 72, she uses more weight, does more reps and takes fewer breaks than participants a third her age. Boot camp, Body Pump, Body Combat, Load & Explode and Barre are all in her weekly routine, and she goes from one class to the next with only enough break time to change her equipment setup.

Rouyer and her husband committed to making exercise a priority in their lives thirty years ago when they found out he had high blood pressure. Eleven years ago, following the physical and mental stress of Hurricane Katrina, Rouyer's husband suffered a massive heart attack. As he recovered, they took this commitment to a new level.

Rouyer and her husband go to Franco's together every weekday morning. She takes classes and he takes to the weight room. "They are too much!" he says of his wife's workouts. "I couldn't keep up." Rouyer's seventeen-year-old granddaughter is so impressed by her grandmother's stamina, she brings her to the small Covington fitness facility where she works-to "show the instructors what [she] can do." In addition to their gym routine, Rouyer and her husband walk every chance they get. They make it a point to park their car far away from their destinations.

"The funny thing is," Rouyer says of her awe-inspiring fitness routine, "I was not athletic *at all* growing up." She does, however, admit to being fiercely competitive. So when a famously difficult spin instructor at her previous health club approached her with the question, "Do you think you are going to be able to take this class?" she was determined to prove that she could. It wasn't long before he apologized for doubting her. "Because if you tell me I can't do something," Rouyer says, "I have to prove you wrong."

Group exercise instructor and Rouyer fan MacKenzie Bevelo knows, there isn't much this lady can't do. "People always say to me, 'I want to be just like Ms. Laura when I'm her age,'" Bevelo shares. "And I always say, 'I want to be just like her now!'"



## Get Strong; Live Long

A study published recently in the journal *Preventive Medicine* found that when people 65 and older did strength training twice a week, they lowered their odds of dying from any cause by almost half. The 15-year study included data on more than 30,000 adults. Information was collected from 1997 through 2001 through the U.S. National Health Interview Survey.

"Strength training can substantially decrease mortality risk," says Dr. Jennifer Kraschnewski, lead study author and assistant professor of medicine and public health sciences at Penn State College of Medicine. "The secret to a longer and healthier life may not be available in pill form," Kraschnewski says, "but it may look like a barbell."

[https://www.nlm.nih.gov/medlineplus/news/fullstory\\_158654.html](https://www.nlm.nih.gov/medlineplus/news/fullstory_158654.html)

# FRANCO'S PARTNERS

**WE WOULD LIKE TO THANK** all of the wonderful local businesses that have supported our efforts to provide the best health and fitness programs and the most popular events. These organizations understand the importance of good health and a strong community. Learn about the special offers, discounts, and perks they offer exclusively to Franco's members by visiting [francosmandeville.com](http://francosmandeville.com).



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# SUMMERIZE your skincare routine



## **Summer is here!**

If you are like most people, you have changed your wardrobe, changed your diet, and maybe even taken up some outdoor exercise. But have you updated your skincare?

Hot, humid Louisiana summers can wreak havoc on skin. Dry areas become oily, fine lines and wrinkles mix in with breakouts reminiscent of puberty, and everything you put on your face just seems to melt off. Summertime skincare is about much more than just sunscreen. Here are some seasonal swap-outs you might want to consider to keep your skin smooth, clear, and protected.

- **Exfoliate more.** Most skin types get dryer in the winter and oilier in the summer. To control excess oil and prevent clogged pores, use a gentle scrub daily.
- **Moisturize less.** Swap heavy night creams for lightweight lotions or serums that contain hyaluronic acid, a powerful yet light ingredient that can improve the moisture content and strengthen the protective barrier of your skin.
- **Take a Vitamin A vacay.** Vitamin A derivatives such as Retinol and Retin-A are often touted as miracle ingredients for their ability to improve skin conditions ranging from acne to fine lines to discoloration. These products work by increasing cell turnover and stimulating collagen synthesis. But newly formed skin cells are more photosensitive than older ones making skin more susceptible to sun damage. Try swapping vitamin A for vitamin C products during sunbaked summer months. Vitamin C is a powerful antioxidant that provides an important defense against damaging free radicals caused by sun and pollution.

*jane iredale*  
THE SKIN CARE MAKEUP®

## **MAKEUP EVENT**

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**Call the O Spa at 985.792.0250**

*Reserve your spot today! Appointments are very limited.*

### Try Somme Institute's Serum.

This highly concentrated and stabilized Vitamin C gel improves skin elasticity, evens skin tone, softens skin, builds collagen, and eliminates redness associated with acne.



- **Use a weekly mask to help control oil and detoxify skin.** When your daily skincare routine is not enough to keep skin bright and clear, detoxify with a once-a-week mask. Skin treatments that are designed for less frequent use pack a powerful punch of active ingredients, delivering that fresh-face feel just when you need it most.

### Try Dermalogica's Charcoal Rescue Masque.

Activated Binchotan Charcoal powerfully adsorbs impurities while Sulfur promotes cell turnover for dramatically brighter skin. Volcanic Ash, Sea Silt, Bamboo Extract and alpha hydroxy acids further accelerate skin brightening with dual-action exfoliation.



- **Slather on sunscreen.** By now, most of are well versed on the importance of sunscreen. But knowing is not doing, and, as some dermatologists warn, doing is not doing well. "There are over three million new skin cancer diagnoses every year, the most common type of cancer diagnosed in the country," Dr. Joseph Newmark told Ithaca Journal, a part of the USA Today. And though sun block has the potential to reduce the risk of skin cancer by as much as 80%, "most people... just put on a little bit, which is not enough." Newmark recommends using an ounce at a time to cover your whole body, and reapplying at least every two hours.
- **Lighten up your makeup.** Less is definitely more when it comes to makeup in the summer. To avoid streaky, caked-on, sweaty spots of makeup, trade out full-coverage foundation and BB creams for mineral powders or tinted sunscreen.

### Try Jane Iredale Mineral Foundation.

Made without talc, FD&C dyes, synthetic preservatives, parabens, or synthetic fragrance, these natural, long-wearing, mineral foundations encourage your skin to breathe and provide flawless coverage.



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## Tips for contouring PERFECT BROWS



Your eyebrows are extremely important to the framework of your face. Don't neglect them! Alluring eyes are all about symmetry, and nothing enhances symmetry and showcases those "windows to your soul" like your eyebrows. If you tend to overdo it when you get your hands on a set of tweezers or some hot wax, please, leave it to the experts! Few facial faux pas are quite as embarrassing as drawn-on brows, and maintenance is much easier when brows have been shaped by a professional.

What makes brows perfect depends on each individual's unique features. To shape your brows to fit your eyes, begin by holding a pencil on the side of your nose, parallel to its bridge. The inner edge of your brows should start here. To determine the highest point of your arch, place the pencil parallel to the outside corner of your iris. Now angle the pencil diagonally from your nostril to the outside corner of your eye to determine where your brow should end. Once they are shaped, you can trim any long or unruly hairs using a small brow trimmer or nail scissors. Only trim brow hairs closest to your nose, leaving hair past the arch longer so they will lie down.

To add some definition, use a powder or brow gel, then comb your brows with a spoolie brush. Choose color that is a little lighter than your eyebrow color to keep your look natural. Take your angled brow brush and begin at the arch, working your way outward using small feather-like strokes following the natural way your eyebrows stand. You can take a clean spoolie brush to blend out and soften any harsh lines.

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## NEW! TRAVEL KITS

# Cover Model and Franco's Pilates Instructor

## Nicole Savoy Vallowe

Nicole Savoy Vallowe was in her early twenties when she set out to find an exercise routine that was both challenging and enjoyable. She discovered Pilates, and knew immediately that it was the perfect fit for her fitness goals. What she did not know was that it would save her body from the tolls of childbearing and the challenges of a career in corporate America.

Nicole's career in sales and marketing left her with plenty of frequent flier miles, but very little time for exercise. "Many times, I found myself with only 15 spare minutes," she says. "The ability to incorporate a workout into my schedule in such a short time was a lifesaver." Nicole often did mini workouts in her hotel room. "I love that you can do Pilates anywhere," she says, "because all you need is your body for the exercises."

In 2010, Nicole discovered one more reason to practice Pilates. Pregnancy had caused her to develop scoliosis and arthritis in her upper back. "Pilates trumped any kind of medication to help relieve my back pain," she says. Nicole was sold, so much so that she decided to pursue her instructor certification in both mat and barre techniques. "I love being able to pass along the passion and results to my clients!"

**Nicole teaches Franco's New Mat Pilates class on Wednesdays at 5:30pm followed by Barre at 6:30pm.**



## Sip & STRETCH

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