



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life Fitness Center
607 N. Lamborn
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

Newsletter

November
2004

Winter Soccer Conditioning Program

We are excited to offer our Winter Soccer Conditioning Program at the Broadwater Athletic Clubs. We have designed this unique program for off-season conditioning. We have three main goals for this program. Our first goal is to improve overall athletic abilities in speed, agility, balance, strength, power, and dynamic flexibility. Our second goal is to improve soccer-specific technique. The third important goal is to provide a program that will encourage teamwork and leadership.

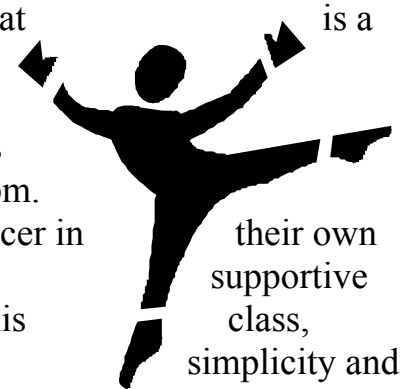


This program is designed for teams, but individuals will be accommodated as well. Please contact Nan Brisko, M.S., NSCA-CSCS for more information on these exciting training sessions. Nan can be reached by phone at 449-6905 or by email at nanbrisko@yahoo.com.

Cross-Cultural Sunday Afternoon Groove

Do you need to get friendlier with YOUR core? Do you need to improve your core strength, rhythm and balance while you get the auditory feast of listening to an African cadence AND get your heart rate up at the same time? Of course you do!

World Sweat is a new Sunday afternoon groove at the Life Fitness Center from 4-5 pm. Everyone is a dancer in their own unique way. The environment of this class, coupled with the satisfaction of this kind of movement, will make that clear to you.



Come check it out. Tell your friends. Free to members, \$5 drop-in fee for non-members. Call Nedra Chandler at 457-1231 for more information or just show up for one or more of the remaining pilot classes on November 7, 14, 21 and 28. Barefoot is best, but not required.

Youth Programs

The Broadwater Athletic Clubs are constantly striving to provide classes and services to our young members. We are planning programs for kids of all ages. Look for information on classes like "One, Two and You" for toddlers and "Little Gym" for kids 3-5 years old. Be sure to pick up the new "Youth Programs" brochure that will soon be available at all three locations.



Groovy Members Since 1979!!

While celebrating our Birthday in October, you may have noticed the list of Groovy members who have been with us since our doors opened! If you missed your names on the Birthday Bulletin Board, here they are again:

✌ Steve Campbell ✌ Webster Bridges
✌ Ruth Cahill ✌ Ray and Joyce Brown
✌ Ron Beckstrom ✌ Thin Jones
✌ Tove Blaedel ✌ Bob and Carol Cooney
✌ Bernita Lackman ✌ Helen Dawson
✌ Sheila Nally
✌ Keith and Myrtle Robinson
✌ Sherlene and Tom Stanger
✌ Peter and Sheila Sullivan
✌ Arlene Wall Earl Zuelke.



Thanksgiving Adventure Zone & Lifeguard Hours

There is NO SCHOOL ☺ Wednesday Nov. 24th and Friday, Nov. 26th. The Adventure Zone will be open from 9:00 a.m. to 8:00 p.m. and a lifeguard will be on duty at the Rec Pool from 1:00 p.m. to 7:00 p.m.

Happy Thanksgiving!

Thanksgiving is Thursday, November 25th. The BAC and the LFC will be closed that day. The DAC will be open 9:00 a.m. to Noon.

Mark and Sheryl will do their traditional Thanksgiving TBC Class. Sign-up at the DAC if you plan on taking this class. Thanksgiving TBC will start at 10:00

a.m. - help counteract the **AVERAGE 3000 CALORIE THANKSGIVING DINNER** you will have that afternoon!



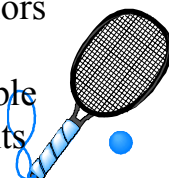
The "Caloric Cost" of Thanksgiving Dinner

To burn off the **AVERAGE 3000 CALORIE THANKSGIVING DINNER**, a 160-lb person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles, according the American Council on Exercise. Festive snacks can add another 1,500 calories to the day's tally. Yikes!



2004 Broadwater Blast Racquetball Tournament

On November 12th, 13th and 14th the Broadwater will be humming with Racquetball. Players from all over the state will compete here at the Broadwater. The racquetball tournament will feature singles, doubles, men's, women's and juniors events. If you are interested in playing, applications are available at the BAC. Food and refreshments for players will be available all weekend.



The courts will be closed for this event from Friday evening through Sunday afternoon.

New Group Fitness Classes This Fall!!!

Cardio Drills – Beverly will have you huffing and puffing with short drills that increase agility and fitness, mixed with traditional cardio workouts. Monday 6 a.m. at the DAC and Wednesday 4:15 p.m. at the LFC.

HIT Strength – High Intensity Training, Indoors! Tuesday 6-7 am at LFC. Be sure to pick up the new Fall Group Fitness Schedule!

Lifeguard Swim Changes for Winter

We're adding a Court Supervisor! Beginning in December, Lifeguard Swim will be available (weather and visibility permitting) on Monday, Wednesday, and Friday evenings from 4-7, and on Saturday afternoons from 1-4. Children will need to be checked in and out with the Lifeguard if parents will not be present at the pool.



If the weather does not allow for Lifeguard Swim, children will be supervised indoors in Courts 5 & 6 (rock wall, basketball, racquetball, etc.)

On Tuesday and Thursday evenings from 4-7 p.m., a Rock Wall and Court Monitor will be available to supervise children in the Rock Wall and Court 6 for basketball or racquetball.

The Rock Wall/Court Monitor will be able to Belay kids on the rock wall; so if your child would like to be belayed he/she may pick up a harness at the front desk for \$4. Bouldering is free of charge, and no harness is necessary. Children 13 or under must be checked in and out with the Rock/Wall Court Monitor in Court 5.

Downtown Art Walk



Downtown Helena's 21st Annual Fall Artwalk will be held Friday, November 12th from 6 to 10 p.m. along the most historic mile in Montana.

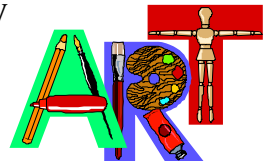
The Downtown Club will be hosting a "Run Through" of the Nutcracker. *The PremierDance Company* with Artistic Director Charlene White will be performing scenes from the Nutcracker in the upstairs studio at the DAC from 6:00 p.m. to 9:00 p.m. *PremierDance*

Company will be providing hot coffee and hot cider as well as having a Bake Sale to raise money for their organization. Please come watch them perform this beautiful ballet and check out the talented local artists.

They will also be selling tickets to their annual performance of the Nutcracker. The shows will be at the Civic Center December 11th and 12th. Call the Creative Arts Center at 442-6519 for more information on tickets.

More on the Artwalk

Each fall, Downtown Helena businesses feature over 100 of Montana's finest artists extending from the carousel to the library to the Mynra Loy Center. The Fall Artwalk is one of Helena's premier events as thousands stroll from business to business enjoying everything from ceramics to paintings, photography, pottery, to the performing arts.



Learn to Self Treat Your Problems

Manger-Harrington Physical Therapists, Jorgenson's and the Broadwater Athletic Clubs are sponsoring two more presentations. Both presentations will be on Tuesdays at 6:30 - 8:00 at Jorgenson's Hotel on Lamborn Avenue (across from the Life Fitness Center). Lectures are FREE!!

November 9th - Anna Nash, PT Neck & upper back - learn self-helping treatments for neck & back pain.

November 16th - Tana Cromwell, PT Women's Health/Incontinence

Sheryl Nay will be available from the Broadwater to answer questions regarding exercise. For more information call Anna Nash, PT at 449-4279.

Fad Diets

Are you tired of sifting through the streams of nutrition advice on weight loss? Has the latest diet craze sent you looking for real answers? Let's take a look at the current, most popular diets, and the pros, cons and clinical evidence (or lack thereof) behind their promises. It's time to embrace good nutrition!! Food is much more than its carb or protein count. Discover how to choose foods for overall nutrition. Presented by Tara Mercer, Registered Dietitian What?

- ◆ A one hour discussion on fad diets: High Protein, Low Carb, Liquid, Eat for Your Blood Type, etc.

When?

- ◆ Monday, November 29th, 7:00 P.M. at the LFC **OR**
- ◆ Thursday, December 9, 12:00 Noon at the DAC **OR**
- ◆ Wednesday, January 12, 9:00 A.M. at the BAC

Each lecture presents the same information so you can choose a time and location most convenient for you.

Biophotonic Scanning

WHAT? The patented Pharmanex ® Scanner is a new, cutting-edge testing tool that safely measures carotenoid levels and provides immediate evidence of a person's carotenoid antioxidant levels. In other words, how are your vitamins working, are you eating enough fruits and vegetables and are you getting enough cancer fighting antioxidants?



Joe Madsen, a consultant with Pharmanex, will be at the Downtown Athletic Club during the Artwalk on

Friday, November 12th. Scanning will start at 6:00 p.m. and end at 9:00 p.m. The DAC will stay open an extra hour on Friday to accommodate the Artwalk. There will be a \$5.00 charge for the scan. Sign-up sheets will be available during the Artwalk.

Help Brighten Christmas for Cooney Convalescent Home Residents

Starting in mid-November the Broadwater Athletic Clubs will begin collecting small gifts for 50 of the residents at Cooney Convalescent Home. We would also like to collect 90 *small* boxes of candy for the residents. You can bring in the candy any time. Gift Tags with information on what the residents would like will be available about the 15th. All gifts should be returned to the BAC and we will deliver them to the Home. Thank you for your generosity!



Have a Rockin' Climbing Party!

You can have a rockin' good party at The Rock at the Broadwater! Rock parties are ideal for celebrating birthdays, report cards, sports groups, clubs, or anything! All parties are 1 & 1/2 hours at The Rock and have certified staff to supervise. There is a minimum of six kids needed for a party. Call 443-5777 to schedule.



Granite Peak Belay Party – A certified belayer will be on hand to belay climbers to the top of the wall, includes harness rental. \$8.50/member, \$11.50/non-member.

Mt. Helena Boulder Party – A certified climber will be on hand to give pointers to bouldering climbers. \$6/member, \$9/non-member.