



Broadwater Athletic Clubs

'Three Great Clubs One Great Price!'
Broadwater
 Athletic Clubs & Hot Springs

West Side 443-5777	East Side 443-6045	Downtown 443-8348
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Volume 7, Issue 10

December 2007 Newsletter

Staff Comings and Goings at the Broadwater

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We bid a fond farewell and best wishes to **Bev Radley** who is moving on after 29 years at the Broadwater. She helped her dad, Frank Gruber, build the Broadwater, which opened October 16th, 1979. She has been the bookkeeper, cheerleader and mentor to many staff and members over the years. She will be sorely missed.

She is looking forward to spending some time with her grandchildren and then looking for a new job.

We would like to welcome **Kelly Johnson** to our staff. Kelly will be the Director of Member Ser-

vices. If you need help getting more connected at the Clubs, give her a call. She can help you find the programs or classes that will meet your needs and help you get started. Her office is at the Westside Club and she can be reached at 443-5777.

Holly Mook has been around the Clubs for a few years now. First as a childcare provider, then as Director of Childcare, an instructor and most recently as an office staffer. She is now stepping in and will be in charge of member accounts. If you have bill-



Make the most of your membership! If you need help getting "connected," call Kelly Johnson at 443-5777.

ing questions or need to make changes to your account information, contact Holly at the Westside Club at 443-5777.

We look forward to these exciting changes as we head into the New Year!

Holiday Hours for the Clubs:

Monday, December 24th
Closing 5:00 p.m.

Tuesday, December 25th
Closed

Monday, December 31st
Closing 5:00 p.m.

Tuesday, January 1st
Closed

Core Skills Results!

Time sure flies when you're having fun! 6 weeks flew by for the first Core Skills class and here are the amazing results!

Participants were tested for endurance, strength and speed. They improved their squat thrusts by a total of 42

with an average of 6. The push ups improved by a total of 131 with an average of 18 and the sit-ups improved by 17 with an average of 17.

These results are staggering! It just proves that training the core improves your endurance,

strength and speed.

There will be ONE more Core Skills class offered before Christmas. Sign up now before it's too late. The start date is December 7th and \$45 holds your spot!! Call Anneliese at 431-4169 for more information.

DO YOUR CHRISTMAS SHOPPING AT THE BROADWATER!

Need ideas for Christmas? Want that special person or friend in your life to be healthier, more active or relaxed? Here are The Broadwater's gift suggestions for you:

"Gift of Health" – This is an 18 visit package for only \$25! Start using it as soon as it is purchased or brought in to a club and it's good through January 31, 2008!

Personal Training Gift Certificates – Give your special someone some sessions with one of our ACE Certified

Gift Certificate choices are unlimited at the Broadwater. Buy one for a loved-one today!

Personal Trainers. This is not only a gift but an investment! You can train together and increase your

savings— AND fun factor! **Massage Gift Certificates** – This is a gift that will really up your approval rating! Colleen Purcell, RN, Certified Massage Therapist

offers a menu of treatments including Target Massage, Therapeutic Massage, Sports Massage, Deep Tissue Massage or (Nanette's personal favorite) Hot Stone Therapy. Member and Non-member rates are available. Please pick up a brochure at the Front Desk for prices or call Colleen at 410-1167.

OUR NEW SHIRTS ARE IN!! THEY ARE AVAILABLE IN YOUTH & ADULT SIZES WITH SHORT & LONG SLEEVES FOR ADULTS!

Staff Recognition for November

Rory Gauthier – Rory came on board in August of 2004. There is so much to be said about what this guy contributes with never a complaint. He voluntarily works nights, weekends and holidays without being asked. He truly is a 'jack of all trades' from repairing a 3 hole punch to adding a closet and removing a wall, beginning to end, and always with a SMILE. Rory is adored by the staff

and members alike. We truly appreciate all that you do. Thanks Rory.

It is our wonderful and varied staff members who keep the Clubs up and running! Thanks to ALL our staff!

Greg DeWitt may be the 'New Kid' at the Eastside Front Desk, but he certainly has jumped right in! Besides bringing his professionalism and zest for fitness to the club, he has voluntarily offered helpful ideas to streamline the workload for his co-workers and Nanette (And we love that!) Kudos to Greg – keep up the good work!

New Certification for Personal Trainer Anneliese Smith

Anneliese Smith, ACE certified Personal Trainer and Lifestyle and Weight Management consultant, recently completed an intensive "Structural Assessment and Corrective Exercise" internship in San Diego, Ca. It is a biomechanically based assessment and corrective exercise method that enables personal trainers to provide real-life func-

tional and aesthetic benefits for exercisers of all abilities.

Trainers utilizing these methods help people eliminate pain caused by neuromuscular and musculoskeletal imbalances so they can regain or continue their active lifestyles. The assessment and exercises pinpoint the cause— treating it, rather than just the symptoms. Anneliese can be

reached at 431-4169 or for more information go to her website:

www.anneliesetrainer.com.

Anneliese Smith has completed an intensive internship on "Structural Assessment and Corrective Exercise."

Group Fitness News

- **Stretch on the Beach!** Yes, it's time to get away from the stress of the holidays and winter and head to the beach! Join Nanette and the other Beachcombers on **Friday, December 7 at 12:10pm – Downtown Club** for a leisurely stretch and lot's of relaxation with a beach theme. Wear your favorite beach wear, bring your beach towel and join us for the ultimate de-stresser!
- **The Broadwater Annual Christmas Cardio Class.** The Broadwater Fitness Team requests your presence at our annual Christmas get-together. **Saturday, December 22 at 9:30am, Downtown Club**, we will be burning off the holiday calories in a super high energy cardio class. How can it not be high energy when you are lead by several of our finest group fitness instructors! Don't miss it and if you're feeling the spirit, bring a gift for our Angel Tree or Toys for Tots.
- **Coming in January...**
 - ◆ **Drumming** – Back by popular demand! **Thursday, January 10 at 5:30 pm AND Saturday, January 12 at 10:45 am, Downtown Club.** Class size is limited, so don't be late!
 - ◆ **Intro to Fitness** – Getting ready to start a new fitness program? Maybe you have looked at the classes offered and felt a little intimidated about attending a class. This class is designed to get you ready to join a group fit-

ness class and feel confident. Ramie will focus on basic step moves and strength techniques to prepare you for most of our group fitness classes. Great for newcomers or as a refresher! **Starting Monday, January 14, 2008 at 4:15pm, Downtown Club.** This class runs 6 weeks and is FREE to members, \$30 for non-members. Sign up at the Downtown Front Desk.

- ◆ **Prime Time Well Being** – This class was such a success last Fall that we've decided to do it again! Prime Time Well Being is an 8 session series designed to help you get the most out of life. Some topics include Mental and Memory Strength, Relaxation and Quality Sleep, Functional and Balance Exercises and MUCH more! Sessions start **Wednesday, January 16, 2008 at 1:30pm, Westside Club.** FREE to members and \$40 for non-members. Sign up at the Westside Club.

On Christmas Eve and New Year's Eve Group Fitness classes will run through the noon hour classes only – No 4:15 pm or 5:30 pm classes.

Chocolate, Fruit and Nut Clusters

Entertaining during the Holidays, but worried about the extra calories? Try this special healthy treat to share with your guests.

Chocolate, Fruit and Nut Clusters

Prep: 5 minutes Cook: 2 minutes.
Makes 28 servings

Dark chocolate offers stress-busting antioxidants, while cranberries may help fend off winter colds and fight stomach bugs too. Pecans are rich in zinc, good fats and fiber.

Store these clusters in the fridge.

½ cup (3 ounces) semisweet chocolate chips or chopped baking bar, such as Ghirardelli

½ cup (3 ounces) milk chocolate chips or chopped milk chocolate

bar

½ cup dried cranberries

½ cup coarsely chopped

pecans, toasted

1. Place the semisweet chocolate and milk chocolate in a medium microwave-safe bowl. Microwave on HIGH 1 minute. Stir; microwave 30 seconds. Stir until chocolate is completely melted.

2. Stir in the cranberries and pecans. Immediately drop by level teaspoonfuls onto a wax paper-lined baking sheet. Refrigerate until chocolate is set, about 30 minutes. Clusters will keep in the refrigerator up to 5 days. (Serving size; 1 cluster)

Calories 52; Fat 3g (sat 1g, mono 2g, poly 1g); Cholesterol 1mg; Protein 1g; Carbohydrate 6g; Sugars 5g; Fiber 1g



Chocolate, Fruit and Nut Clusters. Only 52 Calories per serving!!



Broadwater Athletic Clubs

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**Three Great Clubs -
One Great Price**

We're on the Web!

www.theBroadwater.com



**Broadwater Athletic
Clubs**

HOLIDAY HOURS FOR ADVENTURE ZONE, LIFEGUARD, ROCK WALL & DROP-OFF CARE IN THE AZ AND NURSERY

	AZ	Lifeguard	The Rock
December 24 th	9 am – 1 pm-----	no lifeguard -----	no attendant -----
December 25 th	-----	CLOSED-----	CLOSED-----
December 26 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 27 th	9 am – 8 pm	1 pm – 7 pm	4 pm – 7 pm
December 28 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 29 th	9 am – 8 pm	1 pm – 4 pm	No Attdnt
December 30 th	1 pm – 7 pm	No Lifeguard	No Attdnt
December 31 st	9 am – 5 pm	1 pm – 4:30 pm	No Attdnt
January 1 st	-----	CLOSED-----	CLOSED-----
January 2 nd	3:30 – 8:00 pm	4 pm – 7 pm	No Attdnt

Don't forget about the drop-off service for kids in the Adventure Zone! Kids 5-13 can be dropped off in the Adventure Zone for up to 4 hours while you take care of your Christmas Shopping and other errands.

	Member Children	Non-member
2 hours	FREE	\$4.95
3 hours	\$2.50	\$6.95
4 hours	\$4.95	\$8.95

Drop-off care for up to 4 hours is also available in the BAC Nursery for member kids under 5 years old. Rates are \$2.50 per hour per child.

10 Easy Ways to Keep Those Holiday Pounds at Bay

We've got 10 simple shortcuts to give you more motivation to move, which, of course, burns extra calories during your hectic December days.

Hit the stores

Go easy on the online shopping (not to mention those rush-delivery fees) and do some of your gift-buying errands on foot instead. You'll burn more than 150 calories per hour* while you're at it.

Drop yourself hints

Little reminders may go a long way toward helping you squeeze in more everyday activities when you have no time for a formal sweatfest. E-mail prompts to yourself or, better yet, ask a friend to send them. A recent study shows that people, when reminded, took the stairs at work instead of the elevator more often—and the average stair climber burns an impressive 9 calories per minute.

Shake your groove thing

Instead of hovering around the buffet at the company holiday party, grab some friends and get moving on the dance floor. Half an hour's worth of

cutting a rug will incinerate more than 150 calories.

Have a stand-off

Don't want to dance? Just standing at a party will burn about 30 more calories per hour than sitting.

Go for woody decorations

Take a hike and gather pinecones and evergreen sprigs for easy, last-minute holiday decorating. You'll save money as well as sneak in a fun workout.

Have a fitness social

You're probably already having a holiday lunch or brunch with friends; so go as a group to a yoga or Pilates class beforehand for a relaxing pre-holiday stretch session.

Take to the ice

You melt just as many calories (over 400 per hour) ice skating with friends as you do walking on a slightly inclined treadmill at 4 mph.

Double up

When you *do* find time for a strength workout, take a shortcut by doing upper- and lower-body moves at the same

time (try bicep curls while doing squats, for example). This lets you finish faster, which gives you time to reward yourself with a well-deserved bubble bath.

Beat the crowds

December is a slower month for gym enrollment than January, says the International Health, Racquet, and Sportsclub Association. (That's no surprise, given all those New Year's resolutions.) So now's a great time check out our membership deals. Hey, when you have four holiday open houses on your calendar, even planning for future exercise counts.

Put your feet up

Go ahead, treat yourself to a well-deserved break. Research shows that you've got up to 2 whole weeks to indulge before you start to become less fit, so kick back and enjoy your holidays.

***NOTE:** All calorie measurements are based on a 150-pound person.