

"Inspiring Helena to Fitness"
Broadwater
 Athletic Clubs & Hot Springs

West Side
 4220 Hwy 12 W
 443-5777

East Side
 607 N. Lamborn
 443-6045



April Newsletter

Big Changes at the Eastside Club

Our Eastside Club has taken on a new look and personality with the addition of our Freemotion Equipment Circuit and additional free-weights. This may be a bit of a shock for those that were used to the Life Fitness Circuit. Give Freemotion a try! You may sign up for an orientation with one of our Fitness Trainers or consider signing up for Anneliese's Weight Training 101 that includes training on Freemotion.

Freemotion has been shown to increase both strength and balance beyond training with more traditional weight equipment. It has a strong emphasis on Core conditioning which directly affects our functional fitness.

You may have noticed we added three new crosstrainers at both the Eastside and Westside Clubs! These are a great addition to our Clubs and we hope you enjoy using them.

Finally...The Cycling bikes have a new home at the Eastside!! Nestled in the studio, they still allow room for our most popular classes. The Cycling classes are going great and we appreciate your patience and loyalty during the transition from Downtown!



Sign up for your Freemotion Orientation Today!

Call or stop by the Eastside Club Front Desk to set up an appointment.
 443-6045

Volume 9, Issue4

April 1, 2009

*Daytime Dance Schedule
 Thursday, Eastside 10am*

- April 2: Jazz Fusion - Danette
- April 9 Drumba - Carolyn
- April 16 The Classics - Leslie
- April 23 World Sweat - Nedra
- April 30 Dancin' to the Blues - Leslie

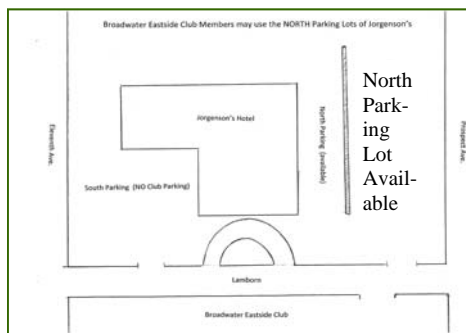


Inside this issue:

Lose to Win Challenge Update	2
Generous Members replace iPod	2
Weight Training 101	2
Group Fitness News	3
Dealing With Change	3
Aquatics News	3
Staff Recognition	4
Membership Sales News	4
Spring Break Youth Services	4

Additional Parking at the Eastside Club

With additional classes and members from the Downtown location at the Eastside Club, now is a good time to remind all that there is additional parking at Jorgenson's Hotel. We may use the North parking lots. There are maps around the club to remind you where these areas are.



Lose To Win Challenge Update

The 3rd weigh-in was March 4th, and 25 people out of 50 showed up to step on the scale and get re-measured. GREAT results I might add. It will come down to the wire at the final weigh in on April 4th from 11:30am-1:30pm where one lucky person will walk away with \$1500. The top 3 contenders currently are: Darlene, Brianne and Tony. They have lost anywhere between 10 - 12% total body weight. Way to go!!! The last month's challenge was about logging minutes. The winner of the most minutes logged was Kathleen Royt with a total of 2605 minutes logged in 4

weeks! That's a lot of working out! Kathleen won a \$100 nutritional consultation with Lisa King! Congratulations Kathleen!

This month's challenge is all about logging miles! The winner of the most miles logged receives a \$100 gift certificate to GNC! Take a look at the "Last Chance Workout"! These 17 people Spun their way into a frenzy followed by a core workout! The next and final "Last Chance Workout" will be OUTSIDE---April 4th stay tuned for the final results and the Lose to Win WINNER!!!!

For more information contact Anneliese Smith 431-4169.

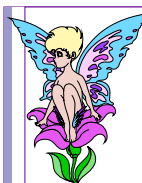


**Last Chance Workout
March 4, 2009**

Generous Members Replace Anneliese's iPod!

I would like to thank all the iPod fairies from my Tuesday and Thursday classes at the Broadwater Downtown Club that so generously gave to my iPod replacement fund. My iPod mysteriously disappeared 2 weeks ago with all my aerobic music on it and has not shown up since! I can't thank you all enough for your heartfelt love and generosity that went into purchasing a new one for me complete with my name and favorite saying: "If

it were easy everyone would be doing it!" What a compliment to me and to the members of the Broadwater---it IS true, there are STILL amazing people out there! Thanks to all of you! Greg, Shannon, Kristi, Scott, Lisa, Erin, Bill and Billie, Duane, Jeannie, Denise, Chris, Stacy, Dave, Lara, Becky, Christy, Peg, Mary, Bill and Brian. I hope I haven't forgotten anyone.... I will always treasure my iPod and guard it with my life!!



*The iPod Fairies show
their kindness...*

Love and thanks again to you
all, Anneliese.

Anneliese

Weight Training 101

Hey! Come one, come all! Join in the fun of learning how to use the new FREEMOTION equipment, medicine balls, dumbbells and even your own body weight in this beginning weight lifting class.

No experience necessary. Take advantage of having a trainer at a fraction of the cost for 6 glorious weeks of weight workouts!

When: Thursdays, April 16-May 21
Time: 5:30 - 6:30pm.
Cost: \$100 members (non-members \$125)
Class size limited to 12.
Daycare will be available.

Sign up at the front desk! Your payment reserves your spot.

Contact Anneliese Smith for more information at 431-4169.



Group Fitness Updates

Group Fitness Menu

There are a few changes in our Group Fitness Menu. We are keeping tabs on how the classes are going and found that we needed to 'tweak' the schedule a bit to better accommodate you!

Effective April 5th

Daytime Dance	10:00am
Power Muscle	11:00am
Bodies by BOSU	12:10pm
Women's Fitness (M-Th)	8:45am

The summer Group Fitness Menu will be coming in June. Look for a few more changes for summer. Thanks!!

Look for results soon for the March Challenge which was Crosstrainers. People were really racking up the minutes!

The April Challenge is Treadmills! This challenge will begin on April 1 (No joke!). Please sign up for the Treadmills and please only sign up for 30 minute time slots. We ask that you do not sign up for two slots back to back. You may switch equipment, or if no one else signs up, you may sign up for another 30 minutes.

Thank you and Good Luck!

Coming up in May—Swimming Challenge and June—Cardio Combo Challenge (Your choice!).

INSpiration Fitness
TreadMILL Challenge



at the BroadWater
ATHLETIC CLUBS
 APRIL

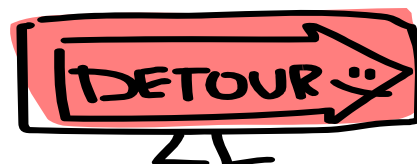
Don't Fool Around!
 Get Started today and you could win a Giant FreeMotion Sweat Towel or a Slide Guide "Burn off those Calories" with calorie burning info on various activities.

Dealing with Change...*Stressed Out?*

Change is a major source of stress. Change challenges you to let go of the past, especially the comfortable, old ways of doing things, to accept new challenges and opportunities for growth. There is an illusion that you can manage change by controlling the world around you; however, change is most effectively managed from within. Mohandas Gandhi explained, "You must be the change you wish to see in the world."

Approach changes with a plan, a method of creative problem-solving. See problems as situations in need of improvement. Goals are the ways to improve the situation and programs or plans are the means by which goals are achieved.

Mastering change involves looking at the world through new lenses. Alexander Graham Bell wrote, "When one door closes another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us." The first step is to seek inner stability. Maintain the calm of an open mind, encourage flexibility in the face of rigidity, and be willing to abandon former perceptions and security blankets. Change, like stress, can be beneficial when harnessed.



"I may not have gone where I intended to go, but I think I ended up where I needed to be."

*Douglas Adams
 The Long Dark Featime of My Soul*

Aquatic News...Lifeguard Certification Sessions

Session 1

Sunday, April 5	4:00pm—8:00pm
Monday, April 6	4:00pm—7:00pm
Wednesday, April 8	4:00pm—7:00pm
Thursday, April 9	8:00am—11:00am
Friday, April 10	8:00am—11:00am
Saturday, April 11	9:30am—3:30pm
Monday, April 13	4:00pm—7:00pm
Wednesday, April 15	4:00pm—7:00pm

Session 2

Monday, April 27	4:00pm—8:30pm
Wednesday, April 29	5:30pm—8:30pm
Saturday, May 2	9:30am—3:30pm
Sunday, May 3	9:30am—3:30pm
Monday, May 4	5:30pm—8:30pm
Wednesday May 6	5:30pm—8:30pm
Saturday, May 9	9:30am—3:30pm

Students will need to purchase their WSI Kit at www.shopstaywell.com

Members \$125.00
 Non-members \$135.00

Students must be 15 years of age by the last day of class.

Limited space, please sign up early at the front desk. Broadwater Athletic Clubs' is now hiring WSI-Swim instructors.

April Newsletter

Broadwater Westside
4920 Highway 12 West
Helena, MT 59601
(406) 443-5777

Broadwater Eastside
607 North Lamborn
Helena, MT 59601
(406) 443-6045

Email: info@theBroadwater.com



Broadwater
Athletic Clubs & Hot Springs

Inspiring Helena to Fitness...



Staff Recognition



Marshall Price! The exclamation mark almost says it all when it comes to Marshall. His enthusiasm and positive attitude is definitely like an exclamation mark.

Marshall is getting a big 'Thank You' for the month of March for his incredibly positive attitude through the transition of closing the Downtown Club. He has encouraged members and staff alike to stay positive and make the best of the whole process. Marshall also stepped out of his comfort zone and is taking on sharing a couple new classes (for him) including Bootcamp on Monday nights at 6:15 PM.

Thank you Marshall!

Membership Sales News

Looking for a workout partner? Our programs are even more successful when you do them with someone! Why not invite a friend or family member to join? If you bring in a new member, YOU get a free month!* Bring someone with you on your next visit or speak with one of our great Sales Coordinators! Mike Taylor is at the Westside and can be reached by calling 443-5777. Joe Poole, Travis Jones and Jeff Wahl are at the Eastside and can be reached by calling 443-6045. Swim suit and beach season is coming, bring in a buddy or two to workout with and you can all be ready!

*Some restrictions apply.



Spring Break Youth Services Hours

APRIL 4 TH	SATURDAY	<u>ADVENTURE ZONE</u>	<u>LIFEGUARD</u>	<u>ROCK WALL</u>
APRIL 5 TH	SUNDAY	9:00 AM TO 8:00 PM	1 PM TO 4 PM	NO ATTENDANT
APRIL 6 TH	MONDAY	1:00 PM TO 7:00 PM	NO LIFEGUARD	NO ATTENDANT
APRIL 7 TH	TUESDAY	9:00 AM TO 8:00 PM	1 PM TO 7 PM	NO ATTENDANT
APRIL 8 TH	WEDNESDAY	9:00 AM TO 8:00 PM	1 PM TO 4 PM	4 PM TO 7 PM
APRIL 9 TH	THURSDAY	9:00 AM TO 8:00 PM	1 PM TO 7 PM	NO ATTENDANT
APRIL 10 TH	FRIDAY	9:00 AM TO 8:00 PM	1 PM TO 4 PM	4 PM TO 7 PM
APRIL 11 TH	SATURDAY	9:00 AM TO 8:00 PM	1 PM TO 7 PM	NO ATTENDANT
APRIL 12 TH	SUNDAY	9:00 AM TO 8:00 PM	1 PM TO 4 PM	NO ATTENDANT
		EASTER - CLUBS CLOSED - EASTER - CLUBS CLOSED - EASTER		