



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



West Side
443-5777

East Side
443-6045

Downtown
443-8348

DECEMBER 2008

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December 2008 Newsletter

Gifts of Health

If you are looking for a great gift idea or stocking stuffer, look no further. Here are some great ideas available right here at the Broadwater Athletic Clubs!

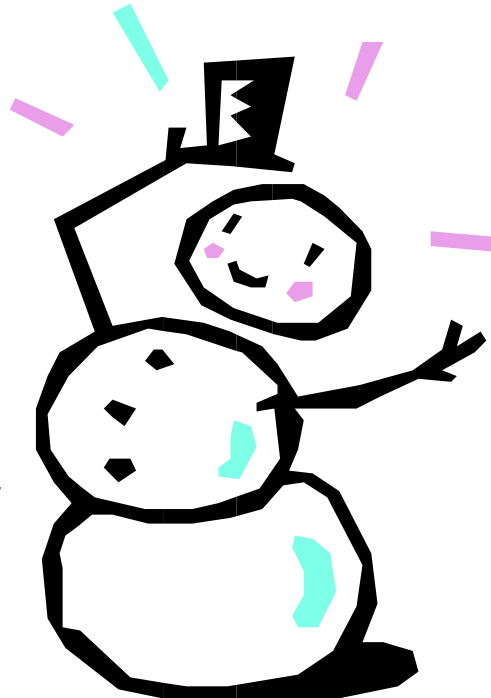
- **Gift of Health.** This certificate is good for 18 visits to ANY of our clubs and only costs \$25. The Gift of Health visits must be used by January 31, 2009.
- **Massage Certificates.** What a great gift! Pur-

chase your gift certificate in the amount you wish to give and the receiver gets to book their

own service with one of our wonderful massage therapists.

- **Personal Training Packages.** This is a gift that continues to give! By giving this valuable opportunity to someone (or yourself) you will come away with a wealth of knowledge and inspiration that will help keep you motivated and healthier. Our packages come in the following sets:

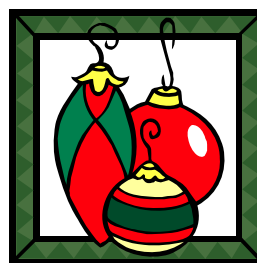
- 3 Sessions: \$120**
- 6 Sessions: \$240**
- 8 Sessions: \$320**
- 12 Sessions: \$450**



Holiday Hours

Christmas Hours:
 December 7th—Closed at 6:00 pm (Staff Party)
 Christmas Eve—Closed at 5 pm.
 Christmas Day—Closed.

New Year's Hours:
 New Year's Eve—Closed at 5 pm.
 New Year's Day—Closed.



Member Reminders:

Lap Pool Rules

- Walkers need to share lanes so we can maximize the usage of the pool. Swimmers are also requested to share lanes when possible. Let's work together so everyone can enjoy the great Hot Springs Water!

Cardio Equipment

- Sign up for a 1/2 hour only.
- Please get on and off the equipment on time.
- If you are more than 5 minutes late, another member may use the equipment.

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TRAINER'S CORNER

Weight Training 101

Sign up for this new and exciting 6-week group training program starting in January. It's a weight lifting program for beginners or novices who are looking to try something new. It teaches the basics of weight training and proper lifting techniques. Learn how to correctly use the new Freemotion equipment at the Downtown Club, free weights, tubing, medicine balls, Kettlebells and so much more. When: January 12, 2008

Where: Downtown Athletic Club

Time: Monday nights 5:30 - 6:30

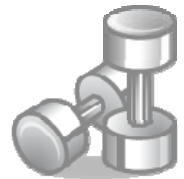
Cost: \$100 members; \$125 non-members.

Contact Anneliese Smith 431-4169 for more information.

Lose to Win Challenge Update

The third weigh in was held November 9th at the Eastside club. Twenty five people out of the original 53 showed up for the weigh in. The competition is certainly heating up. The leader in the total body weight lost so far is Dawn Brewer. She has lost 14.86% of her body weight!!! She is not alone though, she's being followed closely by 5 other people ranging from 10 - 13% body weight losses. They are fighting for a jackpot of \$1700!!! Throughout the

competition, each month they are given extra challenges. The October/November challenge was won by Lisa-Kay Keen. She won a heart rate monitor for logging the most minutes worked out in 4 weeks. She logged 4115 minutes which turned out to be 68.583 hours!!! Way to go Lisa! Their last challenge was to log a minimum of 10,000 steps a day. The winner of the pedometer challenge will be crowned December 7 with a \$100 gift certificate from GNC as well as the jackpot winner announced. Stay tuned for the final results!



Annual Christmas Cardio Class

Don't miss this festive workout that has become a tradition at the Broadwater Athletic Clubs!

This year's Christmas Cardio workout is Saturday, December 20th, 8:30am at the

Christmas Cardio: 8:30am
Yoga: 8:30am
Spinning: 8:30am
Broadwater Downtown

Downtown Club.

Join many of our fabulous instructors for a fun-filled class and treats! Wear your most festive outfits and rock out to holiday favorites.



Don't want snow...Take it to the Beach!

We're headed back to the beach on Friday, December 19!

Join Nanette at the Downtown Club at the 12:10pm Stretch and Relax Class as we head to the beach!

Wear your favorite beach

wear (no swimsuits please!), shades and bring your beach towel. This is a great holiday stress-reducer. We'll listen to the ocean waves and imagine that



we are on a mini-vacation at the beach. If you have never tried this class, this is a great time to start!



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



Melt Holiday Calories!

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 to 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.

Weight Loss Tip!

If you exercise at a moderate intensity 250-350 minutes per week, you may find the pounds melting away. No need to workout at a high intensity initially. Eventually your fitness level will increase and so will the intensity of your workout.

Remember—Exercise is cumulative!

So, if you take a 15 minute walk during your break at work, it all adds up.

It doesn't all have to happen at the gym...

Here are a few ideas:



Keep Moving during the Holidays!

- Take the stairs!
- Park farther away when you go shopping.
- Walk the dog.
- Do jumping jacks during commercials.

Broadwater Athletic Clubs

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We're on the Web!
theBroadwater.com

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Broadwater
Athletic Clubs

Three Great Clubs - One Great Price

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

	<u>Adventure Zone</u>	<u>Lifeguard</u>	<u>The Rock</u>
M December 22 nd	9 am – 8 pm	1 pm – 7 pm	No Attdnt
T December 23 rd	9 am – 8 pm	1 pm – 4 pm	4 pm–7 pm
W December 24 th	9 am – 1 pm	1 pm – 4 pm	no attendant
Th December 25 th	-----CLOSED-----	1 pm – 4 pm Merry Christmas	-----CLOSED-----
F December 26 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
S December 27 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
S December 28 th	1 pm – 7 pm	No Attdnt	No Attdnt
M December 29 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
T December 30 th	9 am – 8 pm	1 pm – 4 pm	4 pm–7 pm
W December 31 st	9 am – 5 pm	1 pm – 4 pm	No Attdnt
Th January 1 st	-----CLOSED-----	1 pm – 4 pm Happy New Year	-----CLOSED-----
F January 2 nd	9 am – 8 pm	1 pm – 7 pm	No Attdnt
S January 3 rd	9 am – 8 pm	1 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.

	<u>Member Children</u>	<u>Non-member</u>
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. Reservations must be made for children dropped off in the Nursery – 443-5777. This service is available for member children only.

White Bean & Roasted Red Pepper Crostini

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

White Bean and Roasted Red Pepper Crostini

(Prep: 7 minutes. Cook: 14 minutes)
Makes 20 servings

1 whole-wheat baguette, cut into 20 1-inch thick slices
2 tablespoons extra-virgin olive oil, divided
1 large shallot, minced (2 tablespoons)
2 garlic cloves, minced
1 (16-ounce) can white beans, rinsed and drained
1/8 teaspoon salt
1/4 teaspoon pepper
1/4 cup chopped bottled roasted red bell pepper

2 tablespoons chopped fresh parsley (optional)

1. Preheat oven to 350. Place baguette slices on baking sheet, and brush with 1 tablespoon of oil. Bake 10 minutes or until toasted.

2. While the bread is toasting, warm remaining 1 tablespoon of oil in a medium nonstick skillet over medium heat. Add shallot and garlic: cook, stirring, 2 minutes. Add beans and cook 2 minutes to warm through. Add salt and pepper. Mash about half the beans with a large fork.

3. Add chopped roasted red bell pepper to bean mixture. Allow to warm through, and remove from heat. Top crostini evenly with bean mixture; garnish with chopped parsley, if desired. Serve immediately. (Serving size: 1 slice bread with about 2 1/2 teaspoons bean mixture.)

Calories 103 (12% from fat); Fat 1g (sat 0g, mono 1g, poly 0g); Cholesterol 0mg; Protein 4g; Carbohydrate 19g; Sugars 0g; Fiber 2g; Iron 1mg; Sodium 215mg; Calcium 19mg.



Healthy Treats for the Holidays