



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

<b>West Side</b> 443-5777	<b>East Side</b> 443-6045	<b>Downtown</b> 443-8348
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## Exciting Childcare Policy Changes!!!

Have you ever made a last minute decision to workout or attend a class and missed the deadline for making childcare reservations? Well, worry no more! While reservations are still needed (and there are still limits on the number of kids that can be cared for at any given time), there is no time limit for making reservations! Call 5 hours or 5 minutes before you come in, if there is a spot available, we'll take your reservation.

This new policy will go into effect on Monday, November 12th. We want to make every effort to make our facilities family friendly and easy to use. And that brings me to more good news!

Do you like to run outside or hike Mt. Helena? You can now leave your children in one of the childcares while you are working out outside. Reservations are still needed and there is a 2 hour time limit

for all reservations. And as always there are exceptions to the rule, you may leave your child(ren) at the Westside Club for up to four hours by utilizing our drop-off service.

Watch for more details including a handy brochure detailing all our Youth Services!

We hope you are able to benefit from these relaxed policies and enjoy the added flexibility in your schedule!

## We Have a Winner!

The First Ever Broadwater T-shirt Designing Contest was a huge success! Have you noticed the wonderful entries that were posted at each of the Clubs? Kasha Shultz's entry was selected as the winning entry. She has received \$150.00 in FREE dues and she'll be the first to get one of the new t-shirts!



Isn't this a fun design! Look for it on t-shirts in mid-November. Just in time for Christmas!

Thank you to everyone who contributed and to Genevieve

Anderson's High school Art I Class. They had one class period to create a design and did some fabulous ones! You never know, one of those designs might show up on a t-shirt in the future!



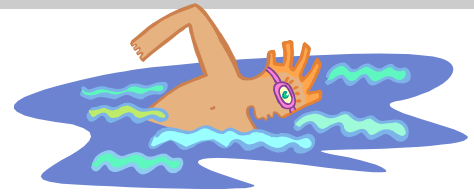
Left over HALLOWEEN CANDY can be donated to Food Share for use in Holiday Baskets.

## Water Warrior

Bob LaFountaine is half the man he used to be 18 months ago, and he's happy to report that he loves it that way. After 20 years sitting on his duff as a truck driver, constantly eating along the routes, Bob's weight climbed to 485 pounds. Faced with the reality that he could barely walk to his car or the mailbox without getting winded, a talk with his doctor suggested he undergo gastric bypass surgery. The doctor was certain that a man Bob's size couldn't possibly take off the excess weight on his own. He took the doctor's grim prognosis as a challenge, and went to the battlefield, armed for changes. Enter the Broadwater Athletic Clubs, the place where

challenges and battles are won daily.

In the water, Bob found he could walk without difficulty. In a short time, Bob was swimming the whole length of the pool and eventually swimming laps. The pounds started coming off, averaging 3-4 a week. Additional classes of Aqualogix™ and water aerobics gave Bob the added fuel he needed to lose more weight. Today, **Bob's total weight loss is 250 pounds!** When asked what the hardest part was in losing the weight, Bob replied, "It was making up my mind to lose the weight. I needed to do something different." Something different included a lifestyle change, eating



more in a "grazing" style with several small meals a day, which keeps blood glucose steady and helps avoid over-indulging at dinner.

When life hands you extreme challenges, some people run. Or some people walk, as Bob did, in the Broadwater's Hot Springs Pool one step at a time, taking charge of his life in a sensible way, doing on his own terms. I bet that doctor is proud of the "Water Warrior" that Bob has become.

Congratulations, Bob, and keep up the great work!

Written by Carolyn Truscott, ACE Certified Personal Trainer, LPN

## Staff Recognition for October

**Joe Robertson** – Many of us know Joe from our Group Fitness classes as a regular participant for – well, let's just say almost as long as Nanette and Shirley have been teaching! Joe joined us a few months back as part of our terrific Front Desk Staff. His loyalty to the clubs, instructors and fellow members is reflected in his attentiveness and professionalism at our front desk. We are very lucky to have him and greatly appreciate his excellence!

**Leslie Smith** – For those who take classes from Leslie, nothing else

needs to be said – she's fantastic! Leslie teaches Pilates, Strength and Stretch, Target Zone Express and several of our DANCE! classes. Not only is she a talented instructor, but she makes her participants feel especially welcome and cared for. She is also one of our lead instructors along with Margot Wright for our new 'Prime Time Well Being' class. She puts a ton of extra work into all she does including helping Nanette with the Mind and Body class rotation and DANCE! rotation schedules. She truly goes "The Extra Mile."

**Jessica Christensen** – Jessica has been Director of Childcare services for nearly a year and recently took over the Adventure Zone as well! She has done a fantastic job of hiring and supervising a large staff of wonderful people who care for our kids. Just recently, she manned her first ball cleaning day in the Adventure Zone! We really appreciate all the heart and soul she puts into her job!

Each month Broadwater Management recognizes staff who go above and beyond to make the Broadwater the great place it is! These three team members are key to our success!

### Help Brighten Christmas for Rocky Mountain Care Center Residents

Starting in early November the Broadwater Athletic Clubs will begin collecting gifts for some of the residents at Rocky Mountain Care Center. Gift Tags with information on what the residents would like will be available at each Club. All gifts should be returned to the Clubs and we will deliver them to the Center. Thank you for your generosity!



## Group Fitness News

**New Class!** Join Ramie Sprenger on Thursdays at 4:15 pm at the Broadwater Eastside Club for 'Drill MAX'. This is a power packed class combining easy-to-follow cardio drills and strength moves targeting every part of your body. Guaranteed to boost your energy and metabolism to new heights! **Don't wait – get revved up at Drill MAX!**

**Outdoor Southhills Spinning has moved inside.** In case you missed it, you will have to wait until next year to try our Outdoor Southhills Spinning class with Scott Boyles!

But don't despair, he's taken spinning back in the studio and you can join him every Wednesday at 5:30 pm at the Broadwater Downtown Club!



Rev up with Drill MAX!

## Core Skills

Our next session of 'Core Skills' begins on December 7. This action-packed class is 30 minutes long and focuses on techniques that utilize manual resistance, plyometrics, dumbbell work and balance drills to improve your core strength. Class is lead by Anneliese Smith, ACE Certified Personal Trainer.

**Where:** Broadwater Downtown Club

**When:** Fridays at 11:30am, starting December 7

**Cost:** \$45 for Members, \$60 non-members

Childcare available. Call 443-8348 for reservations.

Contact Anneliese Smith at 431-4169

## BOSKI, COMING NOVEMBER 7TH

Get ready to hit the slopes! Join Margot Wright, ACE Certified Personal Trainer in a 6-week training program designed to condition and improve strength in the lower body for skiing. This program will enhance your leg and core strength as well as improve balance and stability. Sign up today as class size is limited to 6 participants. Class runs

November 7 – December 19 (No class Thanksgiving week.)

**Where:** Broadwater Downtown Club

**When:** Wednesday evenings, 5:30

November 7—December 19

**Cost:** \$80 for Members

\$100 for non-members

Childcare available.

Contact Margot at 461-8793.



## We got the Beat!-More Drumming!

You don't need rhythm, just the desire to workout and have **FUN!** Classes are held at the Broadwater Downtown Club.

Thursday, November 8th at 5:30 p.m.

Saturday, November 10th at 10:45 a.m.

Thursday, November 29th at 5:30 p.m.

Saturday, December 1st, at 10:45 a.m.



## Free to Members!

These classes are 45 minutes.

## FITNESS FLOOR TRAINERS

Just a reminder to all of you that we have fitness floor trainers available FOR YOU! Our trainers are available to answer your fitness questions, 'how-to' questions about equipment and they can also meet with you for body composition analysis, measurements and specific equipment orientations. (It is suggested that you make an appointment for these services). Please get to know your fitness trainers!

Contact the Front Desk to schedule an appointment.

Take your fitness routine up a notch with these exciting programs!

**Broadwater Athletic Clubs**

Broadwater Westside  
4920 Highway 12 West

Broadwater Eastside  
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Helena, MT 59601

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**Broadwater  
Athletic Clubs**

We're on the Web!  
theBroadwater.com

**Gift of Health**

The Broadwater's annual **Gift of Health** will be available **November 12th!** They make wonderful **Stocking Stuffers** for you, your friends and loved ones! They are available at all three Clubs, 18 visits for only **\$25.00!** They can also be purchased online. **One user per pass.** Valid at time of purchase, visits expire 1/31/08.

**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 to the American Council on Exercise. Festive snacks can add another 1,500 calories to the day's tally.



**Sappy Thanksgiving!**

All Three Broadwater Clubs will be **CLOSED** on **Thursday, November 22nd** for Thanksgiving. Enjoy the holiday and the freedoms we have in this wonderful **United States!**

**See how much you (don't) know about our Thanksgiving holiday:**

1. When was the first Thanksgiving celebration held?
2. What was the reason for holding a Thanksgiving celebration?
3. How long did the first Thanksgiving celebration last?
4. Which president proclaimed the first "National Day of Thanksgiving?"
5. Which president made the "National Day of Thanksgiving" a national holiday?
6. Who was the last president to change the date of the Thanksgiving holiday?
7. Who wanted to make the turkey the national bird of the United States of America?
8. What part of the turkey is used in a good luck ritual?
9. What drink did the Puritans bring with them on the Mayflower?

**Does eating turkey make you sleepy?**

No. It's a myth. You can't pin post-dinner drowsiness on the Thanksgiving bird. The most likely culprit is high carbohydrate intake from a big multicourse meal. The lethargy you experience can be attributed to blood rushing from the brain to the stomach to aid digestion. Recent studies have associated L-tryptophan, an essential amino acid, to drowsiness. Although it occurs naturally in turkey, you'd have to consume massive amounts of meat on an empty stomach for it to cause any sedative effect.

1. The Plymouth Pilgrims held their first Thanksgiving celebration in the fall of 1621.
2. On December 11, 1620 the first Pilgrims (or Puritans, as they were initially known) landed at Plymouth Rock. By the fall of 1621, of the hundred or so passengers who had sailed on the Mayflower, only half were still alive. (Of these, only four were adult women and almost forty percent were children.) The survivors, thankful to still be alive, decided to give a feast.
3. It lasted three days (the celebration consisted of games as well as food).
4. George Washington (in 1789 and then again in 1795).
5. On October 3, 1863 Abraham Lincoln issued a "Thanksgiving Proclamation" that made the last Thursday in November a national holiday. (Before that, the president had to make an annual proclamation naming the day when Thanksgiving was going to be held.)
6. President Franklin D. Roosevelt changed Thanksgiving to the Thursday before the last Thursday (the reason was to make the Christmas shopping season longer and thus stimulate the economy).
7. Benjamin Franklin, but he was opposed by Thomas Jefferson. Legend has it that Franklin then named the male turkey a "tom turkey" to spite Jefferson. (The female is called a "hen turkey" and the baby a "poult.")
8. The wishbone.
9. Beer.