



"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

October 2006

New Childcare Hours at the Eastside

The Eastside PlayRoom will now close at 6:00 p.m. on Friday evenings. Hours for Friday afternoon will be 4:00 p.m. to 6:00 p. m., allowing for plenty of time for parents to "STEP2IT" at the 4:15 p.m. class!

Special Halloween Hours

Halloween is on a Tuesday this year. So that everyone can enjoy this fun day, we will be closing the childcare facilities. There will be no afternoon/evening childcare at the Eastside or Downtown facilities. The Westside Nursery will close at 5:00 p.m. as will the Adventure Zone. Have fun!



WOW-Women on Weights

Hey! All you WOMEN out there, have you been "WEIGHTING" to lift some WEIGHTS!! Well, here's your chance! The fall session for Women on Weights starts October 12th. The six-week program is held on **Thursday** nights from 5:30 p.m. - 7:00 p.m. at the Broadwater Downtown club. The cost is a mere \$90 for members and \$120 for non-members. Your payment holds your spot; so hurry and sign up because the class is limited to 12 people. For more information contact Anneliese Smith at 431-4169.



Calling All Skiers!

Here's a great opportunity to get into shape before ski season! BOSKI is a six-week ski conditioning class specially designed with the skier in mind. You'll work on a BOSU down in the Muscle Mine at the Broadwater Downtown club on Tuesdays from 5:15 p.m. - 6:30 p.m. This class starts Tuesday, October 3rd; so hurry and sign up. Class size is limited to 6 people! Cost is \$80.00. Call Margot Wright 461-8793 for more information.



Fall Special: GROUP BLAST PERSONAL TRAINING!!!

Have you always wanted to hire a Personal Trainer but didn't think you could afford one? Well, now you can!! Grab a friend - or two - or three and save BIG! Blast your Core, Abs or Butt with your trainer in a fun group training setting. For 3 sessions 2 people each pay \$95, 3 people each pay \$90 and 4 people each pay \$85!! Now that's savings! You want to save even more? Buy 6 sessions for 2 people \$170, 3 people \$160 and 4 people each pay \$150!! You can't beat these rates! What are you waiting for?! Call Anneliese 443-6045 and get your trainer NOW!!!

Everyone has a photographic memory. Some just don't have film.

The Biggest Winner

You've seen it on TV, now you can see it live right here at your favorite health Club! The Broadwater of course! We prefer to call this exciting new program "The Biggest Winner."

The Broadwater and GNC are teaming up to unite Personal Training with Weight Loss Supplementation. Two of our very own members will be undergoing a 3-month Personal Training regime while taking GNC's *RELEASE* weight loss supplements.

Every four weeks their progress will be posted at all three clubs and at GNC!! The *RELEASE* supplements sell for \$400.00, but GNC is offering it to ALL Broadwater members for just \$150. Members also receive 20% off all GNC products. Just show them your Broadwater card with your purchase. If you are looking for the perfect trainer and weight loss solution, call Anneliese 443-6045 for more information!

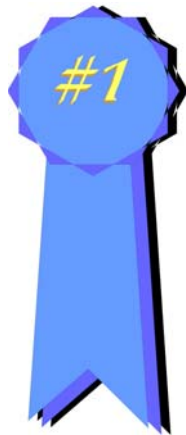
Star Client Winner

September's Star Client winner is Trish Wright! She is the winner of an Accusplit Pedometer! She logged the hours and kept a clean diet 4 out of 7 days of the week to earn her name in the Star Jar enough times to warrant it being drawn out!

October's give-away is an Arbonne Goody Bag! To find out how YOU can become a Star Client contact Anneliese at 443-6045.

Help Wanted!!!

We have an afternoon cleaning position open at the Broadwater



Westside. Responsibilities include cleaning the Women's Locker Room while occupied. Applications are available at the Front Desk at each club. Benefits include FREE FAMILY MEMBERSHIP!

Quick Nutrition Solutions

Now that the "lazy days of summer" have transitioned into our hectic back-to-school schedules, eating healthy on-the-go becomes a big challenge for all of us. Please join us for an interactive discussion with Lisa King, MS RD, licensed nutritionist.

When: Friday, October 13th
11:30 a.m. – 12:30 p.m.

Where: Broadwater Westside
Bring your lunches. Topics to be discussed include:

- Healthy snacks
- Healthy lunches
- Quick, nutritious breakfasts

Thera - Stretch

Thera-Stretch has returned!! It starts Saturday, October 7th, 9:00 a.m. to 9:45 a.m. at the Broadwater West. Come stretch your back, hips, shoulders and your sore, aging, and tired body! Also strengthen your back, hips and shoulders. Then take a few moments to relax.....

Come join Carolyn Truscott, LPN and ACE Certified Personal Trainer for this great class!

Montana Teacher Conferences in October

Schools will be out Thursday and Friday, October 19th and 20th.

Adventure Zone: 8:00 a.m. to 8:00 p.m. both days.

Lifeguard: Friday 1:00 p.m. to 7:00 p.m.

Rock Wall: Thursday 4:00 p.m. to 7:00 p.m.

