



"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

April 2005

Activities Calendar and Newsletter

Lost But Not Found, by Matt Schmidt

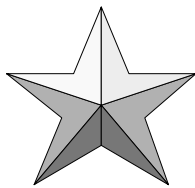
"Since I have been coming to the Broadwater, I have lost so many things! I lost my gut, part of my butt, and big parts of my legs, back and arms are missing. But I seem to have found these bulges on the body, somebody told me they are called muscles!

"I am hear to tell you that the I LOST IT AT THE BROADWATER 12-week program works! I am near the end of my 12 weeks and I can tell you that the results have been far more than what I had expected. I have tried so many programs, weight loss pills, fads, and exercise equipment in the past and none have worked for me. This program is laid out perfectly. The staff here has been incredible, knowledgeable and very helpful. I have gained so much muscle mass, lost weight and my energy level is through the roof. They have taught me how to eat and exercise more healthy, how to use exercise equipment that I thought I would never use. I have not felt or looked this good since I was 18 years old, (that was a long time ago). I will continue this program long after my 12 weeks is up."

Do you have a success story you'd like to share with us? Talk to any manager, we'd love to hear from you!

Are you a Star?

The Star Client Program is a motivational tool Personal Trainer Anneliese Smith has implemented and is seeing great success with! How does it work? Every time the client eats right they chart their calendar day with a slash / and every time they exercise they chart their calendar creating an X or more earns week, which in in the "STAR "motivational February's winner was Trish Wright! She won a *Total Body Massage* from Beverly Bell at The Works! Thanks, Beverly! This month the winner receives a \$20 Gift Certificate from the Montana City Bar and Grill! Thank you Steve and Penny Vincelli! Winner to be announced! Good luck Stars!



day with a back slash \ for the day. Four days them a star for the turn enters their name JAR." Each month a item" is given away.

WOW Results

For the last nine weeks 16 women have been sweating it out in the Muscle Mine, the LFC and the BAC through the WOW (Women on Weights) program. This session incentive prizes were given away to the women who ate well and lifted at least twice a week. The winners were: Angela McDannel, who won a pedometer; Judith Rogers who won a membership to the Helena Bicycle Club and Angie Gifford who won a gift certificate to Montana City Bar and Grill (Thank you Steve and Penny Vincelli). The big winner, Wendy Magera, who lost the most body fat, won a full body massage from The Works (Thank you Beverly Bell).

Here are the rest of the exciting results: Total weight lost 18 pounds, total body fat lost 6% and a grand total of inches lost 21 1/4!! Thanks to all the ladies who participated in WOW. Your hard work and dedication paid off. I thoroughly enjoyed working with every single one of you! Look for the next WOW session in the fall. Best in health always, Anneliese Smith.

If you love and respect your body enough to take it to
World Sweat
Your body will love and respect you back.

It's too warm to ski and too sloppy to cycle and run outside. The Cross-Cultural Groove at the Downtown Club Continues FRIDAYS AT NOON through April.

Course elements:

- Embrace all-over fitness to works music (African, Latin, Middle Eastern and more!)
- Improve body awareness, balance, flexibility & core strength.
- It's FUN! End your week with an energizing, focused hour. Accept the pleasure principle of this cardio and core workout.

Wiggle Worms

Wiggle Worms is an ongoing class for kids 3-5 years old who are using the Nursery at the BAC. Class times have changed. Wiggle Worms will now start at 9:45 a.m. and go until 10:45 a.m. Themes for April:



- April 4-8 - April Showers**
- April 11-15 - Sky (Rainbows, Sun & Clouds)**
- April 18-22 - Spring Brings Worms**
- April 25-29 - Bugs, Bugs, Bugs**

Stretching Your Limits

Cats do it, dogs do it, most animals do it, why don't we? Have you ever watched a cat warm itself in the sun, then stretch out luxuriously and smile as they extend their legs? Dogs stretch after a nap, birds extend their folded wings and get them ready for movement. Most humans don't realize the health benefits of stretching as well as the cat. Why don't we stretch?

- Not enough time. (Hey-is 45 minutes too much to spend on your health?)
- Don't know how (I will teach you!)
- Don't like to stretch (Try it-you'll like it!)
- Stretching is too boring (NOT WITH ME, IT ISN'T!)

Join my **Thera-Stretch** class where we explore the realms of stretching, addressing those critically tight, stressed problem areas like the **LOWER AND UPPER BACK, SHOULDERS AND HIPS.**

WHY STRETCH? Our muscles are constantly in relationship with each other; some oppose each other, others work together. As muscles work and then relax, some of the working tension remains. That leaves the muscles shortened, they think they are still working. When muscles are shortened, they help shorten others. For instance, sitting at an office desk will shorten your low back muscles. This also shortens the hamstrings group. Our muscles need to loosen up and lengthen in order to function more efficiently.

Stretching is not only a good thing for the muscles, it's a **GREAT THING** for your mind! Stretching aids in warming up the core of your body (always a good thing for relaxing-remember the cat in the sun!), relieves muscle tension, improves blood flow overall and mostly to the muscles, improves range of motion (movement about a joint), decreases risk of injury, improves mental alertness and reduces anxiety, stress and fatigue.

Now that you know how much good stretching does for your body, won't you join us in a stretch session? Thera-Stretch is Mondays at the Westside location from 12:15 – 1:00.

This May look for **"The Personal Trainer Mentorship Program."** The PTMP starts May 1. All hopeful trainers need to fill out an application for the program, available at the Front Desk at all three locations. You will work with Anneliese Smith, ACE Certified Personal Trainer and Lifestyle & Weight Management Consultant in an intensive 3-month period. Cost is \$100. All applicants are responsible for paying for their own manuals, study guides and sample tests. Order from ACEFitness.org. The program ends August 6 in Spokane where the ACE Personal Trainer test will be taken (transportation to and from is not included).

We will meet every other Sunday starting May 15 at the LFC from 2:00 - 4:00. Be prepared to shadow trainer, Anneliese Smith, on training sessions, set up workouts, and help with new programming for the summer. Walk away with an ACE Certified Personal Trainer Certificate and all the confidence in the world. Only dedicated, passionate-for-fitness people should apply! Call Anneliese 443-4538 for more details.

Checking Kids In to the AZ

Just a reminder to all parents, if you are dropping off your kids in the Adventure Zone you must accompany them to the AZ, check them in, and fill out an emergency information form. Thanks for helping us keep your kids safe!

Strong Kids Class for kids 9-14 coming this summer!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*ILAB – I Lost It at The Broadwater Classes are informational classes for I lost It Participants. Full class descriptions are available in the Program Manual. Classes are free to Program Participants, \$5 for members, \$10 for non-members. Call the club hosting the class to sign up.	4 New Sessions of 1, 2 & You Little Gym Home School PE Begin Today! <u>Kid's Yoga 4:15 BAC</u>	5 *ILAB – Just Relax! DAC 12:15 LFC 6:30 p.m. <u>SESSION II SWIM LESSONS</u>	6	7	8 World Sweat DAC Noon	9
	11 <u>Kid's Yoga 4:15 BAC</u>	12 *ILAB – Nutrition for a Lifetime Part 1 DAC Noon	13 *ILAB – Nutrition for a Lifetime Part 1 LFC 6:30 p.m.	14	15 World Sweat DAC Noon MT State Handball Championship – Butte	16 *ILAB Intro to Spinning DAC 10:30 MT State Handball Championship – Butte
17 MT State Handball Championship – Butte	18 <u>Kid's Yoga 4:15 BAC</u>	19 I Lost It! Kick-Off 7:00 p.m. Westside	20 *ILAB Intro to Spinning DAC 7:00 p.m.	21	22 World Sweat DAC Noon	23
24	25 New Sessions 1, 2 & You Little Gym Home School PE Begin Today! <u>Kid's Yoga 4:15 BAC</u>	26	27 *ILAB Intro to PowerFlex LFC 6:45 p.m.	28	29 World Sweat DAC Noon	30