



"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 2005

Activities Calendar and Newsletter

Aqualogix- A Revolution in Fitness

Aqualogix has revolution in water-training to rival the "aerobics" phenomenon 1980s. Never before water shown such changing the way exercise, train and rehabilitate – all while having fun. Witness the Fitness Revolution.



created a based land-based of the has the promise in people feel,

The Revolution revolves around the patented design and functionality of the AquaGrip technology. No other piece of fitness equipment accomplishes so much in such an efficient, balanced and exciting way. The three sizes give you the opportunity to vary your workout allowing all fitness levels to enjoy the class together! Do Cardio and Strength simultaneously in the safety of the water.

Classes will be held in the Lap Pool Tuesdays and Thursdays 9:15 – 9:55 a.m. beginning October 4th. Come discover the new Fitness Challenge!

New Director of Personal Training

Hello, some of you may know me, some of you may not. So, I'd like to take this opportunity to introduce myself just in case. My name is Anneliese Smith, and I'm the new Director of Personal Training! My background includes 15 years of working in the fitness field, Personal Training for the last 5 years and a B.S. degree in Organizational Communications (no pun intended). I hold two certifications: ACE Certified Personal Trainer and ACE Certified Lifestyle and Weight Management Consultant. I've been at the Broadwater for 7 years now teaching various classes and working as a trainer. I've observed and experienced the need for more Personal Trainers at the Broadwater Athletic Club, and now it is my job to provide that to you, the members! This last summer I conducted a Mentoring Program to bring more trainers into the club, and am happy to announce that the Broadwater now has approximately 15 new trainers to serve you. Please look for some new Group Strength opportunities, Fitness Fairs, Lectures and many more services



we will be providing you, the members. If you have any questions about Personal Training, or would like to hire a trainer, feel free to contact me at 443-6045. Best of Health, Anneliese Smith

Fitness Floor Trainers Coming to a Club Near YOU!

Well, you might have heard the buzz about Fitness Floor Trainers; you might have even *met* some--but NOW the truth may be told! Due to the success of the Personal Trainer Mentoring Program, the Broadwater and its members will reap the benefits of **MANY** new Personal Trainers. Starting this October each club will have Fitness Floor Trainers available to you to answer questions, help with equipment orientations, perform body compositions for \$5, and take people through PPC (Personal Performance Center) appointments. Oh, and did I mention they will also be keeping your workout rooms clean as a whistle!!

Please take advantage of this valuable service the Broadwater is offering free to all members by getting to know the trainers and receiving any information they may have to offer you through Fit Tips or even healthy recipes!! Sign up at the front desk to set up your very own equipment orientation or PPC appointment with a trainer (check availability). Have a great workout!

AZ Closed for Ball Cleaning

On Sunday, October 2nd the Adventure Zone will be closed. We will be cleaning balls and otherwise doing some necessary clean up. We are sorry for the inconvenience and appreciate your understanding.



New Group Fitness Schedule

Wow, it's fall already! The new group fitness classes will be starting October 10th. You will see the return of some old favorites as well as lots of new classes. Look for new Group Fitness Schedules coming out soon!

October Lifeguard Schedule and Rock Wall Attendant

Lifeguard: Monday, Wednesday, Friday - 4-7 p.m.
Saturdays – 1-4 p.m.
Rock Wall: Tuesdays & Thursday - 4-7 p.m.



New! Get Active Magazine!

All three clubs of copies of this new FREE magazine for our members! Get your copy today. And while you're at it, take one or two for your friends!

Wiggle Worms October Themes:



Wiggle Worms is a learning and activity class designed for kids 3-5 years old. Kids will hear stories, sing songs, do crafts, play games, etc. The theme for October is Halloween. P for pumpkins, parties and purple. H for



Halloween Fun and O for orange. Bring your kids during the week to the Westside

Nursery 9:30 – 10:30 for this fun class. Please call 443-5777 to make a reservation for your child. This class is FREE to member children!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 AZ CLOSED for ball cleaning.	3 <u>Session 2 of</u> <u>Evening</u> <u>Mixed Class</u> <u>Swim Lessons</u> <u>Start</u> <u>Tomorrow</u>	4 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	5	6 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	7	8 Thera- Stretch is Saturdays at the BAC at 9:15 a.m.
9	10 New Group Fitness Class Schedule Starts Today!	11 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	12 <u>Evening</u> <u>Mixed Class</u> <u>Swim Lessons</u> <u>Start</u>	13 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	14 15 A CHUCKLE A DAY MAY NOT KEEP THE DOCTOR AWAY, BUT IT SURE DOES MAKE THOSE TIMES IN LIFE'S WAITING ROOM A LITTLE MORE BEARABLE. — ANNE WILSON	
16	17 <u>Session 2 of</u> <u>Evening</u> <u>Parent Tot &</u> <u>Mixed Swim</u> <u>Lessons Start</u>	18 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	19	20 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	22	
23 I Lost It at The Broadwater is starting this week! Look for more information coming out SOON! <u>Session 2 of Morning Parent</u> <u>Tot Swim Lessons Start</u>		25 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	26	27 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	29	
30 <u>Session 3 of</u> <u>Evening</u> <u>Mixed Class</u> <u>Swim Lessons</u> <u>Start Tuesday</u>	31 HAPPY HALLO- WEEN!	11/1 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	11/2	11/3 9:15-9:55 Aqualogix BAC ROCK WALL ATTENDANT 4-7	11/4	11/5