



"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. Lambern
443-6045

Broadwater's Downtown
Athletic Club
316 N. Last Chance Gulch
443-8348

September 2005

Activities Calendar and Newsletter

Special Olympics Fundraiser

On August 25, the Broadwater Athletic Clubs hosted the Special Olympics Fundraiser. We had great weather and the fundraiser was a tremendous success! With the participation and contributions of Broadwater staff & members, members of the community, and local businesses, we donated

\$3000.00 to the Special Olympics!



A big thank you also goes out to the many Broadwater Staff who donated their time and energy to make this event the success it was.

We had enormous support from area businesses and individuals. Our gratitude goes out to them all!

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|---------------------------|----------------------------|
| 1st Montana Title | KTVH |
| A-1 Rental | Lianne Ewals |
| Albertson's | Lehrkinds |
| All About Lights | Cathy Fandrich |
| Alli's Pizza | Lorrie Willie from Dillard |
| Ashely Ewals | Marc Scow |
| Barrister Bed & Breakfast | McKenzie River Pizza |
| Bert & Ernie's | Michele Crowe |
| Beth Barry | Michele Ellefesen |
| Bob's Valley Market | Mike Chaet |
| Broadwater Volunteers | Montana City Counseling |
| Brona Crawford | Pan Handler |
| Café Cabby | Parriman Construction |
| Capital Laundry | Piper Lynch |
| Capital Sports | Pit Stop |
| Chevy | Pizza Hut |
| Crown Trophy | Playtime Video |
| DA Davidson | Rennan & Angie Rieke |
| Dillard's | Rocky Mountain Title |
| Dillon Ewals | Safeway |
| East Helena Rental | Silver Star |
| Fireside Coffee | Sole Sisters |
| First Interstate Bank | Staples |
| George's Foods | Taco del Sol |
| Grand Street Theater | Target |
| Hair Hair Salon & Spa | Terry Lopez |
| Hastings | Toni Ladd |
| Heritage Food Store | Tripp Insurance |
| Holiday Gas | Valerie Hellerman |
| Holly and Cheri Mook | Van's Thriftway |
| Jamies Auto Body | Wheat Montana |
| Kathy Schmit | Wingate Inn |
| Kleen King | Celebrity Cooks |



- Mountain Bike – John Tavary
- 4 Person Tent – Giles Hardy
- 4 Person Tent – RayLynn Lauderdale
- Carpet Cleaning – Juanita Schmidt
- Fly Pole – Robin Siderits
- Platypus Back Pack – Michelle Crowe
- Mountain Bike – Meg Stekla
- 1 ½ Hour Massage – Dusty Tielking
- 1 Hour Massage w/stones – Stephanie Ellis
- Duffle Bag – Greta
- 4 GA Brewer Tickets – Tari Elam
- BAC T-shirt – Vicki Gregori
- BAC T-shirt – Linda Sandman
- Coffee Card & Mug – Logan Pilcher
- Laundry Gift Cert – Brett Huber
- BBQ – Terry Norman
- 2 Person Tent – Bernie Franks
- Barrister Stay – Barry Anderson
- Free Month's Dues – Rick Dosier
- 4 Person Raft – Michelle Wray
- 4 Box Seats Brewer Game – Craig Goins
- Oil Change – Jeremy Ellis
- Oil Change – Marc Scow
- \$25 Gift Cert – Tracie Houdeshell
- \$25 Gift Cert – Gayle Picos
- Bike Helmet – Sheryl Perdue

Fall Swim Lessons are Available. Check at the Front Desk at the BAC!

Way to Go Personal Trainer Mentorees!!

Congratulations to Connie Jacobson, Esther Merritt, Olivia Tooley and Shirley Little for passing the ACE Personal Trainer Exam. These ladies traveled to different parts of the country to take the test and passed. Their hard work has paid off. Please offer them your Congratulations!!

WOW – Women on Weights

Classes are starting up for Women on Weights at the Downtown Athletic Club. WOW is instructed by ACE certified Personal Trainers and Instructors who will take you through a total body experience using free weights. These sessions will introduce you to the weight room and help you gain strength and fight disease. No experience is necessary.



Classes are once a week at the Muscle Mine at the DAC. Women on Weights starts September 13th. It will run for 7 weeks on Tuesday nights from 5:30 - 7:00 pm. Only \$80! It's not too late to sign up! (Childcare is provided.) Sign-up is at the Front Desk at the DAC. Class size is limited; your payment holds your spot. Grab a friend and sign up today! Call Anneliese Smith at 443-4538 for more information.

**I Lost It At
The
Broadwater
Coming in
October!**

We are very proud to be a part of this community, and to give back to such a deserving group of athletes.

Congratulations to Prize Winners!

Thank you to all the Broadwater members who participated in Broadwater Olympics! We hope you all had fun. Everyone was a winner, here are some who got prizes!

Star Client Program

This month's winner is Darla Hoyem! Congratulations! Darla won a great bag from Dillard's. The Star Client Program is a motivational tool that promotes healthy eating habits and exercise. If clients eat well and exercise at least 4 days out of a week, they receive a star for that week and their name goes in a jar to win a prize at the end of the month. September's prize is a gift certificate to "Radiance Skincare Salon" operated by Ivy Crawford Robertson, a licensed Esthetician. Thank you Ivy!! For more information on the Star Client Program contact Anneliese Smith at 443-6045.

Personal Training News

Our personal training department has some exciting changes this fall. Anneliese Smith is our new Director of Personal Training. Anneliese has just finished a mentoring program for new personal trainers and now she is going to get our Personal Training Program up and running. Anneliese teaches group fitness and is an amazing personal trainer. Now she will share those talents with new trainers. Anneliese will work closely with Sheryl Nay, the Fitness Director for the Broadwater clubs.

The Broadwater welcomes a new ACE certified personal trainer, Jason FauntLeRoy. You may recognize Jason from behind the front desk at the LFC and DAC. Jason is excited about making an impact at the Broadwater. Jason is now prepared to take new clients. Jason has an extensive background in athletics and sports conditioning as well as general fitness.

Group Fitness News

The new fall schedule will begin October 10. We have found that October is the best time to kick off the new fall schedule because the weather changes and our members are ready to come in and try new programs. Please fill out a member group fitness survey, available at the front desk. This is the time to share your ideas and thoughts about the group fitness schedule. Feel free to contact Sheryl Nay, 459-6709, or at any of the clubs to share ideas and concerns.

Changes in the September Group Fitness Schedule

Beginning after Labor Day, HIT class moves indoors. This is a High Intensity Training strength class. The class will be at the Life Fitness Center, bright and early, at 6:00 a.m. on Tuesdays, beginning September 6. Thera-stretch will move to Saturdays at 9:15 at the Broadwater, beginning September 10. Please note these changes and try these classes.

Viva Las Vegas

Four of our instructors attended World Fitness IDEA, which is the premier worldwide fitness convention. Sheryl Nay, Anneliese Smith, Bev Bell, and Kelly Duncan attended the convention to represent the Broadwater Clubs. They were the only instructors from Helena who made this exciting trip.

They learned new personal training science and application. They tried out new group fitness classes and got new ideas to enhance classes. Bev Bell got her cycling certification. Sheryl focused on Optimal Training for Youth, and marketing and programming for baby boomers. Sheryl



also attended athletic specific training for individual sports. Anneliese learned about implementing a winning personal training program at our clubs. Kelly studied functional fitness assessments and tried out some fun class formats.

Nan Brisko attended the national convention for the National Strength Conditioning Association (NSCA). This convention was also in Las Vegas and focused on athletic and strength training. Nan is our soccer and sports specialist and has added many new concepts to her sports training.

These instructors worked really hard to learn as much as they could to bring home to our members. Please congratulate them for making the commitment and sacrifice to attend these conventions. Oh, by the way, we had some great fun in Las Vegas as well.

When the Saints Come Marching In

You know it at the Downtown Club when the Saints come marching in. The Carroll College boys and girls basketball teams are doing their conditioning with Mark and Sheryl Nay. The program is affectionately known as JAWS. When 35 basketball players come to the club to do their JAWS training, the club is rocking and rolling. The Saints are taking full advantage of the specialty sports training that Sheryl learns each summer at convention. They work on core strength, plyometrics, medicine ball, agility, vertical jumping, combative training and teamwork. It is easy to see why Carroll Basketball is such a wonderful program. These young men and women are positive and hard working. They have amazing coaches who participate in the program and support what their athletes are doing. We may be cheering the Saints right to a national championship. It is exciting to have this partnership with Carroll College and we hope all our members will put on their purple and gold and support all Saints athletics.

Corporate Sponsors

The Broadwater would like to bring to the attention of our members our corporate members of the month. A new corporate member will be chosen for recognition each month and displayed prominently at all three Clubs. St. Peter's Hospital was our corporate sponsor for August. Kleen King is our sponsor for September. For information concerning the Corporate CAMP membership program talk to Greg Wright at the LFC or call 227-5839. Please support these corporations that support your Club!