



"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 2006 Newsletter

I Lost It At The Broadwater Graduation!

The Graduation Party was AWESOME! Thanks to Anneliese, Nanette and the Trainers for making the program such a wonderful success!

We got results from 24 participants and you won't believe these numbers!!

Total pounds lost: 162.79
Total inches lost: 226.50

Most weight lost: Leah - 26 pounds
2nd place: Karen - 14.4 pounds
3rd place: Terry - 10.6 pounds
Ann - 10.6 pounds

Most inches lost: Karen - 18 inches
2nd place: Jan - 15.75 inches
3rd place: Lisa - 15.25 inches

Average Pounds Lost: 6.79

Average Inches Lost: 9.44

The results from everyone were very encouraging! Look for another installment of I Lost It At The Broadwater in September!

Congratulations go out to ALL participants!

How To Rev Up Your Metabolism

From Health Magazine

When it comes to jump-starting metabolism, rumors abound. For a reality check, we turned to Cynthia Sass, R.D., spokeswoman for the American Dietetic Association. Here are her tips:

- **Build muscle.** You do have certain genetic limitations when it comes to boosting metabolism, but muscle helps. Research shows that muscle burns calories even when you're not working out: A Tufts University study found that after 15 weeks of weight training, women's resting metabolic rates increased by 15 percent.
- **Eat breakfast.** Missing out on calories early in the day can actually slow your metabolism, because your

body is trying to conserve energy. That means your morning activities could burn up to 40 percent fewer calories than if you'd taken a minute to eat.

- **Forget the myths.** Urban legend has it that hot peppers and grapefruit aid metabolism, but no solid research proves this, Sass says. She recommends sticking to dietary guidelines from the National Academy of Sciences: Aim to get 45 to 65 percent of your daily calories from carbohydrates, 10 to 35 percent from protein, and 20 to 35 percent from fat.

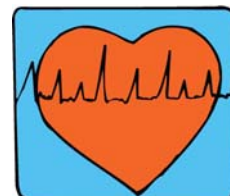
S & M – Stamina and Muscle

Do you want to improve your strength and endurance? Try this 6-week class and watch your stamina and muscle tone improve. Your baseline will be established week 1 and retested at the end of the session. Session begins Thursday, April 20th and ends Thursday, June 1st.

- **When:** Thursday mornings 8:45 – 10:00
- **Where:** Broadwater's Downtown Club
- **Why:** To gain stamina and muscle
- **Cost:** \$40.00 for 6-week session (\$60.00 for non-members) 6 Personal Training sessions would cost \$150.00!
- **How:** Sign up Downtown! Your payment holds your spot.
Instructed by Kelly Duncan (ACE Certified Personal Trainer). Call 442-1443 for more information.

Star Client For March

The Star Client winner for the month of March is the proud new owner of a Heart Rate monitor!! Way to go Stars! Next month the winner will receive a consultation with a nutritionist. Find out how you can be a Star and get into the lucky star jar to win your life back. Ask any friendly Trainer for details.



Prenatal Yoga

Pregnancy places many demands on a woman's body. Prenatal yoga helps women adapt to their changing bodies during pregnancy and is an ideal preparation for labor and delivery. Safe and gentle stretches help to align the body while breathing and relaxation calm the mind. Postures can be adapted for any trimester and under the guidance of a skilled teacher, yoga can be performed up until delivery! No prior yoga experience is necessary. *As with any exercise program, check with your doctor.

- **Where:** Broadwater's Downtown Club
- **When:** Tuesday evenings 6:30 – 7:45
- **Date:** 6-week session starting May 2
- **Cost:** Members: Free
Non-members - \$60
- **Class Size:** 12 – 15 students

Instructor:

Susan Baranek, CYT, received yoga training and certification through the YogaLife Institute in Devon, PA. She has four years experience teaching prenatal, beginner, intermediate and flow hatha yoga classes. She credits yoga with maintaining her sanity as the mother of two young children.

General Guidelines:

- Wear loose comfortable clothing, preferably in layers.
- Refrain from heavy meals for at least two hours before class.
- Stay hydrated.
- Yoga is best practiced on a "sticky mat." Mats will be provided.

Questions contact:

Susan Baranek: 443-2825 or Nanette Huddleston: 461-3311

Women's Spa Retreat

Look for flyers later in April for our **FIRST Women's Spa Retreat**. It will be at the Downtown Club on Sunday, June 11, 8:30 am until 1:30 pm. The club will be closed, so it will be available **ONLY** to spa participants. There will be massage, treatments, Pilates/Yoga, lunch, gifts and **MORE**. Cost \$100 and limited to 12 members, so mark your calendars. (This would make a great Mother's day gift).

Broadwater Bucks Coupon Books

It's what you've been waiting for....a coupon book from your favorite health club!

The Broadwater of course! How do you get one? Very simply. Sign up at the front desk for a fitness assessment with a Floor trainer and receive a coupon book for free!!!! It'll take 30 minutes of your time, and you might learn something about your body you didn't already know!!

Here's some of the valuable coupons you'll receive: Discounts on Tanning sessions, Personal Training packages, Adventure Zone and Rock Wall Birthday Parties, the Broadwater Proshop and so much more. The coupon books are non-transferable and expire 30 days from the date you receive your assessment. What's stopping you from learning more about taking care of yourself? Sign up now!!!

New Stuff Downtown!

1. Check out the new blinds at the Downtown Club!

2. New Class: Restorative Yoga, 6 am Friday, Downtown Club. Great way to end the week...restorative yoga is relaxing, stress reducing and invigorating!

Spring Break is April 10th – 14th

Adventure Zone Hours

Saturday, April 8 th	9:00 - 8:00
Sunday, April 9 th	1:00 - 7:00
Monday, April 10 th	9:00 - 8:00
Tuesday, April 11 th	9:00 - 8:00
Wednesday, April 12 th	9:00 - 8:00
Thursday, April 13 th	9:00 - 8:00
Friday, April 14 th	9:00 - 8:00
Saturday, April 15 th	9:00 - 8:00

Spring Break Lifeguard Hours

Saturday, April 8 th	1:00 - 7:00
Sunday, April 9 th	No Lifeguard
Monday, April 10 th	1:00 - 7:00
Tuesday, April 11 th	1:00 - 4:00
Wednesday, April 12 th	1:00 - 7:00
Thursday, April 13 th	1:00 - 4:00
Friday, April 14 th	1:00 - 7:00
Saturday, April 15 th	1:00 - 7:00

Spring Break Rock Wall Hours

Tuesday, April 11 th	4:00 - 7:00
Thursday, April 13 th	4:00 - 7:00

Just a reminder, all the Clubs will be CLOSED on April 16th in observance of Easter. Happy Easter!

