



"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

November 2005 Newsletter

Broadwater Health & Fitness Fair

Learn more about your health and fitness level at the Broadwater's Health and Fitness Fair! Visit with Personal Trainers and Helena Health Professionals about your well being. Booths will be set up for the following areas:

- ⌘ Body Composition Analysis ⌘ Flexibility Test ⌘ Strength Test ⌘ Blood Pressure ⌘ Biofeedback for Stress Management ⌘ Chiropractor Station
- ⌘ Endurance Test ⌘ Massage Station
- ⌘ Physical Therapist Station
- ⌘ Cardio-Respiratory Test ⌘ Dietician Station ⌘ **PRIZES!**

When: Saturday, November 12th, 11:00 a.m. to 2:00 p.m.

Where: Upstairs at the Downtown Athletic Club – 443-8348

Cost: Members - \$10.00 per person

Non-Members - \$25.00 per person

No need to sign up, just come Downtown and enjoy some food, fun, prizes and professional advice. Learn more about YOU!

STAR CLIENT WINNER for September

This month's winner of a Facial valued at \$45 from Radiance Skin Salon is Trish Wright! Way to go Trish! Keep up the hard work. For the month of October--prospective winners have the chance at a huge duffel bag from Dillard's!

Attention Soccer Parents and/or Participants

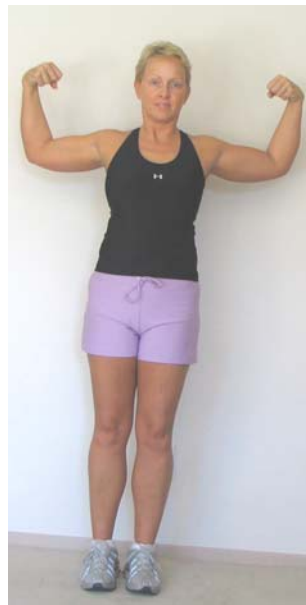
We are excited to offer our Winter Soccer Conditioning Program at the Broadwater Athletic Clubs again this winter. Last year was a great success and we anticipate this year to be even better.

We have designed this unique soccer-training program for off-season conditioning through the months of January until March or April. We have three main goals for this program. Our first goal is to improve overall athletic abilities in speed, agility, balance, strength, and power as well as providing pre-season soccer conditioning. Our second goal is to improve soccer-specific technique (ball skills/touch). The third important goal is to provide a program that will encourage teamwork and leadership. This program is designed for teams but individuals will be accommodated as well.

Please contact Nan Brisko, M.S., NSCA-CSCS for more information on these exciting training sessions. Nan can be reached by phone at 449-6905 or by email at nanbrisko@yahoo.com.

Freak Fitness is BACK!

Freak Fitness is back and better than ever as an Express Class for all the busy people out there trying to squeeze in a workout. This 9-week special series is designed to accommodate and challenge every person at any fitness level.



I'm a 40-year-old mother of 3. In the last year, I have had a personal trainer that has changed my life emotionally and physically. I went from 148 lbs to 135 lbs. I lost inches in my arms, chest, hips and calves. I learned the proper way to use equipment and free weights that work for my body to make it the best that it can be.

Having a personal trainer helped

me to modify my workouts so that I could get the results I was looking for. My biggest obstacle I had to overcome was my eating habits. After months of fighting it, I finally did what my trainer told me to do and within weeks I started to see my body change. I immediately lost 5 lbs. along with inches and body fat. I started at 38% body fat and am currently at 21% body fat. I learned just how much eating effects my mood and my energy level during my workouts.

The best thing about hiring a trainer was that I was only making it to the gym twice a week, and now I work out regularly 5 times a week. I attend various classes such as Cardio Express and Core class. I have learned that having a strong core is vital to a strong body.

If you want to change how you look and feel, and you want measurable results--hire a personal trainer!! Will it be tough? YOU BET!! But the outcome is truly worth the blood, sweat and tears that goes into it. It took time and dedication to really "get it," but when I "got it," -- it changed my life!!!

~Trish Wright

Fall WOW Results

The fall session of WOW ended October 24th with a BANG! These women were on fire! They lost a total of 9 pounds of FAT and a whopping 58 1/4 inches!!! That's a tremendous amount of effort! We had a great time laughing, lifting and living life! The ladies gave it their all and it paid off!

Just to compensate for their efforts they were given the opportunity to win prizes for eating well and doing their homework. The prizewinners were Darla Hoyem, a Liz Claiborne bag. Angie Rieke, a facial from Radiance Salon, and Marianne Rencher won a pedometer!! Thanks for your hard work ladies! You rock! Look for the winter session to start after Christmas!

Choosing the Right Pilates Class

Are you interested in Pilates but don't know which class to take? Here is a guide to the Broadwater's Pilates classes to help you decide.

Pilates I: Wed. 6-7 p.m. at BAC: This is an *introduction* to Pilates, focusing on basic techniques, awareness of the core muscles, with slow moving exercises designed to build strength. Suitable for all fitness levels.



Pilates, Thursday 11-11:50 at LFC and Pilates II, Monday 11-12 at DAC, Tuesday 9:15-10-15 at LFC; Tuesday 6:45-7-45 p.m. at LFC: These four Pilates classes provide a complete core workout at an *intermediate* level. While the classes move at a faster pace than the Pilates I class, modifications are provided for beginners or people with limitations. The Thursday morning class ends with a balance practice.

Target Zone Express, Wednesday 11:30-12:00 at DAC, downstairs: This is a fast moving, intense workout for the upper arms, abdominals and hips. While this is not strictly a Pilates class, Pilates techniques and exercises are used in the abs and hip portions of the class for maximum results.

Yoga-Pilates, Wednesday 12:10-1:00 p.m. and Saturday 9:30-10:30 a.m. at DAC downstairs: This class is a combination of yoga for strength & flexibility with Pilates core strengthening exercises. Beginners are welcome.

Cardio-Pilates, Thursday 9:15-10:15 at LFC: This class is a combination of a cardio workout followed by Pilates exercises for core conditioning.

To find out more, call Leslie Smith at 368-2372 or come try a class! All classes are ongoing and free to members.

The "Caloric Cost" of Thanksgiving Dinner



To burn off the AVERAGE 3000-CALORIE THANKSGIVING DINNER, a 160-lb person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles, according to the American Council on Exercise. Festive snacks can add another 1,500 calories to the day's tally. Yikes!



Aqualogix

Announcing a NEW Aqualogix Class!!! Trish Davis (Sayers) will be teaching a NEW Aqualogix Class on Saturdays at 10:00 a.m.! Join her in this awesome water class and get a great workout!

Help Brighten Christmas for Cooney Convalescent Home Residents

Starting in mid-November the Broadwater Athletic Club will begin collecting small gifts for some of the residents at Cooney Convalescent Home.



Gift Tags with information on what the residents would like will be available about the 15th. All gifts should be returned to the BAC and we will deliver them to the Home. Thank you for your generosity!

Gift of Health

The Broadwater's annual Gift of Health will be available November 19th! They make wonderful Stocking Stuffers for you, your friends and loved ones! They are available at all three Clubs, 12 visits for only \$20.00! They can also be purchased online. One pass per user. Valid at time of purchase, visits expire 1/22/06.



Thanksgiving



Thanksgiving is November 24th! The BAC and LFC will both be CLOSED on Thanksgiving for the holiday. However...Mark and Sheryl Nay will open the DAC from 9:00 am to Noon. They will also be teaching their traditional **Thanksgiving TBC Class** at 10:15! Sign-up is required and will be available the week of Thanksgiving. Read "The Caloric Cost of Thanksgiving Dinner" and come to TBC!!!

Capital High Soccer Girls State Champs!

Congratulations to the Capital High Girl's Soccer Team! State Champs again! A special Congratulations goes out to our own Dani Daly – AZ Staff – and Katie Moon – AZ and Rock Staff. Katie was also named to the all-state soccer team! Way to go, ladies!