



"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

Newsletter

September
2004

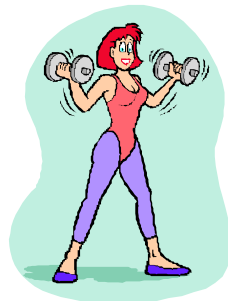
AZ Closed for Ball Cleaning

On Sunday, September 26th the Adventure Zone will be closed. We will be cleaning balls and otherwise doing some necessary end-of-summer clean up. We are sorry for the inconvenience.



Women on Weights – WOW!

Calling all Women! Are you looking to gain strength but don't know where to start? Are you afraid to "go it alone?" Do you want to see results in 6 weeks? Well, I've got the perfect solution for you! WOW! Women on Weights starts October 5th and runs for 6 weeks until November 9th. Come on down to the Muscle Mine at the DAC Tuesday nights from 5:30 - 7:00 and learn the fundamentals of weight lifting. You will receive 6 workouts, a body composition reading, stretches and nutrition information in your manual for just \$80.00. Sign up at the DAC front desk to reserve your spot! Call Anneliese if you have any questions 443-4538.



Congratulations Corey Thomas

Special Congratulations go out to Corey Thomas who completed his Broadwater Olympics Card!! He did every activity on the sheet, including sponsoring a new member! Welcome Greg Esquibel!

Corey was the winner of the \$100 Gift Certificate from Kleen King.

Introduction to Pilates

A special 5 week session Introduction Pilates class is now being offered. This class is FREE to members and only \$30.00 for non-members. Learn the basics of core fitness for strength, flexibility and better posture. There are two times available, both classes will be offered at the Life Fitness Center:

- ❑ Tuesdays 6:45 p.m. to 7:45 p.m starting September 21st
- ❑ Friday 11:00 a.m. to Noon starting September 24th

Join us at either class or mix and match to meet your schedule.

If the road rises up to meet you, I guess that means you've got a flat.

Thank You to Contributors

On August 26, the Broadwater Athletic Clubs hosted the Broadwater Olympics. This was a special Member Appreciation event and a fundraiser for the Special Olympics. Despite the dismal weather, the fundraiser was a tremendous success! Without the participation and contributions of Broadwater members, many members of the community, and local businesses, we wouldn't have been able to donate over \$1000.00 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.

Thank you Jamie's Auto Body, Parriman Construction, DA Davidson, Kleen King, First Montana Title, Capital Sports, Hair Hair Salon and Spa, Montana City Counseling, Piper Lynch, Tara Mercer, Fireside Coffee, Capital City Laundry, Village Crafts, Albertson's, Van's Thriftway, Heritage IGA, County Market and J & J Tires.

A special thank you to all the new members who signed up during the Broadwater Olympics special, whose joining fees all were donated to the Special Olympics!

The Broadwater Athletic Clubs would also like to thank Governor Judy Martz, the Helena Titans, and the Special Olympic Athletes for braving the cold and carrying the torch.

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!

This is a partial list of the winners. Thank you to everyone who participated. Everyone was a winner, here are some who got prizes!

Kayak – Jennifer Thomas
Mountain Bike – Anna Kincl
2 Night Stay Yellowstone – Leo Wiggins
\$100 Kleen King Gift Cert. – Corey Thomas
One Month Dues – Julie Dalsaglio
BAC Shirt – Michelle Pederson



BAC Shirt – Darlene Kaltenbach
Back Pack – Terry Lytle
Bike Helmet – Marc Wilkison
Fireside Coffee Gift Cert. – Veronica Johnson
Barrister B&B – Janet Lauf
Capital Sports Gift Cert. – Deb Williams
BAC Shirt – Marc Beltran
Box Seats Brewers – Bev Allen
Massage w/Piper Lynch – Pam Jackson
Comedy Night Tickets – Kevin Fearon
BBQ – Margaret Bentwood
BBQ & Flower Arrangement from Village Craft – Marc Scow
Comedy Night Tickets – Ken Safis

Racquetball Lessons

Private, Adult racquetball lessons are available on Wednesday nights from 6:00 – 7:00. There is a sign-up sheet by the courts.

Group Children's lessons are available on Monday nights from 6:00 – 7:00. No sign-up is needed, just show up!

Child Care Position Available

- ◆ BAC Nursery
- ◆ Tuesdays & Fridays 2:30 – 5:00
- ◆ Benefits include FREE Family Membership. Apply at the Front Desk of any of the three clubs.



Fall Swim Program:

Parent and Tot: Ages 6 months to 3 years.

Wednesday Mornings 11:15 – 11:45 AM, October 6 – Nov 10. Tues Evenings 6:30 PM – 7:00 PM, October 5 – November 9

Mixed Class/Levels 1,2, 3/Ages 4 and up. Tuesday and Thursday evenings, 5:30 – 6:10 PM. Session 2 - October 5-26 (No Class Thursday, October 21 due to MEA Conventions) Session 3 - November 2-18

Mixed Class/Levels 1 & 2/Ages 4 and up.

Wednesday evenings 5:30 – 6:10 PM, October 6 – November 10

Mixed Class/Levels 3 & 4 Tuesday evenings 5:30 – 6:10 PM, October 5 – November 9

All lessons are \$26 Members/\$52 Non-Members