



"Three Great Clubs—One Great Price"

# Broadwater

ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs  
4920 Hwy 12 W  
443-5777

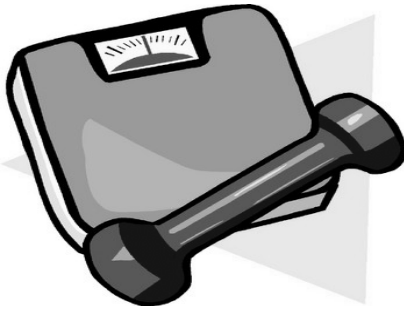
Broadwater's Life Fitness Center  
607 N. Lamborn  
443-6045

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

January 2005

## Activities Calendar & Newsletter

# Happy New Year!

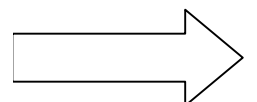


**I Lost It at The Broadwater!** If you are like a large majority of Americans your New Year's Resolution is to shed a few pounds. With shows like The Biggest Loser and Celebrity Shape Up gaining ground, you may be looking for a program, a plan or a guide to help you. You are in luck! Kicking off on January 17 is "I Lost It at The Broadwater".

This is a twelve week weight loss and shape up program including healthy eating guidelines, flexible workout plans with cardio and strength training, support and educational classes to add variety to your workouts as well as great prizes for those achieving the greatest results! Keep your eye on the website under "What's New" and around the club for more details. Coming soon!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bring your kids out to the BAC West Side for a night of rock climbing! The Rock will be fully supervised on Tuesday and Thursday nights from 4-7. Kids can boulder free, or rent a harness from the front desk for \$4 and the monitor will belay.						1 New Year's Day  BAC & LFC Closed  DAC Open 9-12
2	3  *Lifeguard 4-7	4  Rock Wall Monitor 4-7	5  *Lifeguard 4-7	6  Rock Wall Monitor 4-7	7  *Lifeguard 4-7	8  *Lifeguard 1-4
9	10  New Group Fitness Schedule begins today!  *Lifeguard 4-7	11  Yoga Touch Session begins today @ DAC 9:15-10:30 AM  Rock Wall Monitor 4-7	12  9:00 BAC Presentation "Are Fad Diets Weighing you down?"  *Lifeguard 4-7	13  Rock Wall Monitor 4-7	14  *Lifeguard 4-7	15  *Lifeguard 1-4
16  <b>"I Lost It At The Broadwater" begins this week!!</b>	17  No School  AZ 9-8 *Lifeguard 1-7	18  Rock Wall Monitor 4-7	19  *Lifeguard 4-7	20  Rock Wall Monitor 4-7	21  *Lifeguard 4-7	22  *Lifeguard 1-4
23	24  Little Gym 1, 2 & You Home School PE Session 1 begins  *Lifeguard 4-7	25  Rock Wall Monitor 4-7	26  Lifeguard 4-7	27  Kids TBC begins tonight! 6:00 PM BAC upstairs party room.  Rock Wall Monitor 4-7	28  *Lifeguard 4-7	29  *Lifeguard 1-4
30	31  *Lifeguard 4-7	Lifeguard Swim hours are for the BAC West Side Recreation Pool. Lifeguard swim hours are weather and visibility permitting. If the weather is questionable, contact the Broadwater at 443-5777 before bringing your kids out. Always make sure a lifeguard is on duty, and check your children in with the lifeguard.				

OVER



## New Drop-off Rates for BAC Nursery

The BAC Nursery is the only childcare at the Clubs where children can be dropped off and parents can leave the club. Beginning in January, the hourly rate will be \$2.00 per child per hour. Reservations must be made by calling 443-5777. Minimum charge is for one hour and the maximum drop off time is 4 hours. This service is for members only. *Member* children ages 5-13 get 2 hours of drop-off care in the AZ for no charge. Time after the 2 free hours will be \$2.00 per hour per child. BAC Nursery staff can answer any questions you may have.

## Are Fad Diets Weighing You

**Down?** If you are planning on trying one of the trendy diets you keep hearing about for the New Year, you will want to hear what our own Registered Dietitian, Tara Mercer has to say. Your last chance to hear this lecture is Wednesday, January 12, 9:00 A.M. at the BAC West Side Location. No sign up is necessary.



The New Group Fitness Schedule is available Monday, January 10. Pick up your copy at any Broadwater location or visit [www.thebroadwater.com](http://www.thebroadwater.com).

Thank You Broadwater members and staff for your very generous contributions to the residents of Cooney Convalescent Home. Your generosity and good will are second to none. They were very grateful.

## Six Tips on How to Stick with your New Year's Resolutions

1. Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.
2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
3. Stick to your resolution by considering it a promise to yourself, not a test of your willpower.
4. Avoid situations that put you in temptation's path, meaning if you're on a diet, don't go to the ice cream parlor.
5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator).
6. Be realistic. Make sure your plan is a realistic one that can fit into your lifestyle. Will you really have the energy to go out for that evening exercise class? Make changes as easy and convenient as possible.

## New Yoga Classes!

Shairon Wittke will be teaching two new classes at the Broadwater. She will be doing an Anasara class Mondays and Wednesdays at 10:00 a.m. which is free to members.

Shairon will also be teaching a Yoga Touch class. This is a hands on massage/yoga based treatment. The six week session takes place at the DAC on Tuesday and Saturday mornings 9:15 – 10:30 a.m. and begins Tuesday, January 11. The class is \$60 for members and \$100 for non-members. Please sign up at the DAC. Class size is limited to six.

For more information contact Shairon at 461-4955.

**Check out the website!** Check out [www.thebroadwater.com](http://www.thebroadwater.com) for information and "What's New", group fitness schedules, class descriptions, youth programs, hours, aquatics, swim lessons, membership rates, specials, court sports, personal training, tanning, massage, contact information, online store and more!



## Kid Stuff At The Broadwater!!

Beginning the week of January 24:

1, 2 and You!

Little Gym

Home School Physical Education

Kids TBC

For more information on these programs and other youth programs at The Broadwater, pick up the latest edition of "Not For Adults Only" at any Broadwater location, or visit [www.thebroadwater.com](http://www.thebroadwater.com) and click on Youth Programs.

**NO SCHOOL MONDAY JANUARY 17. We will be extending lifeguard swim that day to 1-7 PM and the AZ will be open 9-8.**