

Start Training for the Governor's Cup Now...or Just Get Fitter!

Metabolic Assessments were previously only available to the elite athletes and runners of the world. Now they are readily available to everyone. Metabolic Profiling assesses your metabolic rate during rest or exercise, giving you valuable data to improve your fitness level and/or lose weight. The assessment requires you to wear a comfortable face mask which is connected to an analyzer which measures the oxygen you breathe in and the Carbon Dioxide you breathe out. This data enters a laptop computer where it is analyzed, giving you the calories you are burning and how fuel sources are being used.

This information is used to design a 6-12 week training program for you that will help your body to make adaptations for using fuel more efficiently, thus improving your metabolism. This, in turn, should result in a higher fitness level and better use of fuel so you may lose weight and enhance body composition.

If you are training for a race, looking to lose weight, or increase your general level of fitness, this would be a valuable assessment for you. For more information regarding Metabolic Assessment, contact Gene Lemelin at (406)899-0579 or Nanette Huddleston at 443-6045.



Exercise Assessments

April 10 & 11

Broadwater Eastside Club

\$125

Sign up TODAY at the Eastside Club Front Desk

Schedule times & make payment when you register

Minimum of 5 per day required. Refunds will be made if minimum requirements are not met.

'Run For Your Health' - Runner's training

If you want to run your first race, improve your time from a previous race or just get outside and run for the health of it - this training program is for you!

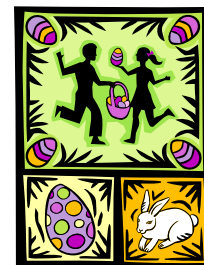
Here's what you get when you sign up for this small group training program (limited to 12 participants).

- Timed treadmill test
- Body composition test
- Selected flexibility tests
- Scheduled weekly runs
- Strength & flexibility exercises designed for your goals

Cost is \$75 members/\$80 non-members

Kick-off & initial assessments Saturday, April 3 at the Eastside Club. Sign up and pay at the Eastside Front Desk.

Your trainer is Greg DeWitt, an ACE Certified Personal Trainer who knows what it's like being a novice runner as well as a competitor and award winner in many trail and road races including the Boston Marathon.



Daytime Dance Schedule for April

4/1	Zumba Gold
4/8	A Taste of QiGong
4/15	The Classics
4/22	Disco
4/29	Drumming

THURSDAYS at 10:00 AM
EASTSIDE CLUB

2010 Camp Broadwater Director Needed

Camp Broadwater is scheduled to begin Monday, June 14th, but we can't do it without YOU – our *NEW CAMP BROADWATER DIRECTOR FOR SUMMER 2010 IS _____!*

If you are indeed interested in becoming the latest (and greatest?) Camp Broadwater Director, we are taking Applications NOW! Camp is scheduled to run Monday – Thursday all summer long. Camp starts at 12:30 p.m. and ends at 5:30 p.m. The Director is responsible for scheduling fitness activities and other activities and health oriented events. Camp Broadwater utilizes the Rec Pool, Waterslide, Adventure Zone, the Rock Wall, Courts and other areas of the club as appropriate. If you have experience working with kids and are looking for a **FUNTASTIC** Summer job, apply at either of the Broadwater clubs today!

Adventure Zone Rules

The Adventure Zone is for children 5-13 years old. We do not allow older children or adults into the structure. On certain occasions we are able to allow younger children into the Adventure Zone. It is up to the AZ staff to determine if all the qualifications are met. They are:

- * Child is at least 3 years old
- * Child is completely potty trained
- * Parent stays in the AZ while child is playing
- * It will not create an unsafe situation for any children playing in the Adventure Zone

We make no guarantees that a child under 5 will be allowed in the Adventure Zone at any given time. The environment changes constantly and safety is our priority.

Group Fitness Notes

On Monday, April 12th at 1:15 Danette Giono will be teaching a Zumba Class! This will be in place of the Cardio Core class. Join Danette and Zumba those hips!

While the summer Group Fitness Schedule won't be available for a bit, we have some GOOD NEWS! The Sunday PowerMuscle Class will stay on the schedule! If attendance at the class wanes, it could be dropped during the summer. Keep up the dedication and find a buddy! Stay strong this summer with PowerMuscle!

Members in the News - Hugh Ambrose



Many of us know Hugh Ambrose as Ande Ambrose's husband and one of our great members at the Broadwater, but as more of us are learning, Hugh is a noted historian and author. Hugh's book 'The Pacific' is currently climbing to the top of the New York Times Best Seller List and the mini-series based on the book is currently being shown on HBO. The Pacific is a non-fiction story about the intertwined journeys of four U.S. Marines and a U.S. Navy carrier pilot.

There will be a book signing at the Lewis & Clark Library with Hugh in May. Watch for dates to be announced.

Personal Trainer, Greg DeWitt and Broadwater Member, Sus Bristow are heading to Boston to run in the 2010 Boston Marathon! Check out our May Newsletter to see how they did.

Good Luck!!!





Broadwater Athletic Clubs

The Broadwater Athletic
Clubs & Hot Springs

Broadwater Westside
4920 Highway 12 West
Helena, MT 59601
(406)443-5777

Broadwater Eastside
607 North Lamborn
Helena, MT 59601
(406)443-6045

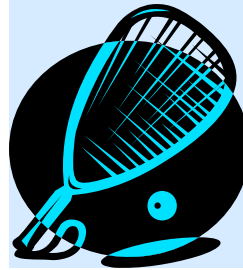
Email: info@theBroadwater.com

We're on the Web!
theBroadwater.com

"Inspiring Helena to Fitness"

Racquetball Clinic

The Broadwater Athletic Clubs is hosting a racquetball clinic for women and children from all over the state. The instructor for the clinic is world- renowned, world-class racquetball coach - Jim Winterton. Jim is the coach for the United States National Team. The clinic will be held at the Broadwater's Westside Club Saturday, May 1st . The clinic will be a day-long event.



No sign-up needed. Come on out for the day. We are very proud and it is a privilege to have such an extraordinary racquetball coach and instructor here at the Broadwater.

Staff Recognition - Cheryl Bozdog

Congratulations to **Cheryl Bozdog**, our Staff Recognition for March! Cheryl has been with the Broadwater Athletic Clubs since 1998. She is an ACE Certified Group Fitness Instructor, specializing in Step Aerobics. Cheryl does a particularly great job teaching 'multi-step' involving two, three and sometimes four steps! She also teaches a great PowerMuscle class.

These past few months, Cheryl has been particularly helpful to our Group Fitness Department, subbing MANY classes! She also jumped in and offered to teach the majority of our Sunday PowerMuscle classes, which really gives the other instructors a break.

Thanks so much Cheryl for your professionalism, dedication and going the extra mile!



Cheryl Bozdog