



Broadwater ATHLETIC CLUBS Helena, Montana

February 2010 Newsletter

Volume 10, Issue 2

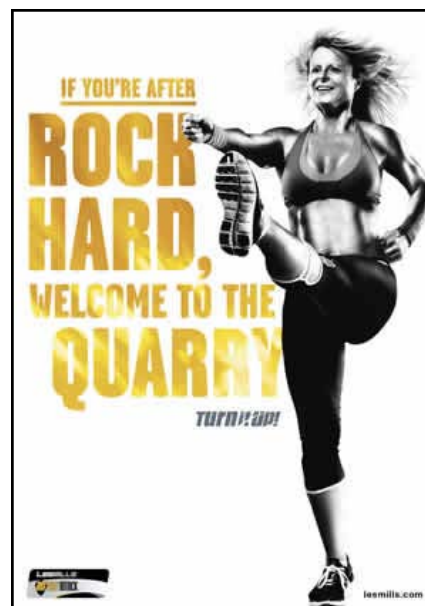
BodyAttack Is A Hit At The Health Fair

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The Broadwater Athletic Clubs' BodyAttack Instructors rocked the house at the I.R. Health Fair Wednesday, January 27. The demo took place on stage at 6:30 pm and was a great opportunity for us to showcase our newest Group Exercise program. Many thanks to those Broadwater Members that showed up and supported our Instructors.

If you haven't tried BodyAttack - there is no time like the present! Don't let the name scare you. This is a high-energy class, no doubt, but it can be modified for a variety of fitness levels. It truly is a program that can take your current fitness to the next level. If you are new to class, please come early and introduce yourself to the instructor. They will help you with any concerns you might have.



BodyAttack Classes

- Monday, 5:15 pm
- Monday, 6:15 pm
- Wednesday, 12:10 pm
- Friday, 9:00 am

Eastside Club



Danette, Debbie, Michelle, Nan and Shana getting the crowd fired up with BodyAttack.



Travis Jones and Shana Goddard work the crowd at the Broadwater booth.



Group Exercise News



Eastside Classes

Friday Cycling and Cardio-Fusion have switched time slots. Cycling is now at 12:10pm and CardioFusion is now at 1:15pm.

Starting February 15, Ramie will return to teaching! She will teach Monday, 9am CardioFlex Fusion and Friday, 12:10pm Cycling.

Group Exercise Participant Reminders

- *Please DO NOT wear street shoes in the studio. If you wear your workout shoes in from outside, please make sure they are wiped off before entering the studio.*
- If you are new to class, please come early and introduce yourself to your instructors.
- Please let your instructor know of any concerns you might currently have that may require modifications to the exercises being done.
- Wear breathable, comfortable clothing to class. Invest in a good pair of shoes and only wear your workout shoes to workout in.

Group Exercise Weekend Rotation

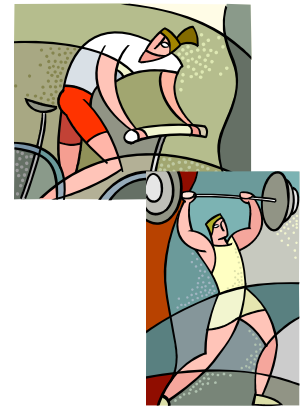


Saturday 8:30AM Cycling

2/6	Marshall
2/13	Rochelle
2/20	Ramie
2/27	Beverly
3/6	Rochelle
3/13	Debbie
3/20	Anneliese
3/27	Ramie
4/3	NO CLASS - EASTER
4/10	Carol
4/17	Rochelle
4/24	Donna
5/1	Beverly
5/8	Ramie
5/15	Debbie
5/22	Donna

Sunday 11:30AM PowerMuscle

2/7	Cheryl
2/14	Cheryl
2/21	Danette
2/28	Cheryl
3/7	Cheryl
3/14	Ande
3/21	Cheryl
3/28	Cheryl
4/4	EASTER
4/11	Michelle
4/18	Cheryl
4/25	Cheryl
5/2	Danette
5/9	Cheryl
5/16	Cheryl
5/23	Michelle



CLASSES END FOR SUMMER. WEEKEND ROTATION RESUMES IN SEPTEMBER.

Daytime Dance Schedule for February

“Nothing happens until something starts moving...”

Einstein

February 4	Dancin' to the Blues	Leslie
February 11	Qjgong	Leslie
February 18	Rock 'n Roll	Leslie
February 25	Drumming	Leslie

EASTSIDE CLUB - THURSDAY AT 10AM





Meet Our Trainers...Melanie Shirilla

"Hi, my name is Melanie, and I am a Personal Trainer." Wow, what a privilege to be able to say those words! Getting to this point has been a life journey, and I feel I am exactly where I am supposed to be right now. Let me explain.

Everyone has a story, and this is mine, in the proverbial nutshell. I was a troubled teen heading very swiftly down a dangerous and self-destructive road when I crossed paths with a strong and caring woman, a true role model, who probably saved my life, and most definitely changed it forever. Laura took the time to speak with me about self-worth, and lifestyle choices. She encouraged me not to be complacent in life, but rather to set life-affirming goals and work hard to see them through. I learned to embrace challenges, both mental and physical, that were set before me, and I became addicted to the freedom and empowerment that followed accomplishment. I quit smoking, and became active in outdoor sports and weightlifting. I successfully made a career out of racing sled dogs, completing the Iditarod and becoming the winningest female in International Stage Racing. I have completed multiple marathons, as well as a couple of ultras. Life is no longer something that happens to me, it is something I meet head-on, with sound diet and exercise decisions, always challenging myself to do more, be more.

Now it is time to help others do the same. I became AFAA certified in October, and had the awesome fortune to mentor under talented fitness professionals at the BAC, eventually becoming part of the staff. My sincere hope is that through my role as a Personal Trainer, I can help others realize their dreams of who they want to be. it's time to "Pay it Forward."

Contact Melanie at 439-2702



Personal Training Rates

3 Sessions	\$120
6 Sessions	\$240
8 Sessions	\$320
12 Sessions	\$450

For Group and Non-Member Rates, please call Nanette Huddleston at 443-6045.

Meet our Trainers...Shana Goddard

Becoming an AFAA Certified Personal Trainer and Group Fitness Instructor, I was finally able to reach my goal of inspiring people to fitness. As an overweight teenager, I was not taught proper nutrition or exercise. Realizing I needed to take charge of my health, I embarked on a lifetime of behavior and exercise modifications. It's not about starting my diet tomorrow and it will end when I lose the weight; It's about making the changes for the rest of my life. Not only diet, but exercise must fit into the equation. In order to build muscle and improve in our cardiovascular health, exercise is non-negotiable. Pledge to yourself that you want to live a long and healthful life. Please let me help you reach your fitness goals, whether it is to lose weight, improve your strength, or overall wellbeing. We are all in this together! Take charge of your life now! It is never too late! Call me for a Personal Training session today. **Shana Goddard: 202-0264**





Broadwater Athletic Clubs

Broadwater Westside Club

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

Broadwater Eastside Club

607 N. Lamborn
Helena, MT 59601
(406)443-6045

Email: Info@theBroadwater.com

"Inspiring Helena To Fitness"



Staff Recognition

Jackie Jensen works at the Westside Club Front Desk. She has been with the Broadwater for nearly a year! From the start she has been very professional and worked diligently to learn the clubs' policies and procedures. Her customer service to our members is exceptional as is her sense of teamwork and camaraderie with other staff. When Jackie is working, we know our members are being very well cared for!

Thank you Jackie!!



Jackie Jensen

We're On The Web!

theBroadwater.com

Guilt Free Valentine's Day Dessert

Chocolate Mousse



Chocolate Mousse

Amore 

6 servings
Active Time: 30 minutes
Total Time: 4 hours (including chilling time)

Nutrition

Per serving : 248 Calories; 6 g Fat; 3 g Sat; 1 g Mono; 38 mg Cholesterol; 47 g Carbohydrates; 7 g Protein; 4 g Fiber; 68 mg Sodium; 238 mg Potassium

3 Carbohydrate Serving
Exchanges: 3 other carbohydrates, 1 fat

Ingredients

- 1 teaspoon unflavored gelatin
- 2 tablespoons coffee liqueur, rum or strong brewed coffee
- 3/4 cup low-fat milk
- 1 large egg
- 1 cup packed light brown sugar
- 2/3 cup unsweetened cocoa powder, preferably Dutch-process
- 2 ounces bittersweet (not unsweetened) chocolate, chopped
- 2 teaspoons vanilla extract
- 4 large egg whites
- 1/2 teaspoon cream of tartar
- 3 tablespoons water

Preparation

- Sprinkle gelatin over liqueur (or rum or coffee) in a small bowl; let stand until softened, about 1 minute.
- Whisk together milk, whole egg, 1/4 cup of the brown sugar and cocoa in a medium saucepan until smooth. Cook over low heat, whisking constantly, until thickened, about 5 minutes. Remove from the heat and add the softened gelatin mixture, stirring until the gelatin has dissolved. Add chocolate and vanilla; stir until the chocolate has melted. Let cool to room temperature, about 30 minutes.
- Bring 1-inch of water in a wide saucepan to a bare simmer. Combine egg whites, cream of tartar, water and the remaining 3/4 cup brown sugar in a heatproof bowl large enough to fit over the saucepan. Set the bowl over the barely simmering water and beat with an electric mixer at low speed, moving the beaters around constantly, until an instant-read thermometer registers 140°F. (This will take 3 to 5 minutes.)
- Increase the mixer speed to high and continue beating over the heat for a full 3 1/2 minutes. Remove the bowl from the heat and beat the meringue until cool, 4 to 5 minutes longer.
- Whisk one-fourth of the meringue into the chocolate mixture until smooth. Fold the chocolate mixture back into the remaining meringue with a rubber spatula until completely incorporated. Spoon the mousse into 6 dessert glasses, and chill until set, about 3 hours.

From *EatingWell*: July/August 1991