



Broadwater
ATHLETIC CLUBS
 Helena, Montana

Lose to Win Challenge FINAL RESULTS



Congratulations!!!! Twelve weeks has come and gone in the blink of an eye! Thank you all so much for attending all the workouts, the lectures and the weigh-ins. Your numbers have certainly paid off. These are just *unbelievable* results!!! You ALL need to be very proud of yourselves! 21 people out of 40 showed up for the final weigh in with a total weight loss of 418.2 pounds!!!



Last Chance Workout: GREAT turnout Saturday! Thank you ALL so much for indulging in TABATA training! I know there were a lot of sore people walking around the next day!

Miles Logged: The most miles logged were 730 by (one guess) **SHARON FETTERS!!** I guess she was one tough competitor walking away with a Reebok duffle bag! Congratulations! What an unbelievable race!

The 3 top contenders held their ground throughout the entire 12 weeks! Congratulations to **SHARON FETTERS** for her tenacity and stick-to-itiveness! Sharon takes home **\$1500.00** - way to go! **Dawn Brewer and Joel Felix** trailing not very far behind. I just can't believe all of your success! I'm just so very proud of all of you! *Anneliese*

Check out page 2 for before and after photos!!

INSIDE THIS ISSUE:

Lose to Win Before and After Photos	2
Trainer's Corner	2
Personal Training Rates	2
Group Exercise News	3
Daytime Dance Schedule	3
Westside Locker Room Update	3
Staff Recognition	4

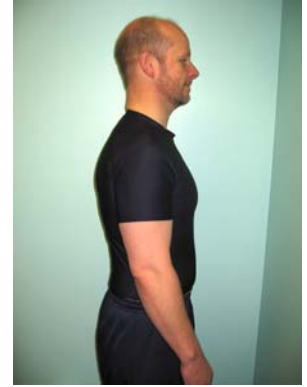
Here's the Top Ten 'Lose to Winners'

Name	% Weight loss	Name	% Weight Loss
Sharon Feters	28.89	Amber Wilke	11.73
Dawn Brewer	25.00	John Nuebel	11.07
Joel Felix	19.58	Kessie Strausser	10.96
Anna Nash	12.93	Andrea Goetsch	10.11
Jennifer Wintersteen	12.39	Dusty Medina	8.26

Lose to Win Before & After Photos



Sharon Fetters: Winner with 28.89% weight loss.



Joel Felix: Top male with 19.58% weight loss.

The Trainer's Corner

It's that time of year again - everyone vows to exercise more, eat healthier and lose those unwanted holiday pounds!!! Often we have great aspirations only to be disappointed a few weeks down the road. So, how can a person stay on track and reach their fitness goals? One great idea is to *Invest in Yourself* and hire a Personal Trainer. What do you get for your investment? Here's what a Personal Trainer can do for **YOU!**

- **Determine** your level of fitness.
- **Assess** your fitness needs and help you set *achievable* goals.
- **Design** a program to help you meet your goals.
- **Teach** you how to properly use fitness equipment and use correct body alignment and technique.
- **Help** you stay safe throughout your workout.
- **Teach** you how to work more activity into your daily routine.
- **Teach** you about healthy eating.
- **HELP KEEP YOU MOTIVATED.**

Research has shown that working with a Trainer increases overall strength, cardiovascular capacity and long-term adherence to an active lifestyle. So kick off 2010 by investing in yourself! Contact Nanette Huddleston for more information on hiring **YOUR** Personal Trainer! Nanette can be reached at 443-6045 or 461-3311.

Personal Training Rates

Member Rates		Non-Member Rates	
3 Sessions	\$120	3 Sessions	\$150
6 Sessions	\$240	6 Sessions	\$300
8 Sessions	\$320	8 Sessions	\$400
12 Sessions	\$450	12 Sessions	\$565

Contact Nanette at 443-6045 for Monthly billed sessions and Group rates.



Group Exercise News



Congratulations & Welcome!

Ramie had a baby girl on Saturday, December 19th at 8:56 pm.

*Sydney Grace Sprenger
7lbs. 12.7oz.
19.5 inches*



We will be selling Reservation Cards for Cycling classes starting January 4 at the Eastside Club. The cost for 10 reservations is \$20. Reservations may be made 1 week in advance with a card. Once the reservation has been made, it will be deducted from the card.

Effective January 15

- **Cardio Fusion** will move to 1:15 pm on Friday - Eastside.
- **Cycling** will move to 12:10 pm on Friday - Eastside.



Daytime Dance Schedule

January 7	Qigong	Leslie
January 14	Salsa	Christy
January 21	Zumba	Christy
January 28	Jazz	Christy
February 4	Dancin' to the Blues	Leslie
February 11	Qigong	Leslie
February 18	Rock 'n Roll	Leslie
February 25	Drumming	Leslie



"Goals are dreams with deadlines"

Diana Scharf Hunt

Daytime Dance - Eastside Club - Thursdays at 10 am

Westside Club Locker Room Remodel

WOW! Check out the remodeled locker rooms at the Westside! Both the men's and women's have been renovated with new lockers, new carpeting and fresh paint! It looks fabulous!

Some trim work still needs to be done, but it will be completed soon.

If you had a rental locker before the renovation, just check with the Front Desk and find out to which locker you have been assigned. If you want to rent one of our new amazing lockers, the Front Desk staff can help you with that too! Small lockers in the Women's Locker room are

only \$5.00 per month and the tall lockers are just \$7.50 per month! Come check it out!



The 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

We're on the Web!
theBroadwater.com



**Broadwater
Athletic Clubs**

"Inspiring Helena to Fitness"

Happy New Year!!

The New Year is a great time to implement improvements in your life. Follow these five simple steps to make and keep New Year's resolutions. Some of the most popular resolutions are to lose weight and/or quit smoking. These tips will aid in successfully attaining whatever goal you choose.

Step 1: Pursue what you are passionate about.

New Year's resolutions should be something you have to work at all year. For example, if your passion is the help others – find ways to volunteer in your community or budget money to donate to a favorite charity.

Step 2: Make a plan

Include several goals and tips to help you through rough times. Keep a journal. Success is achieved through proper planning.

Step 3: Refocus

At least once a week, revisit step 1 and 2 as a reminder of why you made the resolution and prepare to meet your next goal.

Step 4: Determination leads to success

New Year's resolutions require fortitude. If you have a setback, learn from it and move on. Think positively!

Step 5: Don't Quit!

Have fun. Resolutions can be difficult and take perseverance. Find inspiration and refer back to why you are passionate about making a change. Implement fun ways to stay on task and attain your goals.

Staff Recognition

Shana Goddard is one of the newest members of the Broadwater Fitness Team. In just the last few months, she has become an AFAA Certified Personal Trainer and pending Certified Les Mills **BODYATTACK** Instructor. Shana jumped in as a Fitness Floor Trainer and has taken on several Group Exercise classes.



Shana Goddard

While it's hard to stand out among our fabulous Group Exercise Instructors and Personal Trainers, Shana went above and beyond in December when she volunteered to use her own camcorder to video our **BODYATTACK** Instructors and make them copies of their film to send in for certification. She volunteered extra time and effort on behalf of her co-instructors demonstrating true team spirit. Way to go Shana—and Thanks!!



Danette Giono brings many years of teaching experience to Zumba. She recently earned her AFAA Personal Trainer Certification and pending Les Mills **BODYATTACK** Certification. She wears many hats in the area of Group Exercise, teaching Cardio, Strength, Zumba, **BODYATTACK** and even an occasional Polka class!

Recently Danette went the extra mile rounding up the now famous 'Killer Bee' tops for the **BODYATTACK** team to wear at our Launch. She also held a Zumba Christmas party in her class on December 22nd providing prizes and tons of fun for her dedicated Zumba participants. Thanks Danette, for all you do!



Danette Giono



Refer a new member and YOU get a FREE MONTH!