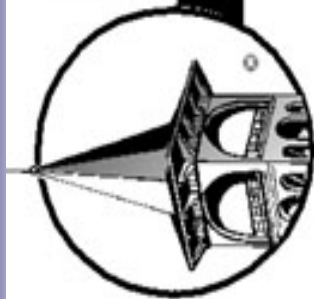




October 1, 2010

## Broadwater ATHLETIC CLUBS Helena, Montana



### HAPPY HALLOWEEN



### Racquetball News

Adult and Junior Racquetball lessons, directed by Josh Doniak, will start up this month and run through March.

**FREE to Members!**

Adult Lessons: **Wednesdays**  
Junior Lessons: **Mondays**

Lessons are from **6—7p.m.**

30 minute private lessons. Signup sheets are back by court #2.

Learn more about racquetball. You will get a great cardio workout and develop great hand eye-coordination.



See you on the courts.

### Zumba Halloween Party

Put on your best Zumba Halloween Costume and come celebrate with Danette for a fun-filled Zumba Halloween Party!

Fri., Oct. 29th  
4:15 p.m. Eastside Club!



*Don't be afraid to wear your favorite Halloween attire to the Weekend Classes too!*

**Cycling**  
*Sat., Oct. 30th at 8:30 a.m.  
with Rochelle*  
**Power Muscle**  
*Sun., Oct 31st at 10:30 a.m.  
with Anneliese*

### Stay Healthy with this Immune Booster

You may have fewer health problems—ranging from colds to cancer—if you get enough vitamin D. Your body naturally makes vitamin D from sunlight. You can also get it—albeit in smaller doses—from fatty fish, such as salmon, and fortified milk. But because Americans don't get enough vitamin D, most experts recommend a D supplement. New research in the American Journal of Clinical Nutrition suggests that taking such a supplement may help boost your immune system. Laboratory studies indicate that the nutrient may help immune cells identify and destroy bacteria and viruses that make us sick, says Adit Ginde, M.D., M.P.H., a public health researcher at the University of Colorado School of Medicine in Denver. Aim to get at least 1,000 IU of vitamin D daily (check with your doctor before taking more).—eatwell.com

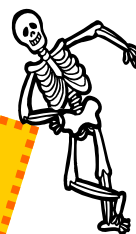
### Daytime Dance Schedule for October

Disco	October 7
QiGong	October 14
Rock 'n Roll	October 21
Halloween Drumming*	October 28

\*Wear your favorite Halloween Day-time Dance Outfits on the 28th.

THE ADVENTURE ZONE  
WILL CLOSE AT 5 P.M.  
ON HALLOWEEN. HAPPY  
TRICK-OR-TREATING!

Refer a new member and receive a credit for one month of dues as our Thank You!



Thursdays  
10 a.m.  
Eastside Club



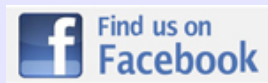
"Inspiring Helena to Fitness"



**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](mailto:info@thebroadwater.com)



We're on the Web!  
[TheBroadwater.com](http://TheBroadwater.com)



There's still a couple of days to sign up for  
**6 Weeks to Wellness Series.**

Don't miss this opportunity!

**Members: \$60**

**Non-members: \$75**

**Two or more sign up and each  
gets a \$10 discount!**

**\*\*Prizes\*\***

For more information call:  
Nanette Huddleston: 461-3311  
Donna Hulse: 431-6510

Time to shake up your routine or just  
get back into shape?

Hire a Certified Personal Trainer  
or Wellness Coach  
and get on track TODAY!

**3 Sessions/ \$120-\$150 Member  
Rate**

Other packages and non-member  
rates available.

Call Nanette at 443-6045  
for more information.

### Expecting trick-or-treaters or party guests?

- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.



## Staff Recognition



### Jennifer Zody

Jennifer Zody has been a Nursery employee for three years at the Broadwater Athletic Club. She has worked at the Westside Nursery and currently entertains the children at the Eastside location. Jennifer is a very reliable and energetic team member. She provides a very safe, clean environment for our young members. Thanks, Jennifer, for your many years of dedication to our youngsters!!



### Eileen Andersen



Eileen is one of our amazing Front Desk Team Members at the Westside Club. She has been with us for just over a year and is a member favorite! She is warm and friendly to members, always making them feel welcome. Eileen goes above and beyond and is always willing to fill shifts when needed. Her positive attitude is valued! We appreciate you, Eileen!! Thank you for all you do to help keep the club running smoothly!