



DECEMBER NEWSLETTER

Broadwater Athletic Clubs

Volume 6, Issue 12

December, 2006

ActivTrax is now at the Broadwater Clubs!

What is ActivTrax?

ActivTrax is a revolutionary web-based program that creates customized and easy to follow workouts.

A professionally designed plan built around the equipment at our clubs, fully customized and different each time.

Easy to follow workouts to ensure your results – no more guess-work!

Detailed analysis

of your current fitness level and your progress.

Personalized training whenever and wherever you need it.

Enroll in your 14-day free trial of ActivTrax today! Follow these simple steps:

Go to activtrax.com and click the "Join" button.

Enter our club's zip code (59601) and click the

"Next" button.

Click the "Go" button again next to our club's name.

Enter your name and phone number.

Click the "Next" button and follow the on-screen instructions.

If you LOVE it, and we think you will, you can continue the program for only \$9.95 per month or \$99.95 per year. Just sign up online and get ready to reach your body's full potential.



Christmas Step—Saturday, December 23rd, 9:30 a.m. Downtown!

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Star Client Personal Training Program

The Star Client Winner for the month of October was Libby Goldes!! She won a fabulous basket of Arbonne Skin Care goodies from Liesel Barnard. Way to go Libby!

November's give-away

was a GNC Grab-bag complete with multi-vitamins, protein powder, Power Bars and so much more. Angie Rieke won in November.

December's give-away is a Gift Certificate for

Sunless Tanning from Lisa Norstrom at Travel Sun Sunless Tanning.

To find out how YOU can be a Star Client contact Anneliese at 431-4169.

Holiday Hours for the Clubs

Sunday, December 24th

Closing 5:00 p.m.

Monday, December 25th

Closed

Sunday, December 31st

Closing 5:00 p.m.

Monday, January 1st

Closed



I Lost It at The Broadwater

“I Lost It At The Broadwater” (ILAB) is back! Our get fit and lose weight program is back and better than ever. This is a comprehensive 8-week program designed to give you the tools to live a healthier, more active lifestyle.

Each week will include group sessions covering everything from Group Fitness to

Nutrition. There will also be weekly meetings with our Personal Training Team to acquaint you with the equipment and answer your questions.

This year our participants will also enjoy our new *Activ-Trax* strength conditioning program for 8 weeks FREE.

You will also get your own fitness manual and may qualify

for weekly drawings! Our Fitness Team is committed to your success. All of this is yours for only \$149. ILAB kicks off on Tuesday, January 9th at 7 pm at our Westside Club. Sign up today at any of our Clubs. Contact Nanette Huddleston, 443-6045 or 461-3311 or Anneliese Smith, 431-4169 with questions.

DO YOUR CHRISTMAS SHOPPING AT THE BROADWATER!

Need ideas for Christmas? Want that special person or friend in your life to be healthier, more active or relaxed? Here are The Broadwater’s gift suggestions for you:

“Gift of Health” –

This is an 18 visit package for only \$25! Start using it as soon as it is purchased or brought in to a club and it’s good through January 31, 2007!

Personal Training Gift Certifi-

Gift Certificate choices are unlimited at the Broadwater. Buy one for a loved-one today!

cates – Give your special someone some sessions with one of our ACE Certified Personal Trainers.

This is not only a gift but an investment! You can train together and increase your savings—AND fun factor!

Massage Gift Certificates – This is a gift

that will really up your approval rating! Piper Lynch, Certified Massage Therapist offers a menu of treatments including Target

Massage, Therapeutic Massage, Sports Massage, Deep Tissue Massage or (Nanette’s personal favorite) Hot Stone Therapy. Member and Non-member rates are available. Please pick up a brochure at the Front Desk for prices or call Piper at 459-9726

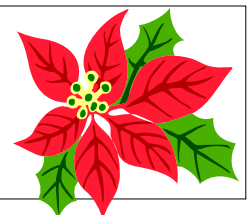
Remember...these are also gifts you can give yourself!

New Group Fitness Schedule in January!

Start the new year by checking out the Winter Group Fitness Schedule. It will be out January 8, 2007.

Some new classes will be added and there may be a few changes...

Look for it and check it out in January!





You Mattered to Us: A Soldier's Story

The embers glowed softly, and in their dim light,
I gazed round the room and I cherished the sight.
My wife was asleep, her head on my chest,
My daughter beside me, angelic in rest.

Outside the snow fell, a blanket of white,
Transforming the yard to a winter delight.
The sparkling lights in the tree I believe,
Completed the magic that was Christmas Eve.

My eyelids were heavy, my breathing was deep,
Secure and surrounded by love I would sleep.
In perfect contentment, or so it would seem,
So I slumbered, perhaps I started to dream.

The sound wasn't loud, and it wasn't too near,
But I opened my eyes when it tickled my ear.
Perhaps just a cough, I didn't quite know,
Then the sure sound of footsteps outside in the snow.

My soul gave a tremble, I
struggled to hear,
And I crept to the door just to
see who was near.
Standing out in the cold and
the dark of the night,
A lone figure stood, his face
weary and tight.

**"So go back inside, he
said, "harbor no fright,
your family is waiting
and I'll be all right."**

A soldier, I puzzled, some twenty years old,
Perhaps a Marine, huddled here in the cold.
Alone in the dark, he looked up and smiled,
Standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear,
"Come in this moment, it's freezing out here!
Put down your pack, brush the snow from your sleeve,
You should be at home on a cold Christmas Eve!"

For barely a moment I saw his eyes shift,
Away from the cold and the snow blown in drifts..
To the window that danced with a warm fire's light

Then he sighed and he said "It's really all right,
I'm out here by choice. I'm here every night."
"It's my duty to stand at the front of the line,
That separates you from the darkest of times.

No one had to ask or beg or implore me,
I'm proud to stand here like my fathers before me.
My Gramps died at 'Pearl' on a day in December,"
Then he sighed, "That's a Christmas 'Gram always re-
members."

My dad stood his watch in the jungles of 'Nam',
And now it is my turn and so, here I am.
I've not seen my own son in more than a while,
But my wife sends me pictures, he's sure got her smile.

Then he bent and he carefully pulled from his bag,
The red, white, and blue... an American flag.
I can live through the cold and the being alone,
Away from my family, my house and my home.

I can stand at my post through the rain and the sleet,
I can sleep in a foxhole with little to eat.
I can carry the weight of killing another,
Or lay down my life with my sister and brother..
Who stand at the front against any and all,
To ensure for all time that this flag will not fall."

"So go back inside," he said, "harbor no fright,
Your family is waiting and I'll be all right."
"But isn't there something I can do, at the least,
"Give you money," I asked, "or prepare you a feast?"

It seems all too little for all that you've done,
For being away from your wife and your son."
Then his eye welled a tear
that held no regret,
"Just tell us you love us,
and never forget."

To fight for our rights back
at home while we're gone,
To stand your own watch,
no matter how long.
For when we come home,
either standing or dead,
To know you remember we
fought and we bled,
Is payment enough, and
with that we will trust,
That we mattered to you as
you mattered to us."



Broadwater Athletic Clubs

Broadwater Westside
4920 Highway 12 West
443-5777

Broadwater Eastside
607 North Lamborn
443-6045

Broadwater Downtown
316 North Last Chance Gulch
443-8348
Helena, MT 59601

E-mail: info@theBroadwater.com



Broadwater
Athletic Clubs & Hot Springs

Three Great Clubs - One Great Price

HOLIDAY HOURS FOR ADVENTURE ZONE, LIFEGUARD, ROCK WALL & DROP-OFF CARE IN THE AZ AND NURSERY

	AZ	Lifeguard	The Rock
December 23 rd	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 24 th	-----CLOSED-----	-----CLOSED-----	-----
December 25 th	-----CLOSED-----	-----CLOSED-----	-----
December 26 th	9 am – 8 pm	1 pm – 4 pm	4 pm – 7 pm
December 27 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 28 th	9 am – 8 pm	1 pm – 4 pm	4 pm – 7 pm
December 29 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 30 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 31 st	9 am – 4 pm	No Attdnt	No Attdnt
January 1 st	-----CLOSED-----	-----CLOSED-----	-----
January 2 nd	3:30 – 8:00pm	No Attdnt	4 pm – 7 pm

Don't forget about the drop-off service for kids in the Adventure Zone! Kids 5-13 can be dropped off in the Adventure Zone for up to 4 hours while you take care of your Christmas Shopping and other errands.

	Member Children	Non-member
2 hours	FREE	\$4.95
3 hours	\$2.50	\$6.95
4 hours	\$4.95	\$8.95

Drop-off care for up to 4 hours is also available in the BAC Nursery for member kids under 5 years old. Rates are \$2.00 per hour per child. Reservations must be made for children dropped off in the Nursery – 443-5777. This service is available for member children only.

10 Easy Ways to Keep Those Holiday Pounds at Bay

In the busy weeks leading up to the holidays, it's all too easy to put workout plans on ho-ho-hold. That's where we can help. We've got 10 simple shortcuts to give you more motivation to move, which, of course, burns extra calories during your hectic December days—no gym time required.

Hit the stores

Go easy on the online shopping (not to mention those rush-delivery fees) and do some of your gift-buying errands on foot instead. You'll burn more than 150 calories per hour* while you're at it.

Drop yourself hints

Little reminders may go a long way toward helping you squeeze in more everyday activity when you have no time for a formal sweatfest. E-mail prompts to yourself or, better yet, ask a friend to send them. A recent study shows that people, when reminded, took the stairs at work instead of the elevator more often—and the average stair climber burns an impressive 9 calories per minute.

Shake your groove thing

Instead of hovering around the buffet at the company holiday party, grab some friends and get moving on the dance floor. Half an hour's worth of

cutting a rug will incinerate more than 150 calories.

Have a stand-off

Don't want to dance? Just standing at a party will burn about 30 more calories per hour than sitting.

Go for woody decorations

Take a hike and gather pinecones and evergreen sprigs for easy, last-minute holiday decorating. You'll save money as well as sneak in a fun workout.

Have a fitness social

You're probably already having a holiday lunch or brunch with friends; so go as a group to a yoga or Pilates class beforehand for a relaxing pre-holiday stretch session.

Take to the ice

You melt just as many calories (over 400 per hour) ice skating with friends as you do walking on a slightly inclined treadmill at 4 mph. Who says real exercise only happens at the gym?

Double up

When you do find time for a strength workout, take a shortcut by doing upper- and lower-body moves at the same time (try bicep curls while doing squats, for example). This lets

you finish faster, which gives you time to reward yourself with a well-deserved bubble bath.

Beat the crowds

December is a slower month for gym enrollment than January, says the International Health, Racquet, and Sportsclub Association. (That's no surprise, given all those New Year's resolutions.) So now's a great time to look for membership deals. Hey, when you have four holiday open houses on your calendar, even planning for future exercise counts.

Put your feet up

Go ahead, treat yourself to a well-deserved break. Research shows that you've got up to 2 whole weeks to indulge before you start to become less fit, so kick back and enjoy your holidays.

*NOTE: All calorie measurements are based on a 150-pound person.

