



'Three Great Clubs One Great Price!'

Broadwater
Athletic Clubs & Hot Springs

Westside 443-5777 Eastside 443-6045 Downtown 443-8348
www.thebroadwater.com

February 2009
Newsletter

Volume 9, Issue 2

ZUMBA KICK OFF PARTY

About ZUMBA...

Lets face it, working out can be healthy, rewarding, beneficial...but not always fun—Until NOW!

ZUMBA fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!

In the past years ZUMBA has become nothing short of a revolution. Coining the concept of a 'fitness party' and making fitness fun, ZUMBA has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

Why? Because it's the best party around! Join us!

ZUMBA KICK OFF

When: Friday, February 13

Time: 5:30pm-7pm

Where: Broadwater
Downtown Club

Attire: Your best Zumba outfit (or whatever!)

Join us for a Fun-filled evening of Zumba and refreshments.

Don't miss it!



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LOVE TO DRUM!

Get your heart beating for Valentine's Day!

Join Leslie for a Fun, Upbeat Class that will get your heart beating and make you feel Great!

When: Thursday, February 12,

Time: 4:15pm – 5:00pm

Where: Broadwater Eastside Club



Daytime Dance

February Schedule

Feb. 12—DISCO with Leslie

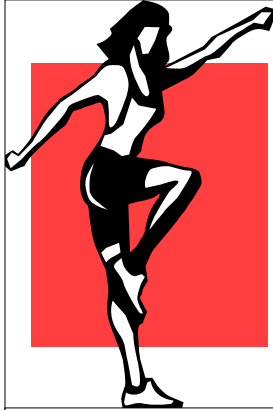
Feb. 19—Swing & Jive with Leslie

Feb. 26—Showtunes with Leslie





INSpiration FITNESS



Get Inspired!
Get Healthy!
Get Fit!

INSpiration Fitness

February Challenge—Group Fitness

The FEBRUARY CHALLENGE is GROUP FITNESS! This is a great opportunity to take advantage of any of our 88 Group Fitness Classes. Take as many classes as you want and keep track of the minutes. Turn the minutes in at the Front Desk at any club and we'll keep track. If you have questions about any of our classes, please contact Nanette at 443-6045.

We had a great response to our first month's challenge – Biking. The overall winner with the most minutes was **Duane Lund** with **1,243** minutes! Congratulations!!

- February—Group Fitness
- March—Crosstrainers
- April—Treadmills
- May—Swimming (Includes Aquatic Classes)
- June—Cardio Combo—
Your choice!
Equipment or
classes, take your
pick!

Record your minutes and turn them in at any of the Front Desks. Good Luck!

Lose to Win Challenge Round 3

January 11th was the kickoff date for Round 3 of the "Lose to Win Challenge," and this time 51 participants showed up ready and roaring to go!! They received a manual complete with a 30-day Activity Card (winners that complete it receive a 1 pound

pass), their first workout, nutrition information, log sheets and directions! The competitors got photographed, weighed and measured. This time around they will have a "Last Chance Workout" the day before the weigh in, which is Sunday, February 8 at

the Eastside Club from 2:00 - 4:00pm. The jackpot is a whopping \$1500. Congratulations and good luck to all the competitors! Big thanks go out to Angela McDaniel, Jeff Wahl, Margot Wright and Michael Lund for helping out on weigh-in day!!!

"Walk 10-30 minutes every day and SMILE when you do it..."

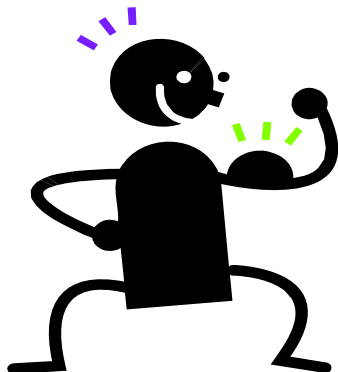
Believe!

Weight Training 101

It wasn't boot camp, but it probably felt like it for the 11 people who showed up for their first beginning weight lifting class on Monday, January 12th. Each Monday these fierce, new weight lift-

ers will be strength training to a new workout. They will be hoisting dumbbells, learning the ins and outs of the new FREEMOTION equipment, throwing around medicine balls and so much more.

They were given a strength test at the first class and will be re-tested in 6 weeks so they can see the TRUE value of strength training. Good job and keep up the good work muscle-heads!!!





TRAINER'S CORNER

NEW! Pilates Personal Training

Leslie Smith will now be offering Personal Pilates Training. Pilates focuses on conditioning and strengthening the body's core muscles. Why is this important? Your overall fitness is only as good as your core strength. A strong core (abdominal, oblique, back and pelvic-floor muscles) helps balance and stability so that everything you do becomes more efficient.

About the Trainer – Leslie Smith:

I spent 30 years in a high stress but sedentary job. Over those years I was always physically active, be it aerobics classes, running, dance or soccer. But the amount of time I was able to devote to my physical health was not enough to counteract the constant sitting, poor sleep and faulty ergonomics. In my mid- 40's it felt like my knees were shot, and that my "normal" state was a daily sore back and headache. My energy level was low.

Then I took a Pilates class. The first few weeks, it wiped me out every time. I crawled home, barely able to lift my fork at dinner, but with a new feeling of hope for my health. For the first time in years, I was getting the same kind of exercise I'd had in dance training: thorough and deep into my muscles.

Besides shedding pounds and trimming my outline, I rediscovered real muscle strength in my back and legs. My soccer game improved immediately, as did my energy and stamina.

I believe that core strength can change your life. For me, it has been the basis of better health, and an active lifestyle that looks like it will continue long into the future. My knees are fine. The constant backaches and headaches are gone. It's like finding the fountain of youth.

Let me help you find it, too.



For more information and Pilates Training Rates
Contact:
Leslie Smith
431-4995

Fitness Trainer—Michael Lund earns National Fitness Certification

Michael Lund is a Certified Strength and Conditioning Specialist (CSCS) certified through the National Strength and Conditioning Association*. The Certified Strength and Conditioning Specialist is for professionals who design and implement strength training and conditioning programs for athletes in a team setting and for individuals in personal training sessions. Certified Strength and Conditioning Specialists are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance and individuals for a healthier active lifestyle. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. The CSCS requires a college degree and Michael has a B.S. in Exercise Science from the University of Montana. Michael is planning to move to Southern California in the spring to pursue a career in the fitness industry and ultimately to run a strength facility at a major college or in major league baseball.

If you are looking to enhance your game or work towards your goal of participating in any athletic event, give Mike a call at 461-4658.

*The CSCS is the only strength training and conditioning certification to be nationally accredited by the [National Commission for Certifying Agencies \(NCCA\)](#) and has been nationally accredited since 1993.

"The only competition is yourself"



**Mike Lund
Strength & Conditioning
Specialist
461-4658**

Fitness Trainers available for Equipment Orientations

Welcome Michael Lund, Shana Goddard, Greg DeWitt and Dillon Ewals. Michael, Shana, Greg and Dillon join Margot, Kelly, Angela and Deb providing orientations for you, our members. If you are unfamiliar with any of our equipment and would like an orientation, please contact the Front Desk at any club to schedule an orientation at that club.

Learn more about...

- Freemotion
- Personal Performance Center
- LifeFitness Weight Equipment
- Hammer Strength

Call for an orientation today



Eastside Club:
443-6045
Downtown Club:
443-8348



BROADWATER BLAST RACQUETBALL TOURNAMENT

BROADWATER ATHLETIC CLUBS AND HOT SPRINGS

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

Email: info@theBroadwater.com

THREE GREAT CLUBS—ONE LOW PRICE!



Broadwater Athletic Clubs

We're on the Web!
www.theBroadwater.com

The Broadwater Athletic Clubs is proudly hosting the 2009 Broadwater Blast Racquetball Tournament February 13th, 14th and 15th.

Entry Fee: \$45.00 1st event, \$10.00 additional events. Jrs. \$15.00 1st event, \$10.00 additional events.

Sign up: Entry deadline is Monday, February 9th. Start times will be available Thursday, Feb. 12th at 10:00 a.m. by calling 443-5777.

Rules: Losers ref throughout tournament. Late starts will be considered but cannot be guaranteed.

Divisions: Men's and Women's Open, A, B, C, Novice; Juniors 12 and under, 13-17 yrs old; Men's Senior and Masters 35+, 45+, 55+ and four Doubles divisions. \$5.00 for Weak Hand Division

Tournament Directors: Mike Taylor (443-5777) and Josh Doniak (431-8402)

Hospitality:

- Friday—Dinner
- Saturday—Breakfast, Lunch & Dinner
- Sunday: Breakfast-Omelet Bar

•Drinks, fruit and snacks throughout tournament

•**Lots of door prizes!** Be at [the Club on Saturday during dinner for raffle drawings!](#)



The Broadwater Athletic Clubs' New Sales Team!

MEMBERSHIP SALES

Our Membership Sales Team is growing! Welcome to Travis Jones, Jeff Wahl and Joe Poole who will be joining Mike Taylor, Membership Sales Manager, in signing new members and providing membership services to our new and existing members. If you have a friend or colleague that might be interested in joining the Broadwater Clubs, please contact one of our Sales Coordinators. If you recruit a new member, you can earn yourself ONE MONTH'S free dues!

- Mike Taylor: 443-5777
- Joe Poole: 459-5347
- Travis Jones: 459-1969
- Jeff Wahl: 465-1403



Refer a New Member and get One Month's FREE Dues...

Grab a workout buddy and get them to sign up with one of our Sales Coordinators and YOU could get **One Month's FREE Dues...**

Give Mike, Travis, Jeff or Joe your referral's name today!

Staff Recognition January:

Angela McDannel is one of our fabulous ACE Certified Personal Trainers. She also works the fitness floor at the Eastside Club on Friday and Westside Club on Saturday. Not only does Angela bring a wealth of knowledge to our members during an orientation, but she is an excellent Personal Trainer. Angela is always one of the first to volunteer to help out with any event The Broadwater participates in or our in-house programs. She is truly an asset to our Clubs and Members. Thank you Angela for all your hard work and dedication! For Personal Training sessions with Angela, you may contact her at 461-0455.