



'Three Great Clubs One Great Price!'

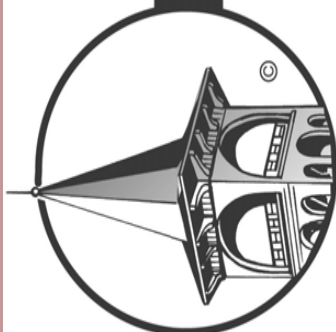
Broadwater

Athletic Clubs & Hot Springs

West Side 443-5777

East Side 443-6045

Downtown 443-8348



FreeMotion Equipment Coming Downtown!



The Broadwater Athletic Clubs are proud to announce that we have just placed our order for a 12-station circuit of FreeMotion Selectorized Equipment! The equipment is slated for installation at the Broadwater's Downtown Club.

FreeMotion Fitness was founded in 1999 based on a simple, yet bold observation: One-dimensional training doesn't carry over to a three-dimensional world—a place where twisting, turning, pushing, pulling, lifting, bending and moving in all planes is a daily fact of life. This simple observation is the inspiration behind FreeMotion - a design that continues to define the fitness industry. This one-and-only, full line of selectorized functional training

equipment allows users of all fitness abilities to train the way they move and change their lives through fitness innovation.

FreeMotion should be looked at in respect to individual kinesiology (the study of motion). Human motion and



FreeMotion Dual Cable Crossover Machine

balancing is in a 3-dimensional world. FreeMotion allows the user to define your own movement patterns based on your own needs and goals.

Traditional, fixed-isolated equipment (with single plane movements), is designed to fit the body of the average user, however not everyone fits that average body-type. FreeMotion equipment can accommodate virtually any movement pattern with a wide range of motion performed by almost every body type.

FreeMotion works on a pulley system. The FreeMotion swivel pulley system allows the user to engage in multi-planar, multi-joint movement patterns. Because the pulleys are able to articulate, they can follow the natural path of the cable created by the user.

Watch for more information coming out when this equipment will be installed and ready for you to use!

Fall Group Fitness Schedule

Our Fall Group Fitness Schedule will be effective Monday, September 8, 2008. Look for some new, exciting things. We are looking at some new class ideas as well as streamlining some of our

classes to make them more time efficient for you! If you have any ideas or input, please contact Nanette at 443-6045.



It's time to "Fall" back into your Fitness routine!

Inside this issue:

Instructors go to IDEA Fitness Conference	2
Donna Hulse become ACE Certified	2
Win to Lose Challenge	2
Fall Group Fitness Menu	3
Thank you Aquatics Staff	3
Staff Recognition	4
Childcare Chatter	4

Got Core? Want a core?

Try this 30 minute "abs and back" class on Wednesdays at 8:15 - 8:45 a.m. for 6 weeks starting September 10th at the Eastside Club! It's only \$45!!! That's a steal considering one personal training session is \$45. Class is limited to 12 people, so sign up soon at the Eastside. Call Anneliese 431-4169 for more details.

IDEA World Fitness Conference

Imagine Marshall and Carol Price starring in the 'Blue Man Group' at the Venetian or taking a Pilates class! Picture Margot Wright and Lisa King swinging Kettle Bells and Mark Nay working out in Todd Durkin's ultimate circuit...or Shirley Little drumming to Power Beats and grooving to Zumba! Well, if that stretches your imagination, you might have trouble wrapping your brain around Nanette Huddleston and Anneliese Smith in a "Take Your Offline Presence Online" class learning all about 'Twittering'.

But, that's exactly what we did at this year's IDEA World Conference in Las Vegas. Eight instructors/trainers from the Broadwater Athletic Clubs attended this year's conference.



At the IDEA World Conference, fitness professionals get the most current, cutting edge fitness information. Some of what we learned you will see reflected in our classes or in the way our trainers assess clients or design their workouts.

During the Pre-conference sessions, Nanette and Shirley earned an Instructor Certification with Drums Alive®. This program is gaining popularity world-wide and meets the needs of every population from kids to seniors and everyone in between! This

form of exercise combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit. Look for special Drums Alive® classes as well as drumming infused into some of our other classes this fall.

If you have any questions regarding Drums Alive® please contact Nanette at 443-6045.

We had a ball and can't wait to share all our new training with our wonderful members! Look for the Fall Schedule coming out in September and come try one of the new classes or get back into your routine with one our returning classes!

Broadwater Athletic Clubs—Inspiring Helena to Fitness!

Donna Hulse is Officially Certified!

Donna Hulse has successfully passed the ACE (American Council on Exercise) Personal Trainer Certification. If you've ever taken one of her classes, especially one of her summer outdoor classes, you know how dedicated and talented she is! She'll make an awesome addition to our team of Personal Trainers!

ACE is the largest not-for-profit fitness certifying organization and the first to receive national recognition from NCCA (National Commission for Certifying Agencies). Way to go Donna for this accomplishment!



Kudos to our Eastside members for continuing to show up and workout in spite of all the road construction that has made getting to our club nearly impossible! That's dedication – Thanks!!!

Win to Lose Challenge

You've seen it on TV, you will see it again starting on September 16th, "The Biggest Loser!!" Now you can be a part of it through the Broadwater, training with Anneliese in the "Lose to Win Challenge!" Last January, 20 people embarked on a 12-week journey of weight loss and the winner took home over \$1000.00! This September the Challenge is open to all who want to partake in it! Call Anneliese 431-4169 to sign up. **Deadline: September 8.**

Start Date: Sunday September 14, Kickoff (includes weigh in and pictures)



Where: Broadwater Eastside Club

Time: 2:00 - 4:00pm Cost: \$100 for 12 weeks, payable upfront

What: Receive weekly workouts via email, and 3 weigh-ins

End Date: Final weigh is December 7.

Tell one, tell all! The more people who sign up, the bigger the jackpot is for the winner. What are you waiting for???

Check Out What's New on the Fall Group Fitness Menu

Our fall schedule of classes will begin on September 7, 2008. Check out the new look of our Group Fitness Menu! We're hoping you like it and that it's a little more user friendly. Here are some highlights to look forward to...

Cycling:

- Saturday morning Cycling with Instructors rotating will return at the Downtown club at 8:30am.
- Wednesday evening Cycling with Scott will return at the Downtown club at 5:30pm.

Cycle & Core will be offered at the Downtown Club at 6am on Monday and Wednesday. Get your cardio Cycling and then finish off the class with a core component to get you in top shape!

Cardio:

- *Daytime Dance* will be on the schedule on Thursday at the Eastside Club at 11am. Leslie will be the lead instructor with occasional classes by Adelle, Tracy and Carolyn. Look for Salsa, Jazz, Dancercise, African, Zumba and more!
- *Cardio Core* will be offered on Monday at the Eastside Club at 12:10pm. This will include a variety of cardio formats with a core conditioning component.

Zumba/Step Fusion combines one of the latest fitness crazes with a standard. Esther will lead this Latin flavored class on Friday at the Eastside Club at 4:15pm.

Strength and Fusion:

- *Hard Core* is new Downtown on Tuesday mornings at 6am. Beverly will strengthen your core muscles and more using stability balls, the BOSU, core boards and more. You won't want to miss this workout!
- *Cardio/Flex Fusion* has been a popular class in our 9am time-slot. We are adding it at the Eastside club on Wednesday at 12:10pm and at the Downtown club on Monday at 12:20pm.

Power Muscle Plus will be a new spin on the previous PowerFlex class at the Eastside club on Tuesday at 12:10. This class will be total body strength class ending with a segment that focuses on a particular muscle group each week.

Mind & Body:

- *Pilates Total Toning* is a combination of traditional mat Pilates and our very popular Target Zone Express. This class will be lead by Leslie at the Eastside club on Monday at 11am.

Gentle Yoga Stretch will replace Yoga for Women at the Downtown club on Wednesday at 5:30pm. Adelle will lead this class and it will be open to women and men.

Lead instructors are indicated on our menu, however, substitute instructors may occasionally teach. Your attendance is very much appreciated and important for the success of our classes. Classes may be cancelled if attendance numbers are low.

Your feedback is very valuable. Please feel free to contact Nanette Huddleston, Fitness Director with your questions, concerns AND compliments. She can be reached at 443-6045 or 461-3311.

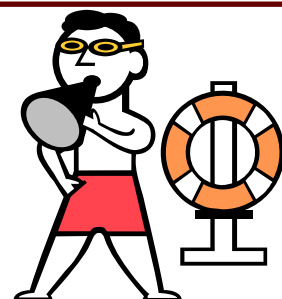


Thanks to the Aquatics Staff

Thank you
Margot Wright for a
successful summer at
the Waterslide and a
great Aquatics pro-
gram! A big thanks to

all the Lifeguards and
Swim Instructors who
worked this summer!
Sometimes we were
short staffed and we all
appreciate everyone

who
came
forward
to help.



*Thanks to all our Lifeguards for
making the 2007 Waterslide
Season such a success!*



Broadwater Athletic Clubs

BROADWATER ATHLETIC CLUB'S NEWSLETTER

Broadwater Westside
4920 Highway 12 West
Broadwater Eastside
607 North Lamborn
Broadwater Downtown
316 North Last Chance Gulch

Phone: 443-5777
E-mail: info@theBroadwater.com

Three Great Clubs - One Great Price

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

Staff Recognition

JULY: Travis Jones is a familiar face to everyone that works out at the Eastside Club. Besides taking care of our members, Travis also goes the extra mile in other ways. He recently stepped up while Nanette was gone to a fitness conference by making sure front desk shifts were covered. He is also the Eastside Club's 'go to' guy for membership questions. Keep up the good work Travis and thanks for your dedication!

JULY: Molly Buyske was our intrepid Camp Broadwater Director this summer. Molly brought lots of enthusiasm and excitement along with many fun activities to Camp this year. With Molly, the kids got to meet the Brewers, hike MT Ascension, went to Spring Meadow Lake, and played games galore at the Club. Kids also got to enjoy the Waterslide, Rec Pool, Adventure Zone and Rock Wall as part of Camp. Thanks, Molly!



JULY: Ande Ambrose is one of our fine group fitness instructors. She is full of energy and talent. If you don't know her, try one of her classes and you will be glad you did! She is being recognized for her artistic input (and time) in creating the new look for our Group Fitness Schedule. Thanks Ande for going above and beyond!

AUGUST: Danya Boner is one of our terrific Front Desk staff. Besides her sunny personality and hard work, Danya is always willing to help out when she can. She has been known to work double shifts and recently raced across town with drumsticks from the Eastside club to Downtown to get them to our Drumming Class just in the nick of time! Thanks Danya

AUGUST: Jamie Eva has been working in the Childcare at the Westside Club for over 3 1/2 years! Jamie has a lively personality and works great with the kids. She also comes forward when there is extra work to do and has gone above and beyond helping to find subs and do extra work at the club. She was also one of our many dedicated workers for the Membership Appreciation Party. Thanks, Jamie for going the extra mile!

Childcare Chatter

We have a new Childcare Director!

Emmie Kleppelid is on board as our new Childcare Director! She will be supervising the Childcare facilities at all three clubs.

Many of you may already know her. She has worked in the childcare for over three years and is regular at the Eastside Club.

Jessica Christensen has been working with her to get up to speed and she is ready to go!

Speaking of Jessica, she will continue on as the Adventure Zone Director. You will still see her in the Nursery, as she works a couple morning shifts at the Westside Club.



We are all very pleased to have two such talented women Directing our Youth Programs!

Nursery Reservations Change

Effective Monday, September 15th we will be instituting a new reservation policy in the Childcares. All reservations for the Childcare need to be made at least two (2) hours in advance if you want childcare after 10:30 a.m. All childcares will open at 8:30 (or whatever their regular opening time is) and remain open for the first two hours regardless of reservations. If no reservations are made for a given time period after that, the childcare will be closed.

For example, if you wish to use the childcare at any of the Clubs at 10:30 a.m., you need to call by at least 8:30 a.m. that morning. If you want to use the childcare at 4:00 p.m., call by at

least 2:00 p.m. If you have questions about this new policy, please ask the staff.

Nursery Kids Going to AZ will be Stamped

In order to better track the kids that are checked into the Westside Nursery or the Adventure Zone, we will begin a new procedure ASAP. Children from the Nursery who are able to play in the AZ while it is open, will have their hand stamped. This will help all personnel to quickly see where the younger children have been checked in. Staff will be asking parents if it is okay for their child to play in the AZ (conditions permitting) before stamping their hand. We are always looking for better ways to supervise your children and let everyone have fun while being in a safe environment!