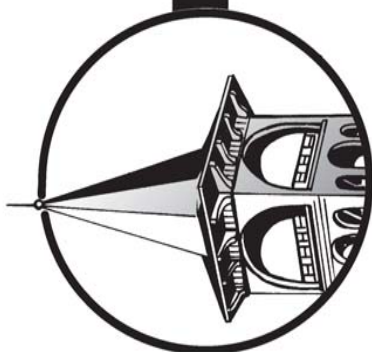




“Inspiring Helena to Fitness”
Broadwater
Athletic Clubs & Hot Springs

East Side
607 N. Lamborn
443-6045

West Side
4220 Hwy 12 W
443-5777



Lose to Win Challenge!

Round 4 Begins

Lose those unwanted 'lbs' before the holidays begin! In this challenge, the biggest loser is the biggest winner.

The last winner won \$1500!! The more participants, the bigger the jackpot.

Lose to Win Challenge is an online weight loss program including weekly workouts, email support, classes, monthly weigh-ins and “Last Chance Workouts”.

New this Round—Cooking classes, nutrition classes, lecture from Physical Therapist, Brian Heuser and Chronic pain relief workshop by Anneliese Smith, Corrective Exercise Specialist.

When: Kickoff Sunday, September 13, 2009 at 2 pm-4 pm.

Where: Broadwater Eastside Club.

Cost: \$150 Members, \$200 Non-members (limited membership)

To Register

To register for the 4th Round of Lose to Win Challenge, please go to the Eastside Club Front Desk. Your advance payment holds your slot! Cash, check or credit cards accepted.

**Registration Deadline
September 11, 2009.**

Please contact Anneliese Smith if you have any questions at 461-4169.

You can't win if you don't join!



Check out the 'Lose to Win' September Calendar of events on page 3.



It's Coming...BODYATTACK_™ & BODYVIVE_™...

Qigong taught by Leslie Smith during Daytime Dance on Thursday, August 20 was a huge success. The group of almost 40 did Cow Drinking Water, Repulsing the Monkey, Rooster Standing on One Leg among other qigong moves. The 'Chi' was amazing!



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Special points of interest:

- The Broadwater Clubs will be **CLOSED** on Labor Day, September 7, 2009. Have a safe, enjoyable Holiday!
- The Fall Group Fitness Menu will be effective September 8, 2009. **Look for ZUMBA to return on Tuesday evenings at 6:15 pm—Eastside Club.**
- Autumn begins September 22, 2009.

TAKE YOUR BODY TO THE NEXT LEVEL WITH BODYATTACK™! COMING SOON!!

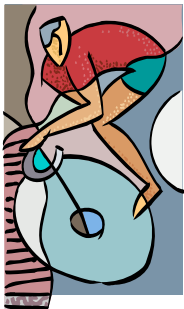
Group Fitness Weekend Rotation—Eastside Club

Our Group Fitness Weekend classes at the Eastside club are Cycling on Saturday at 8:30 am and Power Muscle on Sunday at 11:30 am.

We rotate instructors and this rotation is *always* subject to change as instructors need subs.

I have decided to publish the list as it stands right now because I get asked quite often who is teaching. So, here you go!

Nanette Huddleston, Fitness Director



Fall Weekend Rotation

Saturday 8:30 Spin		Sunday 11:30 Power Muscle	
9/5	NO CLASS – Labor Day Weekend	9/6	NO CLASS – Labor Day
9/12	Marshall	9/13	Cheryl
9/19	Rochelle	9/20	Michelle
9/26	Scott	9/27	Danette
10/3	Carol	10/4	Donna
10/10	Beverly	10/11	Ande
10/17	Ramie	10/18	Shirley
10/24	Marshall	10/25	Michelle
10/31	Rochelle	11/1	Cheryl
11/7	Scott	11/8	Danette
11/14	Carol	11/15	Ande
11/21	Donna	11/22	Beverly
11/28	NO CLASS – TG Weekend	11/29	NO CLASS – TG Weekend
12/5	Marshall	12/6	Cheryl
12/12	Rochelle	12/13	Michelle
12/19	Scott	12/20	Anneliese
12/26	NO CLASS – Christmas Weekend	12/27	NO CLASS – Christmas Weekend
1/1	NO CLASS – New Year's Weekend	1/2	NO CLASS – New Year's Weekend

Daytime Dance

Due to popular demand, Qigong which combines basic Qigong and Tai Chi moves will be added to the monthly Daytime Dance Schedule.

Check the schedule for the date of this monthly class.

Dance is the hidden language of the soul of the body.
Martha Graham

September Schedule

Sept. 3	Disco w/Leslie
Sept. 10	Qigong w/Leslie
Sept. 17	Zumba w/Carolyn
Sept. 24	Showtunes w/Leslie

Eastside Club
10 AM—Thursdays



Qigong
Thursday, September 10
10AM - Eastside Club

Club News Flash

'Tween' Girls Fitness Fun

This is a 6-week fun-oriented program for girls ages 9-13 to learn the benefits of physical activity, healthy eating and bone health. The classes will be lead by Margot Wright, ACE Certified Personal Trainer. *When fitness is fun, it lasts a lifetime!*

Activities will be age appropriate with an emphasis on FUN!

When: Thursday evening starting Sept. 17, 2009

How Long: 6 Weeks

Time: 5:30 pm-6:15 pm

Where: Broadwater Westside Club

Cost: \$45 Members/\$75 Non-members

Sign up at the Westside Club Front Desk.

For questions call Margot Wright at 461-8793.

Speed Bag at Westside Club

If you're looking for a great upper body workout, or just something to burn off a little stress or frustration—check out the speed bag at the Westside Club. It is located in Studio 2 on the second floor.



Fall Hours for Adventure Zone, Lifeguards and Rock Wall

Adventure Zone Hours

Monday – Friday 3:30 p.m. to 8:00 p.m.

Saturday – 9:00 a.m. to 8:00 p.m.

Sunday – 1:00 p.m. to 7:00 p.m.

School Holidays – 9:00 a.m. to 8:00 p.m.

Recreation Pool Lifeguard Hours

Monday, Wednesday, Friday 4:00 p.m. to 7:00 p.m.

Saturday 1:00 p.m. to 4:00 p.m.

Rock Wall Attendant Hours

Tuesday & Thursday 4:00 p.m. to 7:00 p.m.

Lose to Win September Calendar of Events

<u>Date/Day</u>	<u>Event</u>	<u>Time</u>	<u>Where</u>
9/13—Sunday	Kick Off	2-4 pm	Eastside Club
9/15—Tuesday	Biggest Loser	7 pm	NBC
9/21—Monday	FREE Food Sampling	6 pm	Dinners Done Right
9/21—Monday	Skinny on Nutrition	6:30 pm	Vital Energy
9/22—Tuesday	Biggest Loser	7 pm	NBC
9/28—Monday	Alternative Food Choices	6 pm	Dinners Done Right
9/29—Tuesday	Biggest Loser	7 pm	NBC

Broadwater Member in the News

Broadwater member, Steve Rumley completed the 'Pikes Peak Ascent' Saturday, August 15. The event is a 13 mile race (climb) **up** Pikes Peak. Way to go Steve!!





Broadwater ATHLETIC CLUBS

BROADWATER ATHLETIC CLUBS

Broadwater Westside Club
4920 Highway 12 West
Helena, MT 59601
(406)443-5777

Broadwater Eastside Club
607 North Lamborn
Helena, MT 59601
(406)443-6045

Email: info@thebroadwater.com

"Inspiring Helena to Fitness"

theBroadwater.com

*Success is dependent
on effort. Sophocles*

BODYVIVE™ is a group exercise-to-music program from Les Mills. It's a low impact, 55-minute class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, and stretching and mobility work. **BODYVIVE™** incorporates multiple tracks of inspiring music and is delivered by motivating instructors. **COMING TO THE WESTSIDE!**

BODYATTACK™ is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises. **COMING TO THE EASTSIDE!**

WELCOME BRITTANY DEWITT

Brianne Dewitt is your new "ROCK" Wall Instructor. She is a rock climbing enthusiast and enjoys working with children. She has several years experience in climbing and other outdoor activities.

Brianne is available to belay you and/or your child and help with any rock climbing needs you may have. You can check your child in with her while you attend a class or go for a swim. Your child will get some great exercise as well. She is available Tuesday and Thursday 4:00 to 7:00. Come and visit the "ROCK!"

Staff Recognition for August



Lori Walter works in the Business Office at the Westside. She enters new memberships, handles daily cash and offers her services with other projects when needed. Lori is a valued team player who is completely reliable. She is always cheerful and smiling and treasured by her fellow employees. Thank you, Lori, for all you do to help things run smoothly and for always going the extra mile!

Jen St. Clair works in the Adventure Zone at the Westside. She received a glowing commentary about her skills in the Adventure Zone! A parent noted how well she interacted with the kids, paying attention to them and keeping them entertained while taking the time to wander around the Zone and check on the rest of kids. She proclaimed how much fun her kids had and how, as a mother, she felt very safe leaving her kids in the care of Jen. Way to go Jen—Keep up the great work. What a great role model for our Broadwater kids!



Sarah Fleming was our intrepid Camp Broadwater Director this summer! She and the kids had a blast! She had book-based themes and the kids went on all sorts of adventures. They shot off rockets (film canisters fueled by Alka-Selzer), found out where the Sidewalk ended and made sidewalk art, climbed Mount Helena, went to the Holter Museum, watched the Helena Brewers practice and got to run the bases, mastered the art of making paper airplanes, and so much more! She is now off to Law School and we all wish her the best!