



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life Fitness Center
607 N. Lamborn
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

Newsletter

April
2004

W.O.W Results

Hey Ladies!!!! If you missed the sign-up for the last session of Women On Weights--don't fret--it'll start up again in the fall. Keep your eyes open for the flyers around the clubs for the times and dates of the next sessions. As for the results of the third session...here they are: **12 1/2 total inches lost and 5.8% body fat lost!!!** Pretty amazing considering it only took 6 weeks!

Also, if you have already taken "WOW" look for a regular class time starting up this summer one day a week! You can buy a punch card and attend when you can! Stay tuned for more details.

Congratulations to all of you for all of your hard work. It ALWAYS pays off! ~Anneliese Smith

What is Yoga?

"Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life."

B.K.S. Iyengar

Yoga means union. It is an ancient art and science that brings the body and the mind together into balance and harmony. The practice of the asanas, or Yoga poses, has positive impacts on the physical, physiological, and psychological systems in the body. The technical aspects of the poses, the timing, and their sequencing all build upon each other in a practice session or a class in order to:

- ◆ Exercise, elongate and strengthen the muscles
- ◆ Increase flexibility and range of motion in the joints
- ◆ Improve the flow of blood and lymphatic fluids
- ◆ Calm the nervous system
- ◆ Improve the performance of the endocrine glands
- ◆ Quiet and focus the mind

All of these benefits of Yoga derive from the practice of physical postures and breathing exercises. One not only feels taller, more flexible, stronger, and lighter after a Yoga class; there is also a feeling of peace and well-being. What better energy can we take out into the world?

Come to an Introduction to Iyengar Yoga session in April to learn more about Yoga, observe some of the asanas, and try a few yourself! Consult the calendar for the classes currently being offered.

Conduct your business affairs like Flipper: Do nothing for the halibut, and do everything for a higher porpoise.



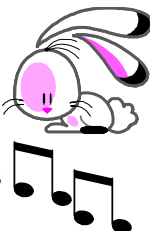
Wiggle Worms

The kids at the BAC Nursery are having a great time in the Wiggle Worms classes. Classes are held Monday – Friday at 9:30 a.m. Activities are designed for kids 3-5 years old. It's FREE to members! Upcoming themes are:



April 5-9
April 12-16
April 19-23
April 26-30
May 3-7
May 10-14

Easter
L – Lizards
M – Music
N – Numbers
O – Ocean
P – Painting



Introduction to Iyengar Yoga in the Downstairs Studio at the DAC

- Saturday, April 17, 9:30 - 10:30 am

- Thursday, April 22, 12:10 – 1:00 pm
Fit Smart – Use it to Lose it! Continues...

Learn how to work out to lose weight in this discussion and activity based weekly class. Focus is on Cardio Exercise.

The goal of *Fit Smart* is to help you increase the amount of time you exercise each week and lose weight.

Fit Smart meets every Wednesday at 6:45 p.m. at the Life Fitness Center. Come 15 minutes early to your first meeting for an evaluation (\$10, optional). This is an ongoing class, come any week! Topics discussed will be:

- ◆ April 7th – Fitness Trivia/Group Activity
- ◆ April 14th – Cross Training/Training Heart Rate
- ◆ April 21st – Partner Exercises/Stretches
- ◆ April 28th – Cardio Equipment/Fitness Treasure Hunt

The class is lead by Carolyn Truscott, ACE Personal Trainer and certified by the American College of Sports Medicine as a Health/Fitness Instructor. For more information, call Carolyn at 443-7814.

Prime Time Muscle Class for Active Seniors

Prime Time Muscle, a beginning strength training program for mature audiences of 55 and over, will begin **Monday, April 19th at 6:00 p.m.** The program is four weeks long and limited to 10 class participants. Classes are once a week on the fitness floor at the BAC. If you've wondered where to start with strength training, this is the class for you. Learn how to prevent disease, gain strength and improve health.

Cost is \$40.00 and sign-up is at the Service Desk at the BAC. Class size is limited so your payment holds your spot. Grab a friend and sign up today! Medical releases are needed for those with hypertension, diabetes, arthritis or heart conditions. Call Carolyn Truscott at 443-7814 for more information.

Thought for the day:

During the course of an average day, many people discover that very little that happens is average.

Spring Break Adventure Zone Hours

Friday, April 2 nd	9:00 - 8:00
Saturday, April 3 rd	9:00 - 8:00
Sunday, April 4 th	1:00 - 7:00
Monday, April 5 th	9:00 - 8:00
Tuesday, April 6 th	9:00 - 8:00
Wednesday, April 7 th	9:00 - 8:00
Thursday, April 8 th	9:00 - 8:00
Friday, April 9 th	9:00 - 8:00
Saturday, April 10 th	9:00 - 8:00
Sunday, April 11 th	Closed, Easter
Monday, April 12 th	9:00 - 8:00

Spring Break Lifeguard Hours

Friday, April 2 nd	2:00 - 7:00
Saturday, April 3 rd	1:00 - 7:00
Sunday, April 4 th	No Lifeguard
Monday, April 5 th	1:00 - 7:00
Tuesday, April 6 th	1:00 - 7:00
Wednesday, April 7 th	1:00 - 7:00
Thursday, April 8 th	1:00 - 7:00
Friday, April 9 th	1:00 - 7:00
Saturday, April 10 th	1:00 - 7:00
Sunday, April 11 th	Closed, Easter
Monday, April 12 th	1:00 - 7:00

Just a reminder, all the Clubs will be CLOSED on April 11th in observance of Easter. Happy Easter!

Camp Broadwater 2004

Camp Broadwater is an adventurous afternoon of water fun, sports, fitness activities, games and crafts. For an afternoon of absolute fun and exercise, enroll your child in Camp Broadwater!

Camp will run Mondays, Tuesdays and Thursdays from 1:00-5:30 PM. Classes will begin on Monday, June 14th and the last class will be Thursday, August 26th, 11 weeks of fun and fitness for your kids aged 8-13 years old. Cost will be:

	Member	Non-Member
Single Visit	\$5.00	\$10.00
10 Visits	\$45.00	\$90.00
20 Visits	\$85.00	\$170.00
30 Visits	\$120.00	\$240.00

Watch for sign-up information soon!