



"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

December
2003

December Holiday Hours

- * Sunday, December 7th the BAC will close at 6:00 p.m. to allow staff the opportunity to attend their Christmas Party.
- * Wednesday, December 24th, all Clubs will close at 6:00 p.m.
- * Thursday, December 25th, all Clubs will be closed.
- * Wednesday, December 31st, all Clubs will close at 6:00 p.m.
- * Thursday, January 1st, BAC and LFC will be closed. *The DAC will be open 9:00 a.m. to Noon.*

Happy Holidays!

Buy Online – theBroadwater.com

WOW!!! You can now buy awesome gifts on theBroadwater.com web site! Just go to theBroadwater.com and click on Buy Online and you can buy amazing and wonderful gift certificates for nearly everything the Broadwater has to offer! Buy tanning passes, massage gift certificates, personal training packages, climbing parties, you name it! Be one of the first 10 to make a purchase of \$10.00 or more and receive a Free Gift! Type Free Gift in the comments section.
TheBroadwater.com, Buy Online!!!

Gift of Health

The Broadwater's annual Gift of Health is again available! They make wonderful Stocking Stuffers for your friends and loved ones! They are available

More Drop-off Activities Days for Kids!

Do you have last minute shopping to do? On Tuesday, December 23rd we will be offering another special drop-off service for kids ALL DAY!!! This service will also be available on Tuesday, December 30th. Activities will include: Adventure Zone Play; a variety of age-appropriate and varied crafts, games, movies; court play; basketball; climbing wall; swimming;



snacks; meals and more!

Sign-up is required by Noon on the Monday before. Parents must complete waiver at time of sign-up. \$5.00 deposit is required at time of sign-up. Sign-up can be done at the BAC Front Desk. Cost will be \$1.50 per hour for member kids and \$2.50 per hour for non-member kids. Snacks: \$2.00 each (AM and PM), \$5.00 for lunch and \$6.00 for dinner. You may also provide snacks and meals for your child if you wish. This service is for kids 5-13 years old. Children under 5 may be dropped off at the BAC Nursery for the regular rates. For kids under 5 a 4-hour maximum applies.

Body Buddies. Coming in January

Coming in January, a new program called *Body Buddies*. This program will allow you to pair up with a buddy and help increase the success of your fitness program. The program will include weekly meetings, goal setting, information on making the most out of your workouts, and much, much more. Watch for more information coming out soon, including dates and cost.

Benefits of Massage Therapy

The winter months can be stressful to the body. Intense cold and the arrival of flu season put the immune system to the test. Often chronic pain is worse during the winter months and as the snow begins to fly many of us get back on the slopes or trails again, using muscles we forgot we had! Physical and physiological stresses are then combined with the busy holiday season.

Celebrating the holidays is both wonderful and exhausting. Many of us are entertaining or being entertained by family and friends for weeks leading up to New Year's Day.

Many people know the physical/muscular benefits of massage. Increased circulation and flexibility gained through massage can reduce recovery time and decrease muscle soreness. Also, massage flushes toxins from the tissues, which alleviates stress on the immune system. Providing yourself with quiet and dedicated relaxation time can decrease the mental stress and frenzied feeling that often accompanies the holiday season. If you are a chronic pain sufferer, there is no better time to begin a more regular massage program.

Reduction in pain or even a *pain free* holiday season would be a great gift for you to give yourself! During the month of December, members can buy massage gift certificates to give to any recipient (either a member or a non-member) at the member rate. Massage rates are going up slightly beginning January 1st, so take advantage of the current 2003 pricing!

Member Rates for Massage

Target Massage (30 Min) \$25

Sports Massage (60 Min) \$40

Deep Massage (60 Min) \$48

Hot Stone Therapy (90 Min) \$65

Add stones to target, sports or deep massage \$5

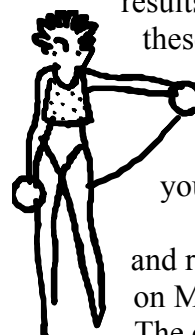
New Year's Resolutions

It's coming up to that time of year again! Soon we will all be making those grandiose resolutions again "I'll *never* ...!" Rather than trying to make unrealistic goals, make them something you can accomplish. Changes are easier to make in small parts. Add one more workout to your weekly schedule. Go from one vegetable a day to two, and

then three, etc. By taking small steps, you will be able to achieve grand results!

WOW Women on Weights

Once again WOW (Women on Weights) has proven itself to truly be effective. Take a look at these



results from the last session. In six weeks these women have lost a total of 16 3/4 inches, 9% body fat and 8 pounds!! If you're looking for some direction in strength training, then WOW is for you!

The next session starts January 12 and runs until February 16. We will meet on Monday nights at 5:45 to 7:00 p.m.

The cost of the program is \$80 for 6 weeks. Give yourself the best New Year's Gift ever! The gift of HEALTH!!!

If you have any questions, please contact Anneliese Smith at 443-4538. See you next year!

Holiday Adventure Zone & Lifeguard Hours & Drop-off Care in the AZ and Nursery

	AZ	Lifeguard
December 19 th	9 am – 8 pm	4 pm – 7 pm
December 20 th	9 am – 8 pm	1 pm – 4 pm
December 21 st	1 pm – 7 pm	
December 22 nd & 23 rd	9 am – 8 pm	1 pm – 7 pm
December 24 th	9 am – 4 pm	1 pm – 4 pm
December 26 th	9 am – 8 pm	1 pm – 7 pm
December 27 th	9 am – 8 pm	1 pm – 4 pm
December 28 th	1 pm – 7 pm	
December 29 th	9 am – 8 pm	1 pm – 7 pm
December 30 th	9 am – 8 pm	1 pm – 7 pm
December 31 st	9 am – 4 pm	1 pm – 4 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	\$9.95

Drop-off care for up to 4 hours is also available in the BAC Nursery for kids under 5 years old. Rates are \$2.75 per hour for the 1st child and \$1.75 per hour for the second child (second child discount applies to siblings). Reservations must be made for children dropped off in the Nursery – 443-5777.

