



"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

November
2003

Happy Thanksgiving!

Thanksgiving is Thursday, November 27th. The BAC and the LFC will be closed that day. The DAC will be open 9:00 a.m. to Noon. Enjoy the holiday!

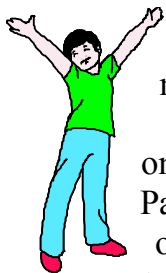
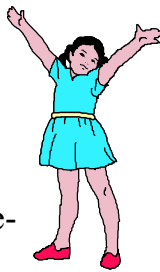


Thanksgiving Adventure Zone & Lifeguard Hours

There is NO SCHOOL ☺ Wednesday November 26th and Friday, November 28th. The Adventure Zone will be open from 9:00 a.m. to 8:00 p.m. and a lifeguard will be on duty at the Rec Pool from 1:00 p.m. to 7:00 p.m.

SHOPPING DAY!

The Friday after Thanksgiving is the biggest shopping day of the year! We will have a special drop-off service for kids ALL DAY!!! 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 Wednesday, November 26th. 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.

Prime Time Muscle Class for Seniors

If you are 55 or over, but would like to feel like a teenager again, come and learn how to keep your muscles YOUNG and STRONG!

This small class will be taught by Carolyn Truscott. She is ACE Certified in Personal Training and also certified by the American College of Sports Medicine as a Health/Fitness Instructor. She specializes in the fitness needs of the senior population.

Prime Time Muscles will introduce you to muscle work and help you gain strength and fight disease. No experience is necessary.

Classes are once a week on the fitness floor at the BAC. Each session lasts four weeks. Sessions are starting on Tuesday, November 18th at 1:00 p.m. Each class will be 45 minutes. It will include warm-up, cool-down and strength building. Week 1 will work the lower body, week 2 the upper body, week 3 the abs, back, and core strength, and week 4 balance, posture, and stretching. If you have been wondering how to get the most out of your workouts, this is the class for you!

Cost is \$40.00 and sign-up is at the Front Desk at the BAC. Class size is limited to 7 people so your payment holds your spot. Grab a friend and sign up today! Call Carolyn Truscott at 443-7814 for more information.

Intro to Group Fitness Class

Come get comfortable with the fun of group fitness in this class that teaches you the very basics of step, aerobic, weights and stretching. If you have been wondering how to get started in group fitness, this is the place. Those with two left feet are very welcome here! Classes are at the LFC, Mondays at 7:00 p.m.

Climbing Parties Now Available!

Have a Rockin' good party at *The Rock* at the Broadwater! Rock parties are ideal for celebrating birthdays, report cards, sports groups, clubs, anything! All parties are 1-½ hours at *The Rock* and have Certified Staff to supervise. Minimum 6 kids. Two different parties are available:

Granite Peak Belay Party

- Certified Belay will be on hand to belay climbers to the top of the wall
 - Includes Harness Rental
- Members: \$8.50 per child
Non-Member: \$11.50 per child

Mt. Helena Boulder Party

- Certified climber will be on hand to give pointers to bouldering climbers.
- Members: \$6.00 per child
Non-Members: \$9.00 per child

Talk to Mike Taylor at the BAC to schedule your party! 443-5777

Wiggle Worms Price Update

Okay, okay! The members have spoken. There will not be a charge for children to participate in Wiggle Worms activities at the BAC Nursery. If you have any craft items that you would like to donate to Wiggle Worms, we will happily accept them!

Wiggle Worms November Themes

3 rd – 7 th	Nursery Rhymes
10 th – 14 th	Bears & Teddy Bears
17 th – 21 st	Turkeys
24 th – 28 th	Pilgrims

Muscle Fuel, Nutrition for Strength ***By Tara Mercer, RD***

Tara Mercer, RD will be leading a one-hour discussion on the latest research in nutrition for building and maintaining muscle. Issues will include:

- ⚔ Nutrient requirements: carbs, protein, fat, vitamins, minerals
- ⚔ Protein: how much do we need and does it matter where it comes from?
- ⚔ What to eat for muscle recovery
- ⚔ Practical food ideas for pre/post workouts
- ⚔ Popular supplements for muscle gain

This FREE seminar will be held at the BAC on Friday, November 21st at Noon (bring a sack lunch!) Call 443-5777 or see the BAC Front Desk to sign-up.

Bicep Curl Machine at the BAC

We sincerely apologize for the down time on the Bicep Curl machine on the PPC at the BAC. We have made several attempts to get it repaired. Life Fitness has sent us several parts that were incorrect. We are actively pursuing a solution to this annoying situation and are making every attempt to get it up and running as soon as possible.

2003 Broadwater Blast Racquetball Tournament

On November 14th, 15th, and 16th players from all over the state will compete here at the Broadwater. The racquetball tournament will feature singles, doubles, men's, women's and juniors events. If you are interested in playing, applications are available at the BAC. Food and refreshments for players will be available all weekend.

The courts will be closed for this event from Friday evening through Sunday afternoon.

