



"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

September
2003

PPC Kiosk at BAC is Fixed

As many of you already know, the PPC kiosk at the BAC was down for several weeks. We are pleased to announce that it has been repaired. The computer is up and running!!!

If you have been waiting to make an appointment at the BAC to get set up on this equipment, those appointments can now be made. If you want your information from the LFC transferred to the BAC, just let the front desk staff at either of those clubs know and we will get it done.

Those of you who were already in the system at the BAC can log on as usual and do your workouts. No data was lost during this process.

Sorry for the inconvenience.

BOSU Boot Camp

BOSU Boot Camp will be a high-intensity boot-camp style BOSU experience! Come ready to work hard, sweat hard and breathe hard! The class will be held Saturday, September 13th at 9:30 a.m. at the Life Fitness Center. General Mark, Commander Sheryl, and Drill Sergeant Anneliese will lead it. Class will be 90 minutes.

Did you know... That coffee ranks number one among the foods most likely to distract a driver while driving? That soup is #2? That 29% of all fatal traffic accidents are caused by driver distractions?

Fall lifeguard hours

Lifeguards will be on duty at the Rec Pool Monday through Friday from 4:00 pm to 7:00 pm and Saturday 1:00 pm to 7:00 pm. In very cold weather there will not be a lifeguard on duty. Signs will be posted if there is no lifeguard.

Children under 16 years old and using the pool must have a parent in the club. While at the pool, they must be accompanied by a parent or be checked in with the lifeguard.

Great Abdominal Exercise

This exercise uses an Exercise Ball and a Medicine Ball. It works your Abdominal Core, Abs, Core Stabilization, and the Upper Body.

Start



Finish



Lie on the right side with the Exercise Ball under your right hip and right side of the rib cage. Cross feet so left foot is in front of right foot for balance, or anchor both feet against a wall. Holding a Medicine Ball in both hands, extend arms overhead. Lift right side of rib cage off the ball. Keep hip on ball. Visualize bringing right side of ribcage toward right side of pelvis. Release. Repeat on the other side.

Racquetball Lessons Starting

Adult and Junior Racquetball lessons will be starting October 1st. Adult lessons are on Wednesdays from 6:00 p.m. to 8:00 p.m. Lessons are 20 minutes long and a sign-up sheet is available each Wednesday by the courts. Junior Lessons are Mondays from 6:00 p.m. to 7:00 p.m. Lessons are FREE!

Rec Pool at the BAC Repainted

Repainting of the Rec Pool is complete. It was allowed to cure for several days and is now reopened! Isn't it beautiful!!

WOW – Women on Weights

Classes are starting up for Women on Weights at the Downtown Athletic Club. WOW is instructed by ACE certified Personal Trainers and Instructors who will take you through a total body experience using free weights. These sessions will introduce you to the weight room and help you gain strength and fight disease. No experience is necessary.

Classes are once a week at the Muscle Mine at the DAC. Each session lasts six weeks. Sessions are starting on Tuesday, September 23rd at 1:00 p.m. and Thursday, September 25th at 6:00 p.m. Cost is \$80.00 and sign-up is at the Front Desk at the DAC. Class size is limited to 12 people so your payment holds your spot. Grab a friend and sign up today! Call Anneliese Smith at 443-4538 for more information.

Fall Adventure Zone hours

School has started! Whew! Adventure Zone hours for the school year will be:

Monday – Friday 3:30 pm to 8:00 pm
Saturday 9:00 am to 8:00 pm
Sunday 1:00 pm to 7:00 pm
School Holidays 9:00 am to 8:00 pm

The Adventure Zone is for kids 5-13 years old. No reservations are required. If your child is under 5 years old, a Nursery reservation must be made for that child. If conditions permit, younger children are allowed to play in the AZ, but they **MUST** be checked into the Nursery. Thank you for helping us maintain a safe, fun environment for your kids!

Wiggle Worms

Wiggle Worms is a group activities class for kids 3-5 years old. Classes will be held Monday – Friday at the BAC Nursery in the Wiggle Worms Room from 9:30 to 10:30 a.m.

Wiggle Worms will start with some Circle Time where the kids will go over the calendar and the weather for the day. Leaders will share a story or a song. Various activities will take place each day ranging from crafts to games, songs, stories, fairy tales, nursery rhymes, etc. Kids may also be taken to Court 2 for other fun activities and games. Each week will have a different theme. For the week of September 15th the theme will be The Beach and the Letter B. The theme for the week of September 29th is the Moon and the Stars and the Letter M.

The goal of Wiggle Worms is to provide some alternative programs for preschool-aged children. If your child wishes to participate, please have them in the Nursery by 9:30. If they wish to go back to the Nursery at any time they will be allowed to.

Cost for the program will be waived for the first six weeks. Starting November 3rd cost for the class will be \$1.50 per child per class. Or you can upgrade your child's membership to a Wiggle Worms membership for only \$10.00 per month and your child can attend WW as often as you want for no additional charge! Ask staff for more information.



Answers to Trivia Questions

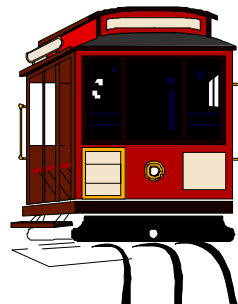
Here are the answers to the trivia questions from the August newsletter. Hope you had fun and learned something new!

Fitness Trivia

- How many calories are in a pound of fat?
3500
- What are the five components of a complete workout? **Warm up, Cool down, Stretching/Flexibility, Cardio, and strength/resistance training.**
- Which of these does exercise **not** reduce the risk of:
 Heart disease Osteoporosis
 Weight Gain **Bad hair days**
- When should you drink water: before, during or after exercise? **All Three**
- What type of exercise protects and prioritizes lean muscle?
Strength/Resistance training
- What type of exercise burns body fat?
Cardiovascular
- If you are trying to improve your flexibility, would bouncing while you stretch help?
NO! Never bounce, that can cause injury!!!

World Trivia

- What is the *world's* most populated metropolitan area? **Toyko, Japan, with 28 million people!**
- Three states in the United States have never adopted daylight savings time. Do you know any of the three? **Arizona, Indiana and Hawaii**
- What country has the longest coastline? **Canada**
- The US has several national monuments, but only one is mobile. What is it? **The Cable Cars in San Fransisco**
- Where is the *world's* longest subway system? **London**
- Twenty-one of the U.S. states end in the letter "a." How many can you name? Hint: *Montana* is one of them! **California, Alaska, Montana, Nevada, Arizona, N. Dakota, S. Dakota, Nebraska, Oklahoma, Louisiana, Iowa, Minnesota, Indiana, Alabama, Pennsylvania, N. Carolina, S. Carolina, Florida, Virginia, W. Virginia, and Georgia**
- Where is the world's largest coral reef?
Great Barrier Reef off the northeastern coast of Australia.



KMTX-PO is coming up October 4th and 5th at the Carroll College PE Center. Bob and Lori will be there all day Saturday. Come see all the action!