

February Newsletter



Broadwater

ATHLETIC CLUBS

Helena, Montana



It's Not Too Late to Sign Up!

ZUMBATIC®

Join Danette for this fun, Zumba® inspired series for kids ages 4-7 and 8-12. It's 6-weeks of fun AND fitness!

When: Saturdays, February 5-March 12

Time: 9:30AM (ages 4-7)

10:30AM (ages 8-12)

Where: Broadwater Westside Club
(Group Exercise Studio)

Cost: \$25/Member, \$50/Non-member
(Additional siblings \$10 less)

Sign up at the Westside Club



Intuitive Eating Series

Lose the 'Diet Mentality' and learn to have a healthy relationship with food and positive body image.

This 8-Week Series is led by Donna Hulse and Nanette Huddleston, Wellcoaches® Certified Wellness/Fitness Coaches.

When: Tuesdays, February 15-March 22

Time: 8:30PM

Where: 3115 McHugh (Behind Century 21 on Custer Ave.)

Cost: \$80 Members, \$75 Non-Member

Sign up at the Eastside Club



wellcoaches®

Women On Weights

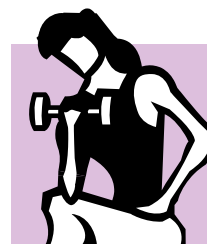
A 6-Week Program designed especially for women. Lead by Angela McDannell, ACE Certified Personal Trainer Master Freemotion, Free Weights and Body Weight exercises.

When: Starts Thursday, February 17 at 6:30PM

Where: Broadwater Eastside Club

Cost: \$60 Members, \$75 Non-Members

Sign up at the Eastside Club.



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February 1, 2011



President's Day
AZ HOURS

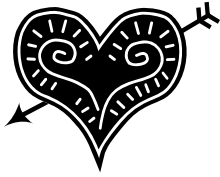
Monday
February 21
9 a.m. to 8 p.m.

**YES
BOTH CLUBS
ARE OPEN**

**REGULAR
HOURS
PRESIDENT'S
DAY!!**

Inside this issue:

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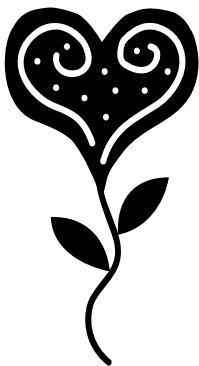


**Westside
MESSAGE
Therapist
Update**



We have interviewed and are in the selection process of choosing your Massage Therapists. Watch for updates with more info posted at the Westside Club.

“Love is the poetry of the senses”
Honoré de Balzac



Group Exercise Updates

**Westside Club Group Exercise Classes
Youth Welcome to Join Parents!**

Effective NOW you are welcome to bring your children ages 12 and older to join you at our EVENING Group Exercise Classes at the Westside Club. Please check with the instructor to be sure the class will be appropriate for your child's maturity and fitness level. Classes offered are:



- Monday: Pilates with Christy 5:30pm
- Tuesday: PowerMuscle with Doris 5:30pm
- Wednesday: Restorative Yoga with Theresa 5:30pm
- Thursday: Zumba® with Christy 5:30pm

Check out all of our Group Exercise Classes as the Westside Club! We offer Aquatic classes, Yoga/Pilates, Pilates/Stretch, Zumba, Strength, Strength & Stretch and Cardio! If you haven't tried a class yet - there's no time like the present! Give it a try and bring a friend!

Get a pass from Billie or Jackie to bring a friend to a class. *If your friend joins the club, YOU get one month dues FREE!*

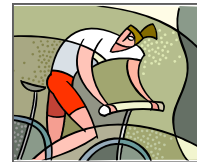
WEEKEND ROTATION

February 2011 – May 2011
Eastside Club

Saturday 8:30 Spin

Sunday 10:30 Power Muscle

2/5	Donna	2/6	Cheryl
2/12	Debbie	2/13	Danette
2/19	Anneliese	2/20	Cheryl
2/26	Beverly	2/27	Cheryl
3/5	Ramie	3/6	Michelle
3/12	Anneliese	3/13	Cheryl
3/19	Carol	3/20	Cheryl
3/26	Donna	3/27	Danette
4/2	Ramie	4/3	Cheryl
4/9	Marshall	4/10	Cheryl
4/16	Anneliese	4/17	Ande
4/23	NO CLASS – Easter Weekend	4/24	NO CLASS – Happy Easter!
4/30	Donna	5/1	Cheryl
5/7	Ramie	5/8	Cheryl
5/14	Donna	5/15	Danette
5/21	Anneliese	5/22	Cheryl
5/28	NO CLASS – Memorial Day Weekend	5/29	NO CLASS – Memorial Day



***Occasionally there will be substitute instructors.*

Daytime Dance Schedule for February



- February 3 Classics
- February 10 Burlesque for your valentine
- February 17 QiGong
- February 24 Chicago



Eastside Club
Thursdays at 10 AM



DATE NIGHT FEBRUARY 14TH 6-9 p.m.

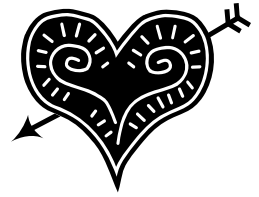


Members can enjoy a night out while your children, ages 5-13, have a fun night of games and pizza at the Broadwater Westside!

Cost: \$ 15 first child member/ \$ 5 ea. sibling
\$ 20 first child non-member / \$ 5 ea. sibling

Space is limited!! Sign up at the Westside Club by Feb 12th.

Depending on participation, we will continue this program monthly!



Watch for our NEW fresh Health Vending machine at the Westside Club. Fresh and healthy snacking options for you and your family! Coming soon!



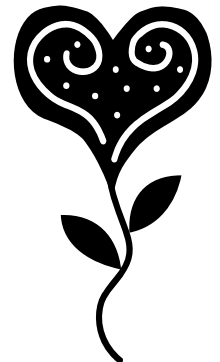
ATTENTION TRAVELERS!

Your membership at our clubs entitles you to discounted guest privileges worldwide because we participate in the IHRSA Passport Program. Valid Passport Program I.D. is required. Please see a member of our Front Desk Team for more details. Visit health-clubs.com/passport.

“Grow old with me!

The best is yet to be.”

Robert Browning



2011 Broadwater Blast

The Westside Club will be hosting our annual Broadwater Blast Racquetball Tournament. All racquetball enthusiasts are invited to come on out and play in the tournament.

February 18, 19 & 20

Entry Fee:

- \$45 1st Event
- \$10 Addtn'l Event
- Jrs. \$15 1st Event
- \$10 Addtn'l Event

College \$35 1st Event
\$10 Addtn'l Event

Players are provided with:

- Friday: Dinner
- Saturday: Breakfast, Lunch, Dinner
- Sunday: Breakfast & Lunch

Start times will be available Feb 17 @ 10 a.m. by calling the Westside Club 443-5777.

Entry Deadline Feb 14

Pick up your entry form and register at the Westside Club.





Broadwater
Athletic Clubs & Hot Springs

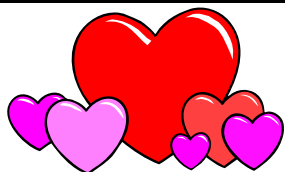
'Inspiring Helena to Fitness'

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

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

Email:
info@thebroadwater.com

WE'RE ON THE WEB!
THEBROADWATER.COM



 Find us on
Facebook



**Broadwater Athletic
Clubs & Hot Springs**

**Daycare Artists of
the Month for
January**

**Eastside - Jarek
Sokolowski
Westside - Luke
Darcey**

Stop by the
Nursery to
see the Art-
ist's work!



Staff Recognition Christine Sokolowski



Christine Sokolowski has been working in the Nursery for 8 months. She is a very kind, patient caregiver and goes above and beyond her duties daily. Christine even helps out the rest of the club by shoveling snow and mopping the fitness floor. She organized the Christmas letter project for the Nursery children in December and developed an artist of the month program. Christine also subs for other employees a lot and is always looking for ways to suggest improvements. **Thanks Christine for your willingness to help out in many ways!!**



Staff Recognition

Wendy Magera



Wendy Magera works at the Westside Nursery and has been doing so since 2003!! Wendy is a very knowledgeable, dependable employee. She has tremendous patience and can multi-task very effectively. Crying babies, noisy two-year olds, rambunctious 4-year olds....no problem, Wendy has it under control with great grace and she can do it all and carry on a conversation. She has seen the Nursery through many changes over the years and is a great source of information. **Thanks Wendy, we appreciate your dedication!!**

Are You Healthier If You're Loved?



Are you healthier when you're in love or feel loved? Some researchers have put that question to the test and it appears the answer is YES!

Harry Reis, PhD, co-editor of the *Encyclopedia of Human Relationships* has come up with 10 Research-backed ways that love and health are linked (see list at right).

The bottom line? Fall in love! If you are already in love or loved, nurture your relationships!

*10 Ways Love & Health are
Linked*

- 1. Fewer Doctor Visits**
- 2. Less Depression and Substance Abuse**
- 3. Lower Blood Pressure**
- 4. Less Anxiety**
- 5. Natural Pain Control**
- 6. Better Stress Management**
- 7. Fewer Colds**
- 8. Faster Healing**
- 9. Longer Life**
- 10. Happier Life**