



Broadwater

ATHLETIC CLUBS
Helena, Montana

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New Year's Resolutions Start HERE!

What are your New Year's Resolutions?

Do you want to lose those few lbs. you gained during the holidays, workout more, switch up your exercise routine, improve your eating, or just get organized? We have the professionals at the BAC to get you where you want to be in terms of your health and fitness goals.

Consider joining a **Group Exercise Class** if you have never tried one. The motivation is built in and it's FUN! What better way to get and stay in shape and enjoy the camaraderie of fellow Broadwater Members!

Have a **Fitness Trainer** get you re-acquainted with the strength equipment at the Clubs! Just schedule your appointment at either front desk.

Still need the extra boost to get going? Consider investing in a package of sessions with a **Wellness/Fitness Coach or Personal Trainer**. It's an investment in yourself! Rates are available at the Front Desk of both Clubs or you may call Nanette Huddleston, Fitness Director at 443-6045 for more information.



What are you waiting for?!

Eastside Parking



Remember, you may park in the Jorgenson's lot if our parking lot is full.

Coming Soon! Zumbatomic®

Combining Zumba® fitness and a child's natural desire to move and play results in ZUMBATOMIC® !



Certified Zumba® and Zumbatomic® instructor, Danette Giono will lead kids ages 4 and older in a fun-filled and healthy fitness program based on Zumba®.

No prior dance experience necessary.

Zumbatomic® 6-Week Program

When: Saturdays, February 5-March 12

Time: 9:30AM (ages 4-7) 10:30AM (ages 8-12)

Where: Westside Club

Cost: \$25/Member

\$50/Non-member

Add'l family: \$15/Member

\$40/Non-member





*Women
On
Weights*

Women On Weights



Gain confidence in the weight room and learn to design your own effective strength workout!

Women On Weights is a 6 Week Program designed especially for women

You will work with Angela McDannel, ACE Certified Personal Trainer using Freemotion Equipment, Free Weights and Your OWN Body Weight.

Women On Weights

6 Week Series
Starts Thursday
February 10, 2011
6:30pm
Eastside Club

\$60 Members
\$75 Non-members

Registration limited
Sign up TODAY
Eastside Club Front Desk

Kick off the New Year with Personal Training

It's that time of year again - everyone vows to exercise more, eat healthier and lose those unwanted holiday lbs!!! Often we have great aspirations only to be disappointed a few weeks down the road. So, how can a person stay on track and reach their fitness goals? One great idea is to invest in yourself and hire a Personal Trainer. What do you get for your investment? Here's what a Personal Trainer can do for YOU!

Personal Training Special

Purchase 6 Sessions with Margot Wright, ACE Certified Personal Trainer and get ONE FREE (\$40 Value)
Offer Expires March 1, 2011



Contact Margot at 461-8793

- Determine your level of fitness.
- Figure out your fitness needs and help you set achievable goals.
- Design a program to help you meet your goals.
- Teach you how to properly use fitness equipment and use correct body alignment and technique.
- Help you stay safe throughout your workout.
- Teach you how to work more activity into your daily routine.
- Teach you about healthy eating.
- **HELP KEEP YOU MOTIVATED.**

Research has shown that working with a Trainer increases overall strength, cardiovascular capacity and long-term adherence to an active lifestyle. So kick off 2011 by investing in yourself! Contact Nanette Huddleston for more information on hiring your Personal Trainer! Nanette can be reached at 443-6045 or 461-3311.

Member Rates		Non-Member Rates	
3 Sessions	\$120	3 Sessions	\$150
6 Sessions	\$240	6 Sessions	\$300
8 Sessions	\$320	8 Sessions	\$400
12 Sessions	\$450	12 Sessions	\$565

A HAPPY
NEW YEAR

New Wellness Series Coming in February

Are you sick of dieting?

Learn how to make peace with food and free yourself from the constant cycle of dieting. In this 6 week series, you will learn the tools to honor your feelings of hunger and fullness, appreciate food, respect your body and emotions and enjoy exercise! This is an introduction to becoming a Mindful or Intuitive Eater, that you won't want to miss.

This series will be lead by Donna Hulse and Nanette Huddleston, Certified Wellness/Fitness Coaches.

- Look for flyers in mid-January for specific dates and times.
- Costs for the series will be \$60/members and \$75/non-members.
- Contact Nanette (461-3311) or Donna (431-6510) with questions.



Be The Change'

Daytime Dance Schedule for January

- Jan 6 Dancing to the Blues
- Jan 13 A Taste of QiGong
- Jan 20 Introduction to Burlesque
- Jan 27 Drumming- please bring noisemakers



Group Exercise News

New Group Exercise Participants

If you are new to Group Exercise and would like to join in, please come a few minutes early and meet your instructor. Your instructor will be able to give you some pointers to help make your first experience a good one!

Remember to wear good fitting shoes and comfortable clothing made of breathable fabric. Bring a water bottle and stay hydrated!

Questions about our Group Exercise Menu? Call Nanette at 443-6045.



Farewell Rochelle

It is with sadness and a wish for good luck that we bid farewell to Rochelle Stewart. Rochelle has been with the Clubs for almost 20 years and a valued member of our Group Fitness Team. She has taught a variety of classes over the years, but her passion is Cycling. She always makes the holidays fun with treats and themes! Many of us know her from walking all around Helena and up Mt. Helena. She has probably logged more miles on her pedometer than most of us put on our cars!

Rochelle begins a new chapter in her life with a great new career opportunity that requires her to move out of Montana. We look forward to her visits 'home' and wish her all the best! We will miss you Rochelle!





Broadwater ATHLETIC CLUBS Helena, Montana

"Inspiring Helena to Fitness"

Broadwater Westside Club

4920 Highway 12 West
Helena, MT 59601
(406) 443-5777

Broadwater Eastside Club

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

We're on the Web! theBroadwater.com

AZ Schedule for January No-School Days!

Monday, January 17th
9 a.m.— 8 p.m.

Friday, January 21st
9 a.m.— 8 p.m.

Reminder, the AZ is for children ages 5-13. For children 4 and under, a mini AZ is located in the childcare area.



Broadwater Athletic Clubs & Hot Springs

Staff Recognition

Ellen Dodds



Ellen Dodds joined our East-side Nursery one year ago. She has been a very dependable and loyal asset to our team. Ellen often picks up shifts that are hard to fill and does so with a smile. We are thankful for her helping attitude. She's terrific with the children entrusted to her care.

Ellen also has become an avid Group Exercise participant. We love it when our staff members get involved in the many offerings at our Clubs!

Thank you Ellen for being an 'All Star' Broadwater Team Member!

Staff Recognition Craig Ross



Craig Ross is one of our valued Front Desk Team Members

at the Westside Club. He works the day shift every other weekend. Craig is a very dependable employee, as well as a hard worker and great with members. Keep up the great work Craig, we appreciate you!!

