



**Broadwater**  
**ATHLETIC CLUBS**  
 Helena, Montana



## June 2011 Newsletter

Volume 11, Issue 6  
 June 1, 2011

### Eastside Club Makeover

Check out all the changes at our Eastside Club! Here's what's happening...*NEW Studio Floor* - It's gorgeous! *Spinning Bikes* have a new home of their own in the 'Glass' Room. *New window coverings* along the east side of the club. *Our FreeMotion Dual Cable Cross* has a new home in the lower level with the other weight equipment. Finally, your *3 Cross-trainers with Cable TV* are now in the main cardio room. Enjoy the changes! We're hoping everything that we've done will make your fitness experience even better!

Don't worry - the small stretch area in the glass room is still available!! If there is a cycling class going on, please use the mats and fitness studio.



'Before' Pictures



'After' Pictures

Special points of interest:

- June 10 - Centennial Water slide Opens!



- June 11 - Governor's Cup



- June 19 - Father's Day



- June 21 - First Day of SUMMER!



Give DAD a Personal Training Package or Massage Certificate for Father's Day!

### Westside now has Wi-Fi



Wireless Internet available now at our Westside location for the enjoyment and convenience of our members and guests!



Listen to your favorite radio station! Keep up on your online fitness program!! Bring your kids to the AZ to play while you relax and enjoy the internet! You can now do all of that!



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# Group Exercise Updates



## SUMMER MENU CHANGES

The summer schedule will be effective June 1, 2011. Look for a few changes this summer including:

### EASTSIDE

- 6:00am: Wednesday now Cycling with Pam.
- NEW: Monday, 10:00AM, Walk-About with Leslie.
- Ultra Cardio Express on TUESDAY is now starting at 11:15AM
- Classes OFF the Menu for Summer: Saturday Cycling, Monday 2:30pm Pilates Total Toning, and Friday 5:30pm Pilates.

### WESTSIDE

- Classes OFF the Menu for Summer: Thursday, 5:30pm, Zumba.

Also, look for some instructor changes on your menu. REMEMBER - Cycling classes will now be in the NEW Cycling Studio (The 'Glass' Room)

## EASTSIDE CLUB



**BodyAttack**  
Mondays  
5:30PM

June 6	Danette
June 13	Ande
June 20	Nan
June 27	Ande
July 4	CLOSED
July 11	Ande
July 18	Nan
July 25	Ande
August 1	Danette
August 8	Ande
August 15	Nan
August 22	Ande
August 29	Danette
Sept 5	CLOSED



**BOSU**  
Thursdays  
12:10PM

June 2	Nan
June 9	Ande
June 16	Anneliese
June 23	Ande
June 30	Nan
July 7	Anneliese
July 14	Nan
July 21	Ande
July 28	Nan
August 4	Anneliese
August 11	Nan
August 18	Ande
August 25	Nan
Sept 1	Ande
Sept 8	Anneliese

## Sunday PowerMuscle Rotation Eastside Club - 10:30AM

June 5	Shirley
June 12	Michelle
June 19	Anneliese
June 26	Cheryl
July 3	NO CLASS
July 10	Danette
July 17	Ande
July 24	Cheryl
July 31	Michelle
August 7	Shirley
August 14	Danette
August 21	Ande
August 28	Cheryl
Sept 4	NO CLASS



## ZUMBA IN JULY!

What: **ZUMBA** for All - No experience necessary.  
When: **Saturdays** in **JULY** at **9:15AM**  
**July 9 July 16**  
**July 23 July 30**

Where: Broadwater Westside  
**Carolyn Truscott - Instructor**



Thursdays at 10 AM  
Eastside Club

## Daytime Dance Schedule

June 2	Dancing to the Blues
June 9	Qi Gong
June 16	Salsa
June 23	Drumming
June 30	Qi Gong

Check out our **FITNESS BOARD** at the Eastside Club for Fit Tips, Wellness, Healthy Recipes and Club News!

# Complimentary Gait Analysis by Dr. Jeffrey Fife



Dr. Jeffrey Fife of Town Center Chiropractic, received his Doctor of

Chiropractic degree from Logan College of Chiropractic in Saint Louis, MO. Dr. Fife specializes in the Active Release Technique® for soft tissue treatment. He is proficiency rated in the Activator Technique and is a Certified Impairment Evaluator in the State of Montana.

Dr. Fife will be giving complimentary Gait Analysis for anyone who walks, runs or hikes. He will discuss the biomechanics of motion

and what you can do to prevent or correct problems associated with these activities.

**When: Saturday, June 18**

**Where: Broadwater Westside**

**Time: 9 a.m. - 12 p.m.**

**Space is limited! Sign up today at the Westside Front Desk or call 443-5777.**

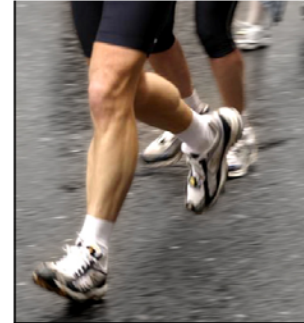
**Included in the gait analysis:**

- Video walking/running on a treadmill.
- Individual analysis with Dr Jeffrey Fife.
- Recommendations for proper footwear and treatment options for gait improvement, if required.

**Are you utilizing the right shoes when you run?**

**Do you ever feel like something just "isn't quite right" when you move?**

**Complimentary gait analysis available Saturday, June 18.**



**Massage Rates:**

- Members
- 30 Min \$35
- 60 Min \$55
- 90 Min \$75

Call 443-5777 to schedule your massage!



**June Father's Day Special**

Coupon good for:

\$5 off 60 Min Massage  
\$10 off 90 Min Massage

Expires June 30, 2011




# Camp Broadwater®

<p><b>Starts June 13th &amp; Ends August 25th</b> Mondays, Tuesdays, Wednesdays and Thursdays</p> <p style="text-align: center;"><b>12:30 p.m. – 5:30 p.m.</b></p> <p>Fitness activities, Swimming, Waterslide, Games and more!</p> <table border="0" style="width: 100%;"> <thead> <tr> <th></th> <th style="text-align: center;">Member</th> <th style="text-align: center;">Non-Member</th> </tr> </thead> <tbody> <tr> <td><b>Single Visit</b></td> <td style="text-align: center;"><b>\$ 10.00</b></td> <td style="text-align: center;"><b>\$ 15.00</b></td> </tr> <tr> <td>10 Visits</td> <td style="text-align: center;">\$ 90.00</td> <td style="text-align: center;">\$140.00</td> </tr> <tr> <td>20 Visits</td> <td style="text-align: center;">\$160.00</td> <td style="text-align: center;">\$260.00</td> </tr> <tr> <td>30 Visits</td> <td style="text-align: center;">\$210.00</td> <td style="text-align: center;">\$360.00</td> </tr> <tr> <td><b>All Summer</b></td> <td style="text-align: center;"><b>\$250.00</b></td> <td style="text-align: center;"><b>\$420.00</b></td> </tr> </tbody> </table> <p>For more information or questions, call the Westside Club at 443-5777.</p>		Member	Non-Member	<b>Single Visit</b>	<b>\$ 10.00</b>	<b>\$ 15.00</b>	10 Visits	\$ 90.00	\$140.00	20 Visits	\$160.00	\$260.00	30 Visits	\$210.00	\$360.00	<b>All Summer</b>	<b>\$250.00</b>	<b>\$420.00</b>		<p style="text-align: center;"><b>Weekly Themes</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">June 13 - 16</td> <td style="width: 50%;">WATER WORLD</td> <td rowspan="2" style="text-align: center; vertical-align: middle;">  </td> </tr> <tr> <td>June 20 - 23</td> <td>OLYMPICS</td> </tr> <tr> <td>June 27 - 30</td> <td>READY FOR RELAY!</td> <td rowspan="4" style="text-align: center; vertical-align: middle;">  </td> </tr> <tr> <td>July 4 - 7</td> <td>STARS AND STRIPES</td> </tr> <tr> <td>July 11 - 14</td> <td>SPORTS! SPORTS! SPORTS!</td> </tr> <tr> <td>July 18 - 21</td> <td>AROUND THE WORLD</td> </tr> <tr> <td>July 25 - 28</td> <td>WILD WEST</td> <td rowspan="4" style="text-align: center; vertical-align: middle;">  </td> </tr> <tr> <td>August 1 - Aug 4</td> <td>DISNEY WEEK</td> </tr> <tr> <td>August 8 - 11</td> <td>TAG YOUR IT!</td> </tr> <tr> <td>August 15 - 18</td> <td>KICKBALL! DODGEBALL! BOOMERBALL!</td> </tr> <tr> <td>August 22 - 25</td> <td>PARACHUTE GAMES</td> <td></td> </tr> </table>	June 13 - 16	WATER WORLD		June 20 - 23	OLYMPICS	June 27 - 30	READY FOR RELAY!		July 4 - 7	STARS AND STRIPES	July 11 - 14	SPORTS! SPORTS! SPORTS!	July 18 - 21	AROUND THE WORLD	July 25 - 28	WILD WEST		August 1 - Aug 4	DISNEY WEEK	August 8 - 11	TAG YOUR IT!	August 15 - 18	KICKBALL! DODGEBALL! BOOMERBALL!	August 22 - 25	PARACHUTE GAMES	
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**Broadwater**  
Athletic Clubs & Hot Springs

*"Inspiring Helena To Fitness"*

**Broadwater Westside**

4920 Highway 12 West  
Helena, MT 59601  
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(406) 443-5964 fax

**Broadwater Eastside**

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



[facebook.com/BroadwaterAthleticClubs](https://facebook.com/BroadwaterAthleticClubs)

Like us on facebook and you'll have a chance to win guest passes! Also a great way to stay updated on club happenings!

**We're on the Web!**  
**[theBroadwater.com](http://theBroadwater.com)**

CHECK OUT THE FRESHLY PAINTED  
NURSERY AT THE EASTSIDE!



**Nursery Artists of the  
Month**



**Eastside Artist**  
Aidan Brunner-Ferrie  
**Westside Artist**  
Triston Crocker

Stop by and check out  
the great artwork by  
our youngest members!



**Staff Recognition**

**Via Bostrom** has been working in our Nursery for two and half years. The kids love to come visit her and enjoy the activities she engages them in. She often brings in books, puzzles and art projects from home to keep them entertained. Via has a lot of patience and a positive attitude. Thanks for your wonderful service at the Broadwater. We appreciate it!!



**fresh! Healthy Vending** now at the Westside Club! Healthy refreshing snacks—organic bars and chips, dried fruit, 100% fruit juices, organic yogurts, fresh fruit smoothies, organic milks and dozens of other healthy snacks. Accepts bills, coins AND credit/debit cards (Visa, MC, AMEX and Discover).  
**Is there something you'd like us to carry? Put in a suggestion!**

## Explore Helena's Trails this Summer!

Helena is blessed with an extensive network of trails as part of the Helena Open Lands System. Hiking is a great way to improve your fitness as well as enjoy the beauty of the wild lands immediately adjacent to our urban environment.

Explore the trails with a small group led by **Angela McDannel**, avid hiker and certified personal trainer, on the following Saturdays:

**June 4 \* June 18 \* July 9 \* July 23**

We will leave the trailhead at 7:30 a.m. and hike between one and two hours. You must be comfortable walking on uneven, hilly and sometimes rocky terrain. You will need:

- Good trail shoes or hiking boots (a must!)
- Lightweight jacket
- Water
- Hiking stick or poles (optional, but may be helpful)

**RSVP (461-0455) by 6 p.m. on the Friday prior to hike date to find out which trails and where we will meet.**

*It's sad, but please No Dogs*

