

OCTOBER  
NEWSLETTER



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



**Special Dates in  
October**

- Oct. 10 - Columbus Day.
- Oct. 20 & 21 - No School
- Oct 30 - AZ Closed for Cleaning
- Oct. 31 - No School—AZ Closes Early for Halloween!



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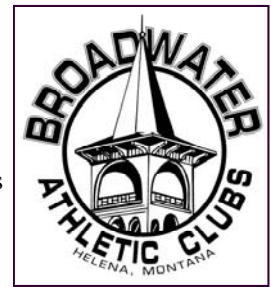
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**Volume 11, Issue 10**

**October 1, 2011**

**The Broadwater Athletic Clubs has a Rich History**

Colonel Charles Broadwater built the world famous Broadwater Hotel and Natatorium in 1889, the year Montana achieved statehood. This grand resort was the stopping place for elite travelers going to and from the national parks of Yellowstone and Glacier. The Natatorium housed the world's largest indoor pool, using water from four natural Hot Springs. At one end of the pool were giant granite boulders formed into two waterfalls, one from the Hot Springs and one from the Cold Springs. The Natatorium also sported toboggan slides, a "plunge" and observation decks. Stained-glass windows and colorful tiles covered the interior floors and walls. At night, lit from within by electric lights, the building glistened like a jewel box.



Colonel Broadwater died only a couple years after the Hotel was built. An earthquake in 1935 severely damaged the Natatorium and it was soon condemned. At that time the hotel became most known as a place for dancing and gambling. The state began to crack down on gambling and in 1941 the Hotel was closed down. In 1974 most remaining items in the Hotel were sold at auction.

The Broadwater Athletic Club and Hot Springs officially opened its doors on October 17, 1979. Shortly thereafter the first of three Hot Springs pools were opened. The Lap pool is used daily for lap swimming and through out the week for Water Aerobics. The water is kept at a comfortable 89 degrees, and although it is an outdoor pool, it is well protected and gets used all year round. In 1983, the Recreational pool was opened. This pool, also outdoors, is kept at 95 degrees (a little cooler in the summer), perfect for the enjoyment of children and adults alike. It is quite the experience to be swimming outside in a snowstorm! In 1989, a third Hot Springs pool was built, this one for the Centennial Waterslide.

The Broadwater Athletic Clubs have expanded and grown through the years. In 1996, the Eastside Club was acquired and is the Group Exercise 'hub' for the clubs. It's central location makes it a convenient fit for Helena's working crowd. In 1995, the Westside expanded and added the Adventure Zone, a 3000 square foot indoor play area for kids, followed by the addition of "The Rock". Helena's largest indoor climbing wall!

**Jim and Carol Williams are celebrating their 30 Year Anniversary as owners of the Broadwater Athletic Clubs. Thank you to our valued Members for keeping us Helena's number one 'Family Fitness Center' for EVERY body!**





## Group Exercise Updates

We have a few changes to our Group Exercise Menu effective this fall - Here they are!

- Saturday Cycling returns October 1 at 8:30 a.m. - Eastside!!
- Starting Monday, November 7 at 10 a.m. - Eastside, 'Walk-About' will be changed to QiGong lead by Leslie Smith.
- Shirley Little (aka 'The Snow Bird') heads South. So...Monday, 8:45 a.m. Cardio Stretch will be lead by Geneve Darcey. Lynn Stumberg will teach Friday, 8:30 a.m. Pump It - Both at the Westside Club.
- Melanie Shirilla will teach Wednesday 9:15 a.m. PowerMuscle at the Eastside - no longer rotating.
- **DUE TO POPULAR DEMAND, we are adding a Saturday Cardio class at 9:30AM - Westside Club.** It will rotate a variety of cardio workouts including Zumba, Step, Floor Aerobics and more! Come and Support it! Class and instructor rotation will be posted in the studios at BOTH clubs. As always, this is subject to change based on instructor availability. *(Child care available. Call for reservations at 443-5777.)*

**"It's not who  
you are that  
holds you back,  
it's who you  
think you're  
not"**

**Anonymous**

## Daytime Dance Schedule for October

October 6 Zumba Gold w/Jen

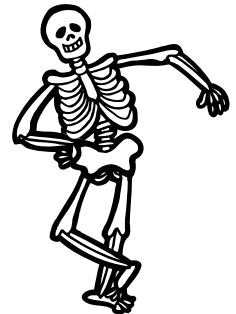
October 13 QiGong

October 20 Dancing to the Blues

October 27 Dancing to the Blues

Thursday at 10 a.m.- Eastside Club

*NO Experience Necessary - Just a desire to have fun!*



## QiGong Starting In November

*Qigong* (or *ch'i kung*) is an internal Chinese meditative practice which uses slow graceful movements (and sometimes breathing techniques) to promote the circulation of *qi* (energy) within the human body, and enhance a practitioner's overall health. Although qigong is often confused with martial arts or tai chi, qigong is usually much slower and focuses on the "qi" aspect to a much greater degree. With more than 10,000 styles of qigong and 200 million people practicing there are a variety of methods.

Benefits of QiGong may include strength, balance and flexibility gains, reduced stress and relaxation.



QiGong  
Monday at 10:00 a.m.  
Eastside Club  
*Starting NOVEMBER 7*



## Now taking Massage Appointments at the Westside Club



**Michael Fraser, CMT** is a shaman, bodyworker and energy healer. He is known for his very thorough "Deep-Process Transformational Healing Sessions" combining cutting edge bodywork with traditional shamanic and energy techniques to help heal chronic and "stuck" health challenges.

He practices nationally and internationally in cooperation with MDs, psychotherapists, yoga teachers and other health professionals. He is trusted by these professionals with whom he works with in tandem to bring a powerful energy healing force multiplier benefit to clients.

Michael has practiced at the Feathered Pipe for nearly 15 years and developed and refined his technique at "The Ranch." He considers Feathered Pipe to be a spiritual home and loves practicing there as it is ideally suited for deep healing work. Among the modalities that Michael incorporates into his sessions:

- Traditional Swedish
- Esalen Style Massage
- Deep Tissue Massage
- Hot Stone Therapy
- Acupressure
- Cranio-sacral Therapy



Member Rates:  
 30 Min \$35  
 60 Min \$55  
 90 Min \$75  
 Hot Stone Therapy Add \$5  
**Call the Westside at  
 443-5777 to schedule your  
 massage today!**

## Trainer's Corner

### Beat Stress Before It Beats You!

The long upcoming holiday season can be very stressful for some of us. The combination of increased access to poor food choices, less time in our schedules, AND less sleep can be nearly lethal to our aspirations to remain healthy and fit during Thanksgiving through Christmas. Here are some ways to beat stress before it beats YOU!

- Make exercise your top priority. If you put exercise first, your "to do" list won't seem so daunting and you'll have the energy to finish anything you start.
- Keep lots of easy-to-eat fruits and vegetables on hand. Restrict ready access to processed foods so you won't reach for them during peak stress times.
- Drink water or green tea instead of caffeinated products. Rely on the natural cleansing properties of water and green tea rather than the short-term, less healthy artificial fix of stimulants. You'll think more clearly and stay more focused.
- Journal your daily stresses. Find out what your stress triggers are so you can reduce or eliminate them altogether. Just by writing about it, you can become more aware and able to remedy a stressful situation.

So—try incorporating these simple stress-beating strategies into your life, and knock out stress before it knocks you out.

Anneliese Smith PT, LWMC, CES  
 Health and Wellness Fitness Educator, BCBS MT  
 Personal Trainer/Group Exercise Instructor  
 Broadwater Athletic Clubs



***"Be not afraid  
 of growing  
 slowly; be afraid  
 only of standing  
 still."***

**Chinese Proverb**

## You Just Might Want A Trainer \$99 SPECIAL!

**HURRY!** For a limited time, you get THREE Personal Training sessions with Greg DeWitt, ACE Certified Personal Trainer for \$99 (compare to the regular price of \$120). **AND...**As an additional incentive to get you started, Greg will toss in ONE more session **FREE**. **That's a savings of \$61!!**

Contact Greg at 406-461-1728 to set up your first session and sign up!

**Don't wait, this offer ends November 1, 2011!**





## BAC Zumba Instructors Love Community Involvement



Carnival Classic Cup and MORE!

Broadwater Instructors, Jen Pankratz and Danette Giono are part of ZUMBAROCKS MONTANA. ZUMBAROCKS MONTANA is a group of instructors that come together to promote health & wellness in the community. Instructors come from various health clubs & welcome any and all who are interested in being a part of the team! They enjoy the opportunity to share their passion for health and wellness by volunteering for events that support the community and/or special causes. Events include the NAMI Walk, Helena Brewers Healthy Family Fun Day, Ryan

United, Governor's

Recently ZUMBAROCKS MONTANA participated in the Carnival Classic where kids participated in Zumbatomic. The Broadwater also hosted a ZIN Jammer session where Zumba instructors came to network and learn new choreography. Guest trainer, Crystal Markham, Boise, ID lead the workshop.



ZIM Jammer

## Staff Recognition

### Beth Beveridge

Beth joined our front desk team at the Broadwater Westside Club in early May. She has quickly learned the operations of the front desk and is a valuable team player. Her positive attitude and willingness to help out where needed are invaluable. Beth goes above and beyond what is asked of her and we appreciate everything she does. Thank you, Beth!



### Nursery Artists of the Month

**WESTSIDE**  
Victor Panek

**EASTSIDE**  
Jackson Rebo



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

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4920 Highway 12 West  
Helena, MT 59601  
(406) 443-5777  
(406) 443-5964 Fax

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607 North Lamborn  
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(406) 443-6045



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



**Broadwater**  
Athletic Clubs & Hot Springs

### In AZ News ~

- AZ will be closed Sunday, Oct 30<sup>th</sup> for Cleaning.
- No school Oct 20 & 21<sup>st</sup>, AZ will be open 9 a.m. to 8 p.m.
- Monday Oct 31<sup>st</sup>, no school, AZ will be open 9 a.m. to 5 p.m. Will close early for Hallow-



**Happy Halloween**