

Volume 11, Issue 9

September 1, 2011



### Special points of interest:

- The Clubs will be **CLOSED** Mon, Sept. 5 for **LABOR DAY**
- **NO Group Exercise Classes Labor Day Weekend** (Sat. 9/3 and Sun. 9/4)
- **Patriot Day - Sunday, Sept. 11.** Clubs will be **OPEN**
- **Sept. 23 - Autumn begins!**

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

## YOU Made Our Member Appreciation Party A Success!



### Zumba Toning Coming!



serious body sculpting  
for party animals

• **ZUMBA® TONING** is a hot fusion of Latin Style Zumba moves mixing cardio and muscle toning! When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises with maraca-like toning sticks and high-energy cardio work. Mix this with Latin-infused Zumba moves and you have a calorie burning, strength training, dance fitness party!

• Join Jen starting Wednesday, September 9th at 6:40 p.m. at the Eastside Club and get this Party started!!!

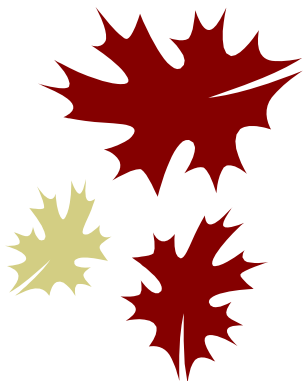
Eastside Club  
 Monday & Wednesday  
 6:40 p.m.





Group Fitness Menu  
Fall 2011 begins  
Tuesday, September 6

Classes with  
instructor rotations  
will be posted in  
the Eastside Fitness  
Studio.



## Group Exercise Updates

### What's NEW...



**ZUMBA® TONING** - Join Jen on **Monday and Wednesday** evenings at **6:40 p.m.** at the **Eastside Club** for a fun-filled Latin inspired class that will work your body and feel like a Party! (See front page for description.) It's not too late to join the Party!



**CUT TO THE CORE** - **Monday and Friday** at **6:45 a.m. and 1:00 p.m.** at the **Eastside Club**. A **15 Minute** blast to train your Core muscles. Whether you're just finishing Cycling at 12:10, getting off a Cross-trainer, or preparing for a 1:15 class, this is the perfect addition to your afternoon workout! Come warmed up and ready!



**CYCLING** - Saturday morning cycling returns **September 10 at 8:30 a.m.** at the **Eastside Club** - **NEW** Cycling Studio. Instructor rotation.



**ULTRA XT** - Same great workout with a new name. Ultra XT is a 30-minute high intensity cross-training workout combining various athletic moves to get your heart pumping and muscles challenged. **Wednesday, 12:10 p.m.** at the **Eastside Club**.

## Welcome NEW Instructors

Please welcome Jen Pankratz to our BAC Group Exercise Team. Jen is an experienced ZUMBA® Instructor, certified in Zumba® Gold, Zumba® Basic, Zumba® Aqua, Zumba® Toning and Zumbatomic®. She will be teaching Zumba® Toning on Monday and Wednesday evenings at 6:40 p.m. at the Eastside Club.

Also joining our Team are three new instructors in training that have been recently mentoring at the Clubs. Geneve Darcy, Nancy Wikle and Kacey Koehler are currently preparing for their ACE Group Exercise Instructor Certification and will be co-teaching on Mondays at 1:15 p.m. with Nanette.

Please give these fabulous fitness pros your support!

## Daytime Dance Schedule

- 9/1 Bollywood
- 9/8 QiGong
- 9/15 Zumba Gold
- 9/22 Zumba Gold
- 9/29 Bollywood



Thursdays, 10:00 AM  
Eastside Club  
No Experience Necessary!

Would you like to bring a friend to your favorite Group Ex. Class? Contact Nanette or Billie for a pass at 443-6045. Sponsor them as a new member and get a month's dues FREE!

**Trainer's Corner**

I can't count the number of times a member has come up to me and said, "I just don't know why! I workout at the club on a regular basis but never make any improvements." When I watch what they do during their workout sessions, I frequently observe that they are doing the same thing the same way every day. It's kind of fool hardy to do the same thing, but expect a different result, especially when you consider the human body's incredible ability to adapt.

**"Insanity: doing the same thing over and over again and expecting different results." Albert Einstein**

Each workout should have a purpose, even if the purpose is recovery. A recovery day after a hard targeted session is where you make fitness improvements. If you're not sure how to target each of your body's systems or if you're struggling to reach your fitness goals you may want to seek the aid of a trainer to get you on the



right track. Watch the Trainer's Corner in future newsletters for tips on how you might break out of those fitness doldrums.

By Greg DeWitt, ACE Certified Personal Trainer.



**Personal Training Fall Special**

**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!!* So...

- If you're not getting the results you want out of your workouts  
**You Just Might Want A Trainer!**
- If you want to add strength training to your workout  
**You Just Might Want A Trainer!**
- If you want to add variety to your cardio workout  
**You Just Might Want A Trainer!**
- If you want to be more competitive in your sport  
**You Just Might Want A Trainer!**
- If you want to get into better shape and need some help  
**You Just Might Want A Trainer!**
- If you are always getting injured  
**You Just Might Want A Trainer!**
- If you just need some MOTIVATION  
**You Just Might Want A Trainer!**

Contact Greg at 406-461-1728 to set up your first session and sign up!  
Don't wait, this offer ends November 1, 2011!



**Massage**

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

**Call the Westside at  
443-5777 to schedule.**

"Strive for progress,  
not perfection."

Unknown

**Zumbatomic Session In October**

Join Danette and Jen for a **4 week Zumba** inspired program for kids age 4 and older! It's Easy, It's Fun, It's Fit!

- When:** Saturdays, October 8-29  
**Time:** 9:30 a.m.  
**Where:** Broadwater Westside Club  
 (Group Exercise Studio)  
**Cost:** \$20/Members \$40/Non-members\*



\*Additional siblings \$10/Members and \$20/Non-members.

Sign up TODAY at the Westside Club Front Desk.

Payment due at time of registration. Spaces are filling up quickly!

Questions?? Call Nanette at 443-6045.





**Broadwater Westside Club**  
 4920 Highway 12 West  
 Helena, Mt 59601  
 (406) 443-5777

**Broadwater Eastside Club**  
 607 North Lamborn  
 Helena, MT 59601  
 (406) 443-6045

Email: [info@thebroadwater.com](mailto:info@thebroadwater.com)



**Facebook.com/BroadwaterAthleticClubs**  
 to win prizes and keep up on club happenings.

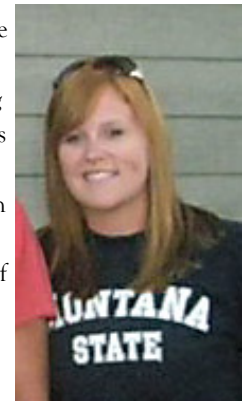


### Staff Recognition



Becky Riordan started working at the Broadwater Adventure Zone in April 2008. Last year she left us to attend college but returned this summer as a sub in the AZ and Admin Support for the Business Office. Becky was a true godsend during the transition with our new software system. She is always cheerful, smiling and willing to help with whatever task is at hand. Becky, we wish you all the best as you return to college and we look forward to seeing you during your breaks! Thank you for all your help this summer!!

Ciarra White started her journey with the Broadwater in the 2008 Lifeguard Class. Remembering her words, "This is scary, it's life or death," she has proven to be an outstanding employee. She started as a lifeguard then moved to the ranks of Team Leader for her outstanding job of "scanning", cleaning, taking on other shifts and helping others. She even travels back and forth from Bozeman to the Broadwater to cover shifts. Maybe the Broadwater helped in her decision of a nursing degree. Thank you Ciarra for your professional attitude, love for helping others and for being part of our team.



### Fall Hours for Adventure Zone Lifeguards and Rock Wall

#### Adventure Zone Hours

Monday - Friday 3:30 p.m. to 8:00 p.m.  
 Saturday - 9:00 a.m. to 8:00 p.m.  
 Sunday - 1:00 p.m. to 7:00 p.m.  
 School Holidays—9:00 a.m. to 8:00 p.m.

#### Recreation Pool Lifeguard Hours

Monday, Wednesday, Friday 4:00 p.m. to 7:00p.m.  
 Saturday 1:00 p.m. to 4:00 p.m.

#### Rock Wall Attendant Hours

Tuesday & Thursday 4:00 p.m. to 7:00 p.m.

### Nursery Artists of the Month

Eastside Westside  
 Cody Ott Hudson Swant



# Fall

