



# Broadwater

ATHLETIC CLUB & HOT SPRINGS

4920 W US Hwy 12, Helena, MT 59601  
406-443-5777



## 2012 Broadwater Blast Racquetball Tournament

The BAC will be hosting our annual Broadwater Blast Racquetball Tournament February 17, 18 & 19. All racquetball enthusiasts are invited to come on out and play in the tournament.

### Entry Fee:

- \$45 1st Event
- \$10 Addtn'l Event
- Juniors: \$10 1st Event
- \$10 Addtn'l Event
- College: \$30 1st Event
- \$10 Addtn'l Event

Entry deadline Feb 13. Pick up your entry form and register at the Club.

Start times will be available Feb 16 by 10 a.m. Call 443-5777 or go to [thebroadwater.com](http://thebroadwater.com) and look on the "What's New" page.

### Players are provided with:

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

Drinks, fruit & snacks throughout tournament.



### Broadwater Eastside Location Closes

It is with great sadness that we announce the closure of the Broadwater Athletic Clubs Eastside Location effective February 3rd. This was a difficult decision, but in light of the current economic climate, unavoidable.

Members are welcome to use the club and attend classes through that date and are automatically enrolled in the Broadwater Westside location. Nanette and nearly all her instructors, classes and trainers will continue to provide the best in fitness at the Westside location which is **NOT CLOSING!**

We want to thank you for your years of support and urge you to continue your membership at the Westside location. To the Eastside Members that are coming West, we say WELCOME! To those who had to leave us, we wish you all the very best in your fitness pursuits and lives. You will be missed!

### SPECIAL AZ HOURS NO SCHOOL

Friday, February 17  
Monday, February 21  
9 a.m. to 8 p.m.

AZ HOURS  
3:30 - 8 p.m. Mon-Fri  
9 a.m. - 8 p.m. Sat  
1 p.m. - 8 p.m. Sun

Member kids 5-12 get two hours free in the AZ per day and can be drop off.

Rate after 2 hours:  
\$4.95 for up to 2 hours  
\$6.95 for up to 3 hours  
\$8.95 for up to 4 hours

### WE ARE OPEN REGULAR HOURS

PRESIDENT'S DAY  
MONDAY  
FEBRUARY 20

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## GROUP EXERCISE UPDATES

Update being the understatement! Yes, things are changing with the closure of the Eastside Club. The majority of your favorite classes and instructors will move to the Westside Club with a few time frame changes. Pick up your latest copy at the front desk. Changes are effective February 4. Saturday, February 4, Cardio Ala Carte at 9:30 a.m. as usual and Sunday will be PowerMuscle at 10:30a.m. Starting Saturday, February 11, Cycling at 8:30 a.m. will begin.

If you have any questions regarding the schedule, please contact Nanette at 443-5777 (beginning Monday, February 6).

Thank you for your patience, understanding and loyalty through this difficult transition.

## WEEKEND ROTATIONS (NOTE: INSTRUCTORS LISTED MAY CHANGE)

**Saturday Cycling**  
8:30 a.m.

2/4	NO CLASS
2/11	Theresa P.
2/18	Amber
2/25	Beth
3/3	Theresa P.
3/10	Amber
3/17	Anneliese
3/24	Theresa P.
3/31	Amber
4/7	Beth
4/14	Theresa P.
4/21	Amber
4/28	Beth
5/5	Theresa P.
5/12	Amber
5/19	Beth



**ON HIATUS FOR SUMMER!**

**Saturday Cardio Ala Carte**  
9:30 a.m.



2/4	Step	Ande
2/11	Zumba	Jen
2/18	Cardio Fusion	Nan
2/25	Step	Michelle
3/3	Cardio Fusion	Geneve
3/10	Zumba Tone	Jen
3/17	Step	Geneve
3/24	Cardio Fusion	Ande
3/31	Zumba	Danette
4/7	Step	Michelle
4/14	Cardio Fusion	Nan
4/21	Zumba Tone	Jen
4/28	Step	Geneve
5/5	Cardio Fusion	Ande
5/12	Zumba	Danette
5/19	Step	Michelle
5/26	NO CLASS - Memorial Weekend	

**PowerMuscle Rotation**  
10:30 a.m.



2/5	Cheryl
2/12	Ande
2/19	Cheryl
2/26	Danette
3/4	Cheryl
3/11	Michelle
3/18	Cheryl
3/25	Ande
4/1	Cheryl
4/8	Danette
4/15	Cheryl
4/22	Michelle
4/29	Cheryl
5/6	Ande
5/13	Cheryl
5/20	Danette
5/27	NO CLASS - Mem. Weekend

## DAYTIME DANCE SCHEDULE

Jan 26 (Eastside, 10am)	Nia	Kathryn
Feb 2 (Eastside, 10am)	Nia	Kathryn
Feb 9 (Westside, 11am)	QiGong	Leslie
Feb 16 (Westside, 11am)	Jazz	Leslie
Feb 23 (Westside, 11am)	Jazz	Leslie

No Prior Experience Necessary! Just an attitude to move and have fun! DANCE...it does a body good!

## Childcare Reminder:

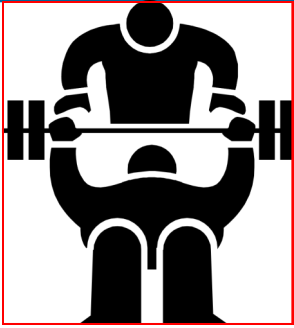


For your convenience, our Westside Childcare has drop-off service. Drop-off is available to any member child for up to 4 hours. The cost is \$2.50 per hour. Simply call the front desk and make your reservation. Moms or Dads can enjoy grocery shopping, doctor appointments, or simply lunch knowing their children are in good hands.

Also, parents you deserve a break too! Work out, take a dip in our hot springs pools or get a massage while your children are enjoying themselves with friends in the nursery. Your member child can enjoy the Westside nursery for up to 2 hours while parents are using the club. Just remember to make your childcare reservation with a 2-hour lead time after 10:30 a.m. to guarantee your spot. From 8:30-10:30 a.m. the 2-hour lead time reservation is not required, but it is advised to call early as spots fill up fast.

**Beginning Monday,**  
**February 6 at 11:00 a.m.**  
QiGong will revisit the 'basics' of the 14 Movement Meditation.  
**This is a GREAT time to try**





## TRAINER'S CORNER



Greg DeWitt  
ACE Certified  
Personal Trainer  
406-461-1728



### Spring Goal Opportunities

Maintaining your fitness momentum is often easier if you have something to work toward – a goal. Why not let one of the Helena spring road and trail races (sidebar) be your goal event? Once you decide on an event you need to decide what you want to get out of that event. It may be your first race and you may just want to run the entire distance or you may want to move up to a new distance or improve your time at a distance you have run before. Depending on your goal, you will want to train the following areas to be successful.

#### Simply Run the Whole Distance

If your goal is to simply run the entire distance of the race and perhaps have never done so, you should begin training as early as possible. Alternate between running for a short period and walking until you are recovered. Work toward lengthening the run periods and shortening the walk periods.

#### Run a Longer Race

If you want to run a race that is longer than you have done before, you will want to do what made your races at the previous distance successful. Add long runs to your weekly schedule that gradually increase to near the race distance. Keep your weekly mileage increased to no more than 10% over the previous week total.

#### Improve Your Performance

If you want to improve your performance at a familiar distance you will need to add a mix of hill, short, and long intervals to your weekly schedule. Your intervals should be run with a mix of:

- Work bouts of three to five minutes with equal or less recovery intervals at total rest or a very easy pace. The work bouts should be at intensities that are very hard to maintain.
- Work bouts of 30 seconds to two minutes with recovery intervals that are two to four times the length of the work bout.
- Very fast work bout of five to 15 seconds with recovery intervals of three to five minutes.

#### Sidebar

##### Spring Helena area races for 2012:

May 12, Don't Fence Me In (5K, 12K or 30K mostly trail), benefits Prickly Pear Land Trust  
May 19, Race for the Cure (1 mile or 5K), benefits Susan B. Koman Foundation  
May 26, Vigilante (1 mile or 5K), benefits Montana Historical Society  
June 9, Governor's Cup (1 mile, 5K, 10K, or half marathon), benefits Caring Foundation

### Broadwater Proud Sponsor of Helena Table Tennis Club - Free to BAC Members!

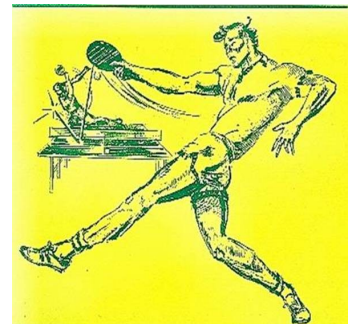
Don Hurd, Broadwater member and Director of the Helena Table Tennis Club (HTTC), invites all ages and skill levels to participate in the HTTC. Weekly tournaments are scheduled, as well as "League Play" night on Thursdays from 6-9 p.m. League Play will include members making up their own matches, organized tournaments, lessons/clinics and use of Robo Ping Pong robot.

#### February Tournament Schedule:

Feb 4 & 5  
Feb 11 & 12  
Feb 25 & 26

Tournaments will be double elimination with each player having a minimum of 3 matches. Each match will be best 3 of 5 games with each game to 11 points (and win by 2). To register contact Don Hurd at: [donauldurd@gmail.com](mailto:donauldurd@gmail.com) or (406) 431-7139.

January 20 & 21, HTTC and BAC hosted the **Celebrity Table Tennis Marathon** raising over \$1,600 for the Helena Friendship Center.





*"Inspiring Helena to Fitness"*

**Broadwater Athletic Club & Hot Springs**

4920 W US HWY 12  
 Helena, MT 59601  
 (406) 443-5777  
 (406) 443-5964 fax

[thebroadwater.com](http://thebroadwater.com)



"Like" us on facebook for a chance to win free passes and other prizes. Also a great way to keep up on current Broadwater events!

**THANK YOU GENEROUS BROADWATER FRIENDS**

Our Art Sale/Fundraiser for Margot Wright brought in \$1600! Many thanks to all of you that bought art or donated. These funds will help Margot with the medical costs related to her pending kidney transplant.

If you would like to help Margot, please make your checks to: Benefit for Margot Wright. Contact Margot for the best way to get your donation to her. If you would like to be considered as a kidney donor, you may contact Margot at 461-8793 for information.



Margot Wright

*Staff Recognition*

EILEEN ANDERSEN has been a Front Desk Team Member at the Broadwater Westside for two and a half years now. She opens the Club in the early morning hours, greets each member with a smile and gives them a cheerful start to their day. Eileen constantly goes above and beyond what her job duties require of her. She is always willing to sub for her co-workers and has been a lifesaver covering shifts on more than one occasion. THANK YOU, EILEEN!! We appreciate you!!



*Valentine's Day*

*Do Something Sweet for YOUR Valentine from the BAC!*

*Massage*

*Member Rates:*

- 30 Min - \$35
- 60 Min - \$55
- 90 Min - \$75
- Hot Stones - Add \$5



*Call 443-5777 to schedule.*

*Gift Certificates Available*

*VALENTINE'S SPECIAL  
 BOOK IN FEBRUARY  
 AND RECEIVE \$5 OFF!*

*Wellness/Fitness*

*Personal Training or Wellness Coaching Packages starting at 3/ \$120.*

*Contact Nanette, for more information, at 443-5777.*

