

# January Newsletter

## Introducing PiYo

PiYo is a dynamic class inspired by Pilates and Yoga, but it's not your typical mind/body workout! Here is what the pros say...

*"PiYo" is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability."*

*"In a nutshell, PiYo" will rock your world! Once you try it, you'll find that PiYo" is unlike any other format, and guess what? You'll love it. Don't worry, there is no previous experience required."*

*Powder Blue Productions*

We're adding PiYo to our Group Exercise Menu, so give it a try!



Eastside Club: Friday at 5:30PM  
Westside Club: Thursday at 5:30PM



Your Fitness Resolutions start HERE! Try a new class, hire a personal trainer or wellness/fitness coach TODAY!

**The Rock Wall at the Westside Club has been Closed due to increased liability insurance. We apologize for any inconvenience!**

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### Eastside Parking



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

Martin Luther King Day  
January 16  
Clubs will be OPEN



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



## GROUP EXERCISE UPDATES

Look for these changes to our Group Exercise Menu  
Effective January 1, 2012



Group Exercise  
Menu Updates  
Effective Jan. 1

- **PiYo** - A Pilates/Yoga inspired workout that will strengthen, stretch and refresh! It is definitely a workout! Eastside Club, Friday at 5:30 p.m. AND Westside Club, Thursday at 5:30 p.m.
- **ZUMBA** moves back to the 4:15 p.m. slot effective Friday, January 6, at the Eastside.
- **DANETTE** will take over the Wednesday, 8:45 a.m. Zumba class - Westside.
- **REMINDER:** Check out the Saturday Cardio Class at the Westside Club! A variety of fun cardio workouts every Saturday at 9:30 a.m. Childcare is available! Call 443-5777 to make childcare reservations.

**Pick up your copy of the latest Group Exercise Menu to have on hand TODAY!  
Remember, it's also online at [theBroadwater.com](http://theBroadwater.com).**



Farewell to Carolyn Truscott who will be moving to California. Thank you, Carolyn, for your years of dedication to the Broadwater and to our members! We will miss you and wish you the best of luck!

### \*\*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 Ex. Menu? Call Nanette at 443-6045.



### Saturday Cardio Ala Carte Schedule for January

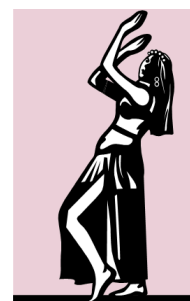
|            |                             |
|------------|-----------------------------|
| January 7  | Zumba w/Jen                 |
| January 14 | Cardio Fusion<br>w/Michelle |
| January 21 | Step w/Geneve               |
| January 28 | Zumba w/Danette             |



## Daytime Dance Schedule

January 5 - Bollywood w/Leslie  
January 12 - Zumba Gold w/Jen  
January 19 - Zumba Gold w/Jen  
January 26 - Nia w/Kathryn  
February 2 - Nia w/Karhryn

*No Experience Necessary - Just a desire to move and have fun!  
Thursday at 10 a.m. - Eastside Club*



## **TRAINER'S CORNER - INVEST IN YOURSELF**

All anyone has to do is look at a newspaper or listen to the news nowadays to know that obesity in our country is at an all time high. In 2008, the percent of obese adults in the U.S. was greater than the percent of over-weight adults. Now, with the economic challenges we are all facing, some folks consider being a member at a health club or any other fitness facility a luxury. The reality is that with increased stress, eating fast foods and being inactive, the overall cost of health care in our country is escalating. NOW is the time to invest in you! People are starting to recognize the benefits of becoming or staying active, eating better and taking time to relax and reduce stress. People that are healthier save considerably more in terms of insurance premiums, health and medical care and time lost from work. What better way to do this than in a fitness center that provides exercise equipment and professionals that can teach you the best ways to stay active for your age and fitness level.

As you know, Broadwater Athletic Clubs provide a wide variety of activities for our members from very young to not so very young. Our fitness professionals are incomparable in their experience and level of knowledge. We have a very strong Group Fitness Department that provides classes for the beginners to the very fit. The variety of our classes includes Cycling, Cardio, Strength and Mind, Body and Spirit.

I would invite you to get a friend or co-worker and bring them to the Broadwater as your guest. If you get them to sign up, you both benefit! You get a FREE month's dues and the person that joins begins a healthier lifestyle with you!

If you have questions about any of our fitness programs or investing in a Personal Trainer or Coach, please contact Nanette at 443-6045.

*Nanette Huddleston, ACE Certified Group Exercise Instructor, PT, Lifestyle Fitness Coach  
Wellcoaches Certified Wellness/Fitness Coach*

### **FEATURED EXERCISE - LATERAL TRUNK FLEXION ON BOSU**

Start in a side-lying position over a BOSU trainer with hips centered and stacked. Have both legs extended and "scissored" so that the top leg is in front. The distance between the legs can be adjusted for balance - wider position is more stable, narrow more challenge. Bend the lower arm placing hand behind the head. Top arm can be extended or bent behind the head for more challenge. Laterally flex the torso away from the floor feeling a squeeze at the waistline. Hold abdominal muscles in and 'close' the rib cage. Hold at the top, and then lower down slowly with control



- Perform 8–20 reps.
- Repeat on both sides.
- Initiate movement from trunk, avoiding neck pull.
- Don't let hips and shoulders roll forward and back.
- Add hip abduction (raise top leg) for increased balance challenge.



*Train in a Group to get  
fit and stay motivated!*

*Personal Training Special:*

*Group Training (2-4)*

*\$120 for 6 Sessions*

*(\$140 non-member rate)*

*Contact Theresa Parkas,*

*ACE Certified PT*

*437-3211*



"Inspiring Helena to Fitness"



**Broadwater**  
Athletic Clubs & Hot Springs

**Broadwater Westside Club**

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www.thebroadwater.com

**Broadwater Athletic  
Clubs & Hot Springs**

**facebook.**



"Like" our facebook page for a chance to win free passes and other prizes. Also a great way to keep up on all things Broadwater!

Tell your friends!



**Staff Recognition**

**Lori Walter** has been with the Broadwater for over 7 years. She started in the nursery and then in 2006 moved on as Administrative Support entering memberships. The last couple years Lori has had many other duties added to her job description. You will now find her running the Business Office and backing up the Front Desk Team at the Westside. Lori is an extremely valuable employee who is always smiling and happy to help out where needed. We really appreciate you, Lori!! Thank you for always going above and beyond!



Have you moved, changed banks or got a new credit card? This is a great time of year to update your account information with us. A Front Desk team member at either club can assist you or you can call Lori in the Business Office at 443-5777.

**Nursery Artists  
Of the Month**



**Westside Club**  
Dawson Rosling

**Eastside Club**  
Connor Logan

**Special AZ Hours  
In January**

No School  
January 2, 3, 16 and 20th

AZ Hours  
9 a.m. - 8 p.m.



**Massage Therapy**

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

Call the Westside to Schedule  
443-5777

