



**CO-ED HOT TUB
 RENOVATION
 AT THE WESTSIDE**

The co-ed hot tub will be closing Wed., Nov. 2nd for renovation. Anticipated completion date is Nov. 14th. Please bear with us through this update. It will be well worth the wait! 😊

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SPECIAL POINTS OF INTEREST:

- ◆ November 6 - Daylight Savings Time Ends
Turn clocks **BACK** one hour
- ◆ November 8 - Election Day
REMEMBER TO VOTE
- ◆ November 11 - Veteran's Day
CLUBS OPEN
- ◆ November 24 - Thanksgiving Day
CLUBS CLOSED THURSDAY ONLY

'Taste of Qigong' at the Broadwater

WHAT IS QIGONG?

Qigong (also spelled Ch'i Kung) is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind. In the past, qigong was also called nei gong (inner work) and dao yin (guiding energy).

How do I say it?

Qi pronounce chee and basically means energy. Gong pronounce gung, as in lung refers to work.

How old is Qigong?

The documented history of qigong goes back approximately 2,500 years. However Chinese archaeologists and historians have found references to qigong-like techniques at least five thousand years old.

What is 'Taste of Qigong'?

Most qigong masters study for years. Our intention is to not imply we are masters, but to give you a 'taste' of qigong and the energizing experience of the movements as learned in the classes we have taken.



*Monday at 10:00AM
 Eastside Club
 No Experience Necessary*



Kidney Transplant Donor Needed

Many of you know Margot Wright who is the Aquatics Director at the Broadwater. Margot is also a Personal Trainer and Group Exercise Instructor. Margot is currently in the process of getting on the Kidney Transplant Register. In 1993, she underwent a kidney/pancreas transplant as a result of Diabetes. Because of the great care she has taken to stay active and eat properly, her kidney has out-lived most kidney transplants. Unfortunately, her current transplant is starting to fail.

If you or someone you know would be willing to be considered as a live donor, please contact Joanne, at the Providence Sacred Heart Medical Center in Spokane, at 1-800-667-0502. She will send you a packet of information explaining the program and answering any questions you might have. Donors must be over 18 years of age and in good physical and mental health.

The gift of life is too precious for words, but we know Margot's gratitude is immeasurable.



Table Tennis at the Westside

The Broadwater is promoting table tennis in Helena. Recognizing the need for a public place to play table tennis, the Broadwater now has the 1st Stiga table.

This table is easily rolled into one of the courts where there is a great floor, great lights, & plenty of room to play. The Broadwater is also sponsoring the Helena Table Tennis Club. As soon as there are 10 members, a 2nd table will be added. We are hoping by early spring to be able to host tournaments. The plan is for minimal impact on racquetball/handball by scheduling table tennis around the 4pm to 7pm slot for racquetball/handball; and by close coordination among all court users.

One of our handball/table tennis members, Don Hurd is working with management to make this happen. Feel free to call Don (443-6399) or email (donaldhurd@gmail.com).

Surviving Thanksgiving

- *Drink water before, during and after dinner.*
- *Eat colorful veggies and pass on the sauces.*
- *Enjoy the gravy, but in small amounts.*
- *Leave the pie crust and eat the filling.*
- *Eat slowly and enjoy the flavors - stop before you feel 'stuffed' !*



Group Exercise Updates Effective Nov 1

The following changes will be effective November 1 through the end of the year:

- *Cardio Ala Carte* begins **Saturday, November 5 at 9:30AM - WESTSIDE CLUB**. Classes rotate including Zumba, Step, Floor Aerobics & More! *Childcare available - Remember to make your reservation for the Nursery.*
- *Zumba Friday* at the **Eastside Club** changes from 4:15PM to **5:30PM effective November 4.**
- *Taste of Qigong* replaces Walk-About **effective Monday, November 7 at 10AM - Eastside Club.**
- Welcome to Geneve Darcey! She will be teaching **Cardio/Stretch at 8:45AM - Westside Club starting November 7.**
- **Reminder!** *Saturday Cycling is back - 8:30AM - Eastside Club.*

Daytime Dance Schedule

November 3	<i>Taste of Qigong</i>
November 10	<i>Latin Styles</i>
November 17	<i>Latin Styles</i>
November 24	<i>Happy Thanksgiving!</i>
December 1	<i>The Classics</i>



Thursday at 10AM

EASTSIDE CLUB

No Experience Necessary

Saturday Cardio Ala Carte Schedule

November 5	Step	Michelle
November 12	Zumba	Jen
November 19	Cardio Fusion	Nan
November 26	Turkey Burn-off!	Group
December 3	Step	Nanette
December 10	Zumba	Danette
December 17	Christmas Cardio	Group
December 24	NO CLASS - MERRY CHRISTMAS EVE!	
December 31	Step	Danette



Saturdays, 9:30AM - WESTSIDE CLUB

Daycare Available. Please let your instructor know if you are new to class.

Trainer's Corner

Hardly a day goes by that you don't hear about the "miracle diet." The truth is, the principles of a safe, effective and successful "Healthy Lifestyle" is a balanced program of healthy eating and exercise. That may include some lifestyle changes.

Why are we so tempted to eat foods we know we shouldn't? Many factors influence our eating patterns: hunger, habits, marketing, availability, certain people and the strongest "it tastes good."

Helpful hints:

- Think of portion size: Imagine your steak being the size of a deck of cards.
- Think of your potato or rice being the size of a baseball.
- Make your plate colorful with lots of greens and oranges. (Veggies)
- Write it down: It has been proven that keeping a food journal is an effective asset in weight loss.
- Keep healthy snacks on hand. Keep a bowl of carrots out on the counter for easy access.
- When going to an event take a fruit plate or a veggie tray.
- Drink lots of water. Not only will it fill you up but your body needs water.
- **Exercise before dinner**, especially during the Holidays.

Remember, to lose weight one must BURN and DEplete calories. If the "magical pill" existed no one would be overweight.

Margot Wright

Personal Trainer, ACE certified

Aquatics Director, Red Cross WSI certified

Fitness Instructor



Fall into Fitness - Personal Training Special



**Get in Better Shape this Fall with
Margot Wright, ACE Certified PT**



Don't wait until AFTER the holidays, take your fitness to the next level NOW!

I will help you...

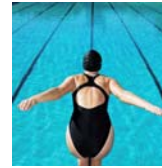
- Stay motivated & fight exercise boredom.
- Monitor your progress towards fitness goals & keep you focused.
- Identify weaker areas of your body and give you corrective exercises.
- Make sure that you are exercising safely.
- Provide you with tips to improve your diet and stress level.

Buy 3 Sessions & Get a FREE Initial Assessment and Equipment Orientation (\$50 value)

To sign up for this limited offer, contact Margot Wright at 461-8793 TODAY! Offer ends December 31, 2011.



WINTER POOL TEMPS



Fall is here and we are changing over to our winter pool temperatures. For your recreational and exercise comfort the rec pool is set at 95 degrees and the lap at 90. These temps, along with chemical controls, are carefully monitored and maintained throughout the day. It is our goal to try and ensure comfort for all users. Come on out and enjoy the beautiful fall colors while you soak away your stress in our Hot Springs Pools!



our Hot Springs Pools!

Racquetball News

Adult and Junior Racquetball lessons, directed by Josh Doniak, have started and run through March.

FREE to Members!

Adult Lessons: **Wednesdays**

Junior Lessons: **Mondays**

Lessons are from **6 - 7p.m.**

30 minute private lessons. Signup sheets are on the bulletin board back at the courts.



Learn more about racquetball, get a great cardio workout and develop great hand eye coordination.

See you on the courts!

MASSAGE

Book your massage with Michael Fraser **TODAY!** Or purchase a Gift Card for a Massage for someone special! (*Great Stocking Stuffers!*)

Contact the Westside Club to book your massage 443-5777.

Member Rates:

30 Min \$35

60 Min \$55

90 Min \$75

Hot Stone Therapy Add \$5



Daylight Savings Time

Sunday, November 6

Turn Your Clocks Back

1 HOUR

Saturday Night



Westside Club

4920 W US Hwy 12
Helena, MT 59601
(406) 443-5777
email: info@thebroadwater.com

Eastside Club

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



Facebook.com/BroadwaterAthleticClubs
"Like" us on facebook to win free passes

We're on the Web!
thebroadwater.com

Rock Wall & Climbing Club

Dominic Speranza and Sean Rillahan are your instructors this fall in "THE ROCK". They are available to belay you and/or your child and help with any climbing questions you may have. Check your child in with them while you workout and they will get some great exercise as well. Climbing equipment available for rent at the front desk. Dominic and Sean are available Tuesday and Thursday from 4-7 p.m.

Does your child love climbing??? Helena's Climbing Club, the Thunder Chicken's, practice at the Broadwater. BAC members, ages 7-18, can join the team at no charge. Practices are Tuesday and Thursdays from 7- 8:30 p.m. During this time "The Rock" is closed to members and guests unless they are part of the Thunder Chicken's. Club runs through May. For further information on joining the Thunder Chicken's, contact Zach Bushilla at 459-3055.

Staff Recognition



Bob Pennington is a Front Desk Team Member at the Westside Club. Bob has been with the Broadwater since 2001, starting at the Downtown Club, then transferring to the Westside. He is always smiling and willing to provide excellent member satisfaction. He works hard and goes above and beyond for the Broadwater. Thank you, Bob! We appreciate your dedication.

**Nursery Artists
of the Month**
Westside
AnnaLinda Finchum
Eastside
Elsie Ambrose



NO SCHOOL
Wednesday, November 23rd
Friday, November 24th
Adventure Zone Hours
9 a.m. — 8 p.m.
Lifeguard Hours
1 p.m. — 7 p.m.

We want to wish you and your family a

Happy Thanksgiving !

~Broadwater Management and Staff

