

THE Women's CLUB

MISSOULA, MONTANA
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THE WOMEN'S CLUB

Fall 2011 Newsletter

"I love The Women's Club because it's all shapes, all sizes, all women!" — TWC Member

TWC members are welcome to join the Univ. of MT Health and Human Performance Reformer classes. Classes meet two times per week and you don't need to be a student to join. Mon/Wed 2:00-3:00pm and Tues/Thurs. 1:00-2:00. Please purchase a Pilates card from the front desk to attend any of the reformer classes. Please contact Linda Parker at 721-8753 or lerparker@msn.com if you have any questions.

Special Events this Fall



Yoga News

- Celeste will be offering **Yoga Nidra** Practice (1 hour of Yoga Nidra is like 3 hours of deep restful sleep) \$10 Members, \$12 Guests. This is a one hour workshop. Look for an interest sign up sheet on the Yoga News and Events Board.
- There will be an interest sheet for a **Mother/Daughter Introduction to Yoga Workshop**. This will be a fun workshop and a great way to share your love for yoga with your daughters ages 10-13. Coming in October.
- Harriet will conduct a workshop in October on **Flexibility Through Yoga**. Check Yoga News and Events Board for date, time, and cost.

Western Fall Social

Join us for our annual Ladies Night Out with friends, drinks, dinner and entertainment. Don't miss out on our Western Get Away. Saddle up with your friends and meet us at the Westside Lanes Banquet Room. You are welcome to perform true talent or enjoy yourself in a silly skit. Please sign up at the front desk by Oct 17th. Thursday, Oct. 20th 5:30pm Cocktail Hour 6:15pm Dinner 7:15pm Entertainment \$12.50

Women's Wellness Fair

Wednesday October 5th 9-1pm and 4-7pm
Try something new this Fall at our enlightening and educational women's fair. You and your friends can visit educational booths and participate in a variety of health screenings facilitated by our qualified practitioners. Watch for a full schedule of events posted in the club and on our website.

Women and Herbs for Well-being with Mindy Oppen PA-C

Join Mindy, Physician Assistant/Certified Ayurvedic Wellness consultant, for an overview of Western and Ayurvedic herbs for different stages of women's lives

Monday September 19, 12:15 p.m.

or

Thursday September 22, 6:30 p.m.
In TWC Conf. Room

Free. Please sign up at the TWC front desk.



Two Chances to Race for a Good Cause

3rd Annual RUN FOR THE HEALTH OF IT

Join the Western Montana Oncology Nurses in this fabulous and fun 5K walk/run. Proceeds will benefit the Cancer Screening Program. Saturday, November 12, 2011
More details to come.....

DIVA DAY REGISTRATION PARTY

Get revved up for the Diva Day Run when you join us for a Diva Day Registration party at TWC on September 22, 2011. In partnership with Skin Chic and Mountain FM, we'll have registration opportunities, prize drawings, snacks and beverages. Bring your friends. Then get yourself or your team ready to participate in this fun 5K Diva Day run on Saturday October 8th.

CoreAlign Now Available at Valley Physical Therapy

The CoreAlign was developed to strengthen core and limb musculature while maintaining ideal alignment in the standing position. It is used in the rehabilitation of many physical conditions including back, neck, and knee pain, osteoporosis, arthritic conditions, balance problems, and post surgery including total joint replacements.

Please join the Physical Therapy Dept. for 2 workshops about this exciting equipment on Wednesday Sept 28th at noon and 6pm. Sign up at the front desk.

Trippons.com

The Women's Club is now participating in trippons.com. This is an application that you can scan with your smart phone or log on to with your computer. Get great coupons for the Missoula area – and get great deals when you travel in the northwest! Ask about it at the front desk!

"Me, Myself, and Mind"

Reclaim yourself, your health and your life when you read this "self-health" book by Roberta A. Swartz. Do you struggle with physical illness or emotional challenges? Are unhealthy behaviors or addictions causing you problems? Do you want to create a healthier, happier life? The club is excited to host an exclusive book signing by author Roberta Swartz of her new book, "Me, Myself, and Mind." Join us Thursday, September 29th, 10am – 1 pm or 4 – 7 pm.

Women's Self Defense Class



"...each 45 minute class will focus on defense technique, self-esteem, and confidence."

This 6 week program will provide the tools and practice for women to defend themselves in dangerous or uncomfortable situations. Each 45 minute class will focus on defense technique, self esteem and confidence. Designed for women of all ages the class is taught by Tae Kwon Do 3rd Degree Black Belt and Certified Personal Trainer, Bonnie Dotz. \$59 members \$89 guests.

Fridays, 5:30 p.m.
Starts September 23rd



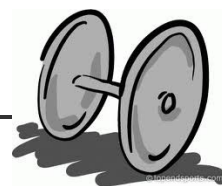
Winter Conditioning

This progressive training program can be done individually or in small groups of 2-4 members. We will focus on getting ready for winter activities.

Tuesdays at 6:45pm-7:45pm
Oct 25-Nov 29
Members \$69.99, guests \$89.99

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Strength Training Options Abound



Ab Attack with Aaron

Tighten, trim and slim yourself to fab abs! After only 60 minutes a week for 6 weeks you will have melted the inches away, showing your true self.

Tuesdays at 6:45pm-7:45pm
Sept 13-Oct 18
Members \$69.99, guests \$89.99

TRX- Is that a dinosaur?

TRX is a suspended training system targeting the total body using handles and straps. You'll meet every Mon/Wed for 4 weeks, with Personal Trainer, Nancy Soper, from 6:30- 7:00 am. Session starts October 10th. The cost is only \$99.00. If you are ready for a change in your strength training practice then TRX training can be the tool for you. This 2-person format will be fun and challenging, offering you plenty of individualized attention. You'll learn all the basics of the TRX techniques in a boot camp style workout with all of the INTENSITY you choose!

Pilates for Building Healthy Bones

Prevent Osteoporosis and Osteopenia by learning safe and effective methods to improve bone strength, balance, and core support. This Pilates class will use the reformer, towers, and several props such as the stability ball, and flexbands. Sign up at the front desk.

6 Weeks
Sept 17 - Oct 22
Saturdays 8:45-9:40am
\$72.00 Member/Guests
Certified Pilates Instructor
Kathy Argo

Fall Menu of Fun and Fitness

Fighting Gravity

When the kids go back to school, you can transform your body and mind! Enjoy the remainder of the beautiful summer and fall as you work out in the outdoors as weather permits! You'll run, lift weights, tone and gain lots of energy. Plus, you'll get a head start on raising your metabolism to help you through the holidays. Meet with Bonnie Dotz, Certified Personal Trainer, 3 times per week – Monday, Wednesday and Friday – for 4 weeks at noon. Class fees just \$59 members, \$89 guests.

M/W/F 12:00-12:50pm
September 19-October 14th

Beginning Belly Dance

Learn to belly dance or just brush up on fundamentals! Great way to shape up, tone those abdominals and learn to shake and shimmy!

Session 1
September 13th-October 4th
Session 2
October 11th-November 1
Tuesdays 5:30 in the Dance Studio
Members \$44.00 session (\$11.00 a class)
Guests \$48.00 session (\$12.00 a class)

Fit, Firm, and Fabulous is Back!

See why others are raving about this great 30 minute boot camp style workout. You'll strengthen, tone and gain great energy as you work out with other wonderful women and one of our Certified Personal Trainers. You'll have homework, accountability, motivation and you'll learn some new techniques. Sign up today for one of the following sessions:

Monday and Wednesday 5:30 p.m.
Session 1 Sept 26 – Oct 26
Session 2 Oct 31 – Nov 30

Tuesday and Thursday 5:30 p.m.
Session 1 Sept 13 - Oct
Session 2 Oct 18 – Nov 1

The Serendipity Spa at The Women's Club

The Massage and Mini –Spa Departments have merged! We are proud to present The Serendipity Spa – Nail Salon and Massage Therapy. We have changed the name, and we've transformed the rooms so we can continue to offer to our members and guests a relaxing, calming atmosphere. You can enjoy a therapeutic relaxing massage with one of our excellent massage therapists. Do your fingers or feet need some extra attention then schedule a pedicure or manicure. Speaking of manicures and pedicures we are happy to welcome Randy Pilgrim to the nail salon. You might have seen Randy working at the front desk as well. She is a welcome addition to our staff and offers all nail services as well as waxing and tinting.