



**May 2009**

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## Special of the Month

We can help you celebrate Graduation and Mother's Day! Bring your Mom, a friend's Mom, or your Graduate to work out with you for a Free Day in May. Stop by the front desk to let us know you've brought in a special guest.

## 3-2 To Go

Ask your friends if they've tried one of the **3-2 Grab & Go Lunches** now available daily at Nick's Pro Fitness. You can pre-order these affordable, nutritious lunches, or see if an extra is still available at the front desk. We've had a great response so far, and would love to get your feedback too.

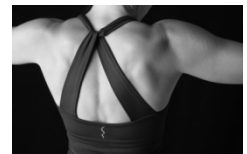
Pick up order forms and information on our **3-2 Meal Program** and the **Organic Co-op** at the front desk at the Club, or

*Welcome to our newest format for staying in touch and keeping you up to date! Please read through this information to stay informed about all that's happening at Nick's Pro Fitness.*

## Studio Schedule for May

**Two exciting new classes are starting this month!**

Try out **The Bar Method** with Heather S. on Mondays and Fridays at 6 a.m. This innovative technique uses the ballet bar, small weights and balls, and your body to shape, trim, and strengthen. We're happy to be able to schedule this class at the time requested by members. Heather is also teaching the **Boot Camp** class on Tuesdays at 6 a.m. and Saturdays at 6:45 a.m.



Don't miss our new **Nia** class, held at on Fridays at 11 a.m., taught by our terrific Annie Waesche. You may know Annie as one of our wonderful massage therapists - now discover her talent as a fitness instructor. Nia combines martial, dance, and healing arts into a complete cardiovascular fitness and wellness program, accessible to any fitness level.

To see all the classes available to Club members, go to [www.nicksprofitness.com/pages/classes.html](http://www.nicksprofitness.com/pages/classes.html).

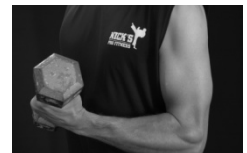
## Canceled classes

The Wednesday 6:30 p.m. and Sunday Pilates Reformers classes have been canceled. Remember to attend your favorite classes to keep them on the schedule.

## New at Nick's

### Spinning

Our spin bikes have received special attention (thanks, Al), and new parts! With all the bikes in top shape, we're able to accommodate larger classes as cyclers begin to prepare for this year's cycling events.



online at [www.threetwotogo.com](http://www.threetwotogo.com). The programs are run by Summer Jones, who is also our in-house Esthetician. Stop and visit with Summer if you see her in the Club.

## In The News

### Congratulations TaeKwon Do Students!

Congratulations to these students who passed their promotion tests to earn their new ranks:

**Alex Christensen** - Blue Belt  
**Chris Gilman** - Yellow Belt  
**Dede Sadecki** - Yellow Belt  
**Teri Sadecki** - Yellow Stripe  
**Heather Sweeney** - Yellow Belt

### Sterling Nelson - Evergreen Jazz Festival

When our own Sterling Nelson isn't stretching or using the machines at Nick's, he's overseeing the Evergreen Jazz Festival, the amazing music festival he founded in 1999. Jazz musicians from across the country will visit and play in Evergreen this year on July 24, 25, and 26. See the Festival website at [www.evergreenjazz.org](http://www.evergreenjazz.org).

**RECOVER**

-our 2009 motto

Check the schedule for spin class times, and talk to Nick about additional training. Start now to be in shape for summer tours, including some of our local favorites:

- *Triple Bypass*: [www.teamevergreen.org](http://www.teamevergreen.org)
- *Mt Evans Hill Climb*: [www.bicyclerace.com](http://www.bicyclerace.com)
- *Ride the Rockies*: [www.ridetherockies.com](http://www.ridetherockies.com)
- *Courage Classic*: [www.couragetours.com](http://www.couragetours.com)

## Clothing

Check out our selection of **new work-out clothes** on sale on the boutique wall. We have new styles and colors perfect for spring, embroidered with our "kicky guy" logo. The women's *Nike* line is on display, soon to be joined by *Alo* for men. We are also ordering softer yoga and Pilates wear. In the meantime, splurge on the sale items and help make room for new clothes for the new you!

## More for you!

In addition to the almonds, peanuts, and trail mix mentioned in our last newsletters, you can purchase

- cashews and fruit bars
- mouth guards

## Member News

### Special Thank You

Please help us thank two members this month. Thank you to:

**Chris Brandt** of One of A Kind Wood Floors, for refinishing the floor in Squash Court 1. We're passing along thanks to Chris from many squash players! Chris has owned his business here in Evergreen for over 10 years. No job is too big or too small, and his attention to quality shows on the refurbished squash court here at Nick's. Thank Chris if you run into him at the Club, and call him if you have a wood floor that needs attention.

**Kathy Imes**, for your advice on wall and trim paint colors! In addition to being a devoted Nick's Conditioning Class member, Kathy uses her incredible talents to design custom interiors and to run the wonderful Lauren Brooks design center. [www.laurenbrooks.com](http://www.laurenbrooks.com).

## Thank You!

Remember to stop by on Fridays for free fresh fruit. It's just one way we like to let you know that we appreciate you!  
Nick and Heather

