



the ONE-LEG PRESS

December 2009

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Holiday Hours

Holiday hours, 6-1:
Thursday, Dec 24 and
Thursday, Dec 31

We will be closed: Christmas Day,
Friday, Dec. 25
New Year's Day, Friday, Jan. 1

We will close promptly at 1 p.m. We ask your cooperation in making the holiday enjoyable for everyone, especially those who work that day.

Special of the Month

College Guests Again!

Do you have family members home for a break? New visitors are welcome to come to the Club for free for a day, to use the equipment, take a class, and have some "me" time. To ask about special rates for students on break, call the Club at 303-674-6902.



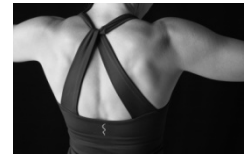
Mem
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New
s

What a great time of year - a time to reflect, to celebrate, to increase giving to others, and to give to ourselves! We're happy to be a part of all that's good about this season, including sharing time with our fitness family.

Studio Schedule for December

New classes

Check our schedule for new classes, new times, and new instructors!



Yoga: Tuesdays, 7:45 a.m.

Annie brings her considerable talents and certification to a wonderful morning yoga class.

Mat Pilates: Tuesdays, 8 a.m.

As you've requested, with Lynette!

Circuit Training with Weights: Thursdays, 7:45 a.m.

Kathleen will guide you through cardio and weight stations for a new and different total-body workout.

Kickboxing: Thursdays, 4:45 p.m. and Fridays, 6 a.m.

Here are two new opportunities for you to take this challenging, fun class with Stacey.

Canceled classes

Zumba: Fridays 4:45. Lydia is off to Miami and New York to dance and teach. Thank you all for your enthusiasm and for making this class so much fun!

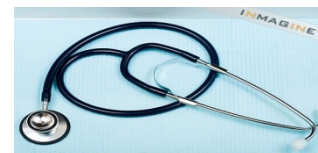
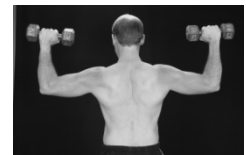
Ongoing classes

To see all the classes available to all Club members, go to www.nicksprofitness.com/pages/classes.html.

New at Nick's

Picture Week at Nick's!

On **Monday, January 4, 2010**, we will begin updating photos on your check-in monitor. Come in a minute or two early to have your photo taken by our cracker-jack front desk staff. We'll also be updating our records and may have a registration form for you to complete. Thank you so much for helping us to keep your information current!



Health Screenings

Join us for our first annual health screening! Dorie Collier, a lifestyle coach with over 20

Welcome New Members!

David Bohmann, Madeline Eaton, Scott Stanberry, Michael Voss, Linda Weiner

Club Spotlight

Lauren Brooks' Fabulous

Remodel Sale. Kathy Imes invites her valued Nick's customers to her Lauren Brooks Interior Decor remodel sale on Friday & Saturday, Dec 11 & 12. All customers will receive a 50% discount on all items in the store! Find treasures for holiday gifts or for your own home. For more info, call 303-730-9300 or email office@laurenbrooks.com.

Looking for a unique and helpful gift for the holidays? **Evergreen Mobile Car Wash**, owned and operated by our own Paul LaDow, provides a top-of-the-line exterior vehicle wash for residential and business customers. Schedule a no-hassle wash at your convenience and your location; Paul can even wash your vehicle here at Nick's while you work out! Catch Paul on the squash court or contact him at paul@evergreenmobilecarwash.com or 303-908-0674.

If you *wish* you had a car to wash, contact Lee Christensen at **Big Bear Motors** in Golden. When Lee isn't challenging himself in Nick's conditioning class, he's helping customers find the best pre-owned cars in the area. Whether you need a car for your household or that first car for your teen, check out Lee's inventory at www.bigbearmotors.net or call 303-781-6616.

Corrections

Cathy O'Connor is our food bank coordinator, many thanks to her.

Lynette's Mat Pilates class takes place on Tuesdays, 8 a.m. in Squash Court 2.

We congratulate siblings Ania and

years experience as a Registered Nurse, will conduct targeted check-ups here at Nick's on **Monday, January 11, 6-9 a.m.** and **Wednesday, January 13, 5-7:30 p.m.** Dorie's Healics tests include body fat analysis and blood tests. Start the new year off with the information you need to evaluate your fitness and nutrition, and to make any updates to help you reach your ultimate health! We will host Dorie every January; don't miss this chance to start your health score card right away. Cost is \$60; call the Club today to make your appointment and to get information on preparing for your screening.



Esthetician Services

Jessica has expanded her hours at Nick's to Tuesdays and Wednesdays, 9-5 by appointment. Stop by the Club or call to schedule wonderful, rejuvenating body treatments for yourself or a loved one!

Club News

Food Bank

Thank you for your very generous contributions to the food bank container in our foyer. We're going to continue to collect food bank donations; the need is so great these days that we want to make it as easy as possible for all of us to make a difference.



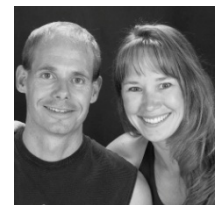
Pilates Instructor Wanted

Do you have a favorite Pilates instructor outside of Nick's? We are looking for a friendly, motivated instructor to join our team and conduct all levels of group Reformer and mat Pilates classes here at Nick's. Give your reference to our front desk staff, fax a resume to 303-674-4854, or email Heather at heanick@nicksprofitfitness.com.

Thank You!

Nick and I would like to wish you all a very happy holiday season. We feel like you all are an extension of our family and we love having the opportunity to grow with you. Thank you for being part of the warm and healthy culture here at the Club - we look forward to being here every day, and we hope you do too. We commit to serving your workout needs and delivering the best programs and classes possible. Thank you for believing in us! May 2010 be a year of health, laughter and great prosperity.

- Heather & Nick



RECOVER

-our 2009 motto

Konrad Ladow on their national
squash rankings!

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303-674-6902 * 303-679-6267**