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## Special of the Month

### Three hours of massage!

Two of our fabulous massage therapists, Annie and Matt, are offering a special massage package for February. Purchase 3 hours of massage for only \$195, and use the 3 hours in any increments that fit your schedule. Annie and Matt also offer couples massage, perfect for anytime but especially meaningful this month.

## Kapande Cash

Each time you work out at the Club, fill out a slip of paper at the front desk. At the end of the month one lucky member will receive a **\$50 value Kapande Cash Coupon**, good for anything at the Club! The more times you work out, the more chances you have to win. Congratulations to Chris Noller, our January **Kapande Cash** winner.



## Club News

### Guest Day at Nick's

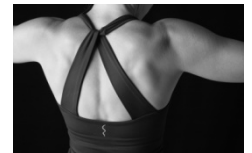
We had a record turn-out for Nick's Conditioning class on Saturday,

*We're glad to see so many new people join our friends all working so hard here at the Club, in so many different ways - you are all sweethearts to us!*

## Studio Schedule for February

### New classes

It's exciting to continue to find new classes to keep us all on our toes and in our workout gear.



### Boot Camp: Friday, 6 a.m.

With Chris. Get a fun, motivating full-body workout with an emphasis on total fitness. Chris welcomes students of all athletic abilities, from beginners to advanced levels.

### Body Blast: Friday, 7:45 a.m.

With Mishelle. This is a high-energy mix of conditioning for your entire body using weights, medicine balls, stability balls and your body weight. Mishelle adds plyometrics, kickboxing and boot camp techniques to "spice things up."

### Pilates Reformer:

#### Tuesday, Friday, Saturday, 9 a.m.

These new class are added to the existing Reformer schedule, giving you eight different opportunities to enjoy the unique work out you can get on a Pilates Reformer. With new classes, new equipment and new instructors, we hope to bring new students to our already fabulous Pilates program.

## Canceled classes

### Kickboxing: Friday, 6 a.m.

### Pilates Reformer: Friday, 7 a.m.

### Butts 'n Guts: Friday, 7:45 a.m.

We have new classes in place of Kickboxing and Butts 'n Guts on Friday mornings, try them out! Reformer students, take the 8 or 9 a.m. class on Fridays and don't miss a single work out.

## Under evaluation

These classes are in danger of being canceled because there are regularly less than 5 people attending. The instructors and classes are wonderful and we'd love to keep them, so please show up if you feel the same!

### Mat Pilates: Tuesdays, 8 a.m.

### Kickboxing: Thursdays, 4:45 p.m.

### Nia: Thursdays, 9 a.m.

January 23rd for our special Guest Day; 75 people attended Nick's class! We saw plenty of new faces in the Club, taking tours and enjoying conversation and snacks. If you or someone you know would like to visit the Club for the first time, you are always welcome to stop by the front desk for information. We had so much fun at our Guest Day that we'll likely have another before the year is out.

### Health Screening

We had a good turn-out for our first annual health screening. Dorie Collier predicted that our population's tests would produce scores reflecting better health than other screening sites, and we tend to agree. We'd love to increase the number of participants in next January's screening.

### In The News

Did you see the great article in the *Denver Post* about our very own **Troy Slinkard** and **Kevin Kouzmanoff**? In *Kouzmanoff Hones His Swing in Evergreen*, Jim Armstrong writes about the "group lobbing soft tosses, throwing BP and honing their swings amid the heavy metal music at Nick's Pro Fitness center." He mentions Ryan Mulhern, JT Putt, and Dane and Nick Kapande while describing the partnership between Troy and Kevin that was instrumental in Kevin's success in professional baseball. Jim Armstrong quotes Kevin as saying "Just tell the younger kids out there it can be done, even from Evergreen, Colorado. If you want it, it can be done. Work. It takes work." Read the entire article and view a great video online at [http://www.denverpost.com/sports/ci\\_14283054](http://www.denverpost.com/sports/ci_14283054)

**REINVENT**

-our 2010 motto

### Ongoing classes

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

### New at Nick's

#### New child care hours

Our new child care hours are effective February 1st.

**Monday through Friday: 8:30 - 11 a.m.**

**Saturday: 7:45 - 11 a.m.**

**Tuesday and Thursday evenings: 5:45 - 8:15 p.m.**

### New instructors

Help us welcome our new instructors:

**Chris Gilman** (Boot Camp) is a dedicated student of Nick's conditioning and TaeKwon-Do programs, and was named the top student athlete at Evergreen Senior High in 2007. Chris is an Exercise Science major at Metro and is under contract with Donna Baldwin Talent of Denver.

**Jules Lieb** (Pilates Reformer) received her certification from the Pilates Center of Boulder and has recently found a love for Gyrotonics and Gyrokinesis. A natural-food chef for 25 years, Jules also studies modern dance.

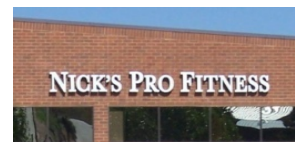
**Mishelle Prouty** (Body Blast) has been involved in the fitness industry for 23 years. She has fitness certification through ACE, Mad Dogg Athletics, Body Training Systems and Mat Pilates, and has coached strength and conditioning for local teen sports including soccer, lacrosse and poms.

**Shonna Spialek** (Pilates Reformer) became an ACE certified personal trainer 5 years ago after falling in love with running and triathlons. She is a certified Hatha Yoga instructor and interned at a Pilates integrated therapy clinic/studio. To Shonna, Pilates represents grace and strength, and she loves to work with students of all levels.

### Member News

#### Welcome New Members

Tina Baxter, Cherissa Chaplin, Charlie & Kathy Beecham, Toni Cruz, Celeste Fellows, Ginger Maloney, Kim Nolan, Larry Smith, Jake Spicer, Terry Ritter, David Vasheghani, Brad Walp



### Thank You!

February is our anniversary month at the Club. Thank you for sharing another year with us. We appreciate your faith and trust, and we will keep working hard at upgrading the Club amenities to give you the very best we can. We appreciate you and plan to continue showing this through our actions. We hope you enjoy our fun new Kapande Cash program. Congratulations to Chris Noller for winning \$50 from our first drawing. We're excited for you!

- Heather and Nick



