



the ONE-LEG PRESS

February 2011

In This Issue

- Studio Schedule
- New at Nicks
- Kapande Cash
- Club News
- Thank You

Kapande Cash



Congratulations to **Sheri Matz**, our January **Kapande Cash** winner, and **Patti Theil**, winner of a **facial** from Jessica Dismuke.

Club News



Welcome New Members

Angela Armstrong, Marti Arnold, Karen Bettinger, Laurie Davey, Tonya Davis, Leanne Fesenmeyer, Sydney Grob, PJ Holt, Brea Lightfield, Cathie and Megan Nicholson, John Newkirk, Janine Nold, Tarja Powers, Jennifer Shapiro, Brook Smith, Bryce Smith, Mary Page Smith, Matthew and Jessica Smith, Margie Sterlin, Kim Stutsman, Debbie Trapp, Izzy Williamson

Welcome EHS Women's Soccer Players, Preseason Conditioning

Alyssa Boyle, Shelly Brobst, Sarah Gutberlet, Erin Huiting, Cassidy Kelley, Kyrstin Kempf, Kendra Kullby, Madeline Lincoln, Maggie May, Lia Morrow, Brooke Phillips, Jenny Slack, Ali Souder, Savannah Stansbury, Laura

We are a work in progress with a lifetime contract.
- Phyllis Koss

Studio Schedule for February

Special Events

Nick's Pro Fitness Anniversary Celebration!

Monday, February 28, 11-1

Help us celebrate our 3-Year Anniversary in this location! We are so happy to be here, and to be able to share our dedication to fitness and the community with all of you. Stop in the lounge for refreshments and our special Nick's Pro Fitness camaraderie.

Amazon Herb Company

Thursday, February 17, 8 - noon

Find out more about Amazon Herb Company and the amazing herbal blends and healing botanicals from Amazon Herb Company that are available at Nick's. Jani McCarty, our Rainforest Ambassador and Nick's student for three plus years, will be on hand to answer all your questions. Discover more about Warrior, this month's featured botanical blend.

Classes

New classes

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

Pilates Reformer: Tuesday, 7 & 8

Welcome Amanda to our team of outstanding Pilates instructors!

Yoga: Wednesday, noon. You've been asking for it, we're happy that Liz is able to make it happen.

Spin: Thursday, 5:30 pm

Join Cheryl for another of her unique and fun spin classes.

Pilates Reformer: Saturday, 9 am

Amanda offers Pilates on Saturday too!

Mat Pilates: Saturday, 8 am

Amanda offers a wonderful, new Mat Pilates class.

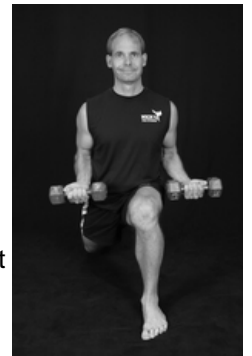
Cancelled classes

Cycle/Core Conditioning: Wednesday, 9 am

Cycle at 9 AM on Mondays and Thursdays, or try another fun class 9 AM class.

Mat Pilates: Thursday, 6:30 pm

Attend Mat Pilates on Tuesdays, 8-9 pm and Roller Pilates on Thursdays, 8-9 am.



Temple, Sarah Temple, Shannon Temple, Jenny Ventimiglia, Annie Wanding, Julianne Wilson, Kathryn Wilson

Congratulations to Newton TaeKwon-Do Students who completed their Promotion Tests

Josh Barber, Alex Christensen, Amy & Sam Civiello, Christian Curtis, Troy Kapande, Cameron, Kaitlin & Lily Karbowski, Henry & Isaac Kresge, Cassandra Johnson, Trevor Mason, Jackie Theil, Zoe Wendler

Locker Rentals

Are you looking for a unique gift for your sweetheart for **Valentine's Day**? Your generosity will be remembered everyday when you rent a locker at Nick's Pro Fitness. Stop by the front desk and rent a locker for your sweetie today!

Parking

What a great "problem" to have, a full parking lot! Please be sure to park in our own designated spaces, and leave Kaiser employees' spaces available for them. The spaces between the Kaiser signs on the curb near the tennis courts are leased by Kaiser; let's continue to be considerate. Thank you!

Hot Tub

Most members were quite determined that the hot tub remain hot - please help us keep it that way by being careful with the **hot tub cover**. We are more than happy to open and close the cover if you need assistance. We just replaced the cover at a pretty hefty expense, and we appreciate your care with this shared resource.

Our 2011 motto: Integrity

Ongoing classes

To see all the classes available to all Club members, go to <http://www.nicksprofitness.com/schedule.php>.

Sneak Peek: Spring at Nick's Pro Fitness

Mitchell's Anniversary

Help us celebrate Mitchell's anniversary as a personal trainer at Nick's Pro Fitness. It didn't even take a year for Mitchell's popularity to soar!

SELF-DEFENSE SEMINAR with Nick Kapande

Saturday, April 16th, 12:30-4:30 p.m.

Once again by special request, Nick will present "**I Will Fight Back**", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older. Attend the seminar for the first time for \$150; audit future self-defense seminars for free.

Egg Hunt

Monday, April 18th

Join us again for our annual **Easter egg hunt**. During the week of April 18th, look for plastic eggs hidden throughout the Club. When you find an egg, bring it to the front desk for your special surprise!

Amazon Herb Co. Products

We asked Nick about his experience with **Warrior™**, this month's featured product. Here is Nick's enthusiastic response: "*Warrior is a subtle boost of endurance, quiet endurance that sustains for long periods of exertion. The boost from these natural herbs is much more effective than the hyperactivity of synthetic supplements*".



Take Warrior before you workout and throughout the day to:

- Increase endurance and stamina
- Boost your mental focus and endurance
- Shorten your recovery time
- Support your cardiovascular health
- Produce maximum energy for maximum performance
- Enhance sexual energy

Thank You!

Thank you to all of our members for a terrific 2010. It was another great year for the Club, as well as for me and for Nick. Starting a new year with all of you makes our lives so rewarding. We have another exciting year planned for the Club, with a lot of terrific upgrades and additions. We appreciate all the wonderful kindness showered on us during the holidays - and we are passionate about bringing the Club to the next level of development. Thanks to everyone for being so friendly and sweet to our cute little puppy, Lyla. She gets so much attention, and we can tell that she absolutely loves it. Best wishes to everyone for a happy, healthy and prosperous 2011.



- Heather and Nick