



# the ONE-LEG PRESS

*November 09*

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## Holiday Hours

**Thanksgiving Day,  
Thursday, November 26:  
OPEN 6 a.m. to 1 p.m.**

**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.

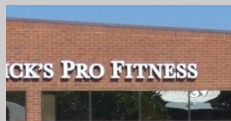
Fri, Nov. 27, the club is open our regular hours, 5 a.m.-8:30 p.m.

## Special of the Month College Guests

Do you have family members home for a break? New visitors are welcome to come to the Club for free for a day, use the equipment, take a class, and have some "me" time.

To ask about special rates for school break, call 303.674.6902.

## Member News



### Welcome New Members!

Shauna and Greg Chase, Greg Frazier, Candis Gerardo, Scot Hanson, Carol Nappholz, Ursula Smith

### Ania and Konrad Ladow: All that time in the squash courts really pays off!

Ania LaDow earned a 7th place national rank in the US Squash Junior GU11 Division, and Konrad LaDow is ranked 11th nationally in the Junior BU11 Division. Proud parents Paul and Eva LaDow thank Nick and Heather for keeping and promoting the squash program at the Club. We all congratulate the entire LaDow family for their hard work and positive attitudes!

### Congratulations to Bob

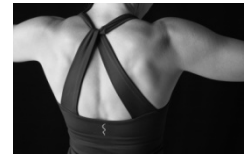
*We are thankful for so many things: our family of positive, hard-working fitness friends; our comfortable, inspiring facility; the good fortune to live in a truly beautiful place on earth. We are very thankful to be able to share it with you!*

## Studio Schedule for November

### New classes

#### Mat Pilates - Tuesdays, 11 a.m.

We're listening to you! **Beginning November 17th**, join Lynette for this much-requested boost to Tuesdays at 11.



### Canceled classes

**Kickboxing:** Thursday 6 a.m., Tuesday & Thursday 4:15 p.m.

**Yoga:** Wednesday, 9 a.m.

Let us know if you can fit these classes into your schedule so we can put them back into ours.

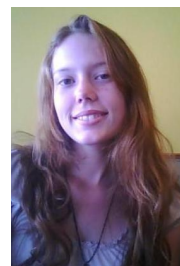
**Beginner's Pilates Reformer:** Monday 9 a.m. If you'd like to try the Pilates Reformer as a novice, call the Club and ask to set up an appointment with one of our Pilates instructors.

### Ongoing classes

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

## New at Nick's

**Meet our new staff!** We're so happy to welcome new staff to our fitness family. Say hello and welcome them when you see them around.



**Jolene Montes** joins us at the front desk, in our child care room, and helps keep the club clean. Jolene appreciates that everyone at Nick's comes in with a good attitude and an eye towards fitness and good health; she previously lived near Houston, the fattest city in the country! Jolene has fallen in love with the children at Nick's, and she enjoys all the outdoor activities that Evergreen has to offer.

**Jessica Dismuke** is our new Esthetician. Jessica will provide facials, peels, and waxing services here at Nick's on Wednesdays from 9 a.m. to 5 p.m. beginning November 11. A licensed Esthetician with nearly 5 years of industry training and experience, Jessica uses our very popular Osmosis skin care line for facials for men, women and teens. Call the Club for more information or to set up an appointment.



**Lydia Bittner-Baird** is our newest fitness instructor. She leads the Zumba! class Fridays at 4:45 p.m. and fills in other classes when she's needed. A long-time student of Nick's conditioning class, Lydia recently graduated from the Dance Division of The Juilliard School in New York. Watch for your invitation to see Lydia dance in Denver with Kim Robards Dance!

### Food bank donations

Thank you for helping to fill the container in our foyer with non-perishable food donations. We're helping groups who provide support for those in need in our mountain community and down the hill. Many thanks to Cathy O'Connor for spearheading this effort.

**Weiner, who placed 3rd in the Masters Division of the 2009 Medtronic Twin Cities Marathon** with an absolutely amazing time of 2:27:09! Participants traveled to Minnesota from all 50 U.S. states and represented 20 countries, running a marathon recognized as one of the top marathons and great road races of our time.

### **In the News**

**Fran Tadra** "Nick's Pro Fitness is a great place to work out. Nick & Heather have made so many improvements that the club is a haven for exercisers of all types. There is something for everyone.



"As a personal trainer working at the facility for years, I really appreciate all the positive changes Nick & Heather have made. They are passionate

about making Nick's a facility that caters to all the fitness needs of Evergreen and surrounding communities. So many programs and classes are available, the options are inspiring! There is a constant quest to upgrade and improve the club. I feel very fortunate to have such a great place to work with my clients! It just keeps getting better."

*Thanks Fran! We love that you bring your positive attitude and your fitness and nutrition expertise to the Club every day.*

## **Club News**

### **Club hours**

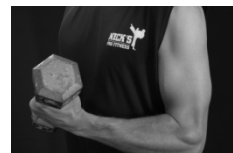
Remember, we are open:

**Weekdays: 5 a.m. to 8:30 p.m**

**Weekends: 6:30 a.m. to 5 p.m.**

**Holidays: 6 a.m. to 1 p.m.**

Please be considerate of our hard-working staff and adhere to our opening and closing hours throughout the week, and on weekends and holidays. We close only 3 days a year, in order for you to have plenty of time to complete your workout during our regular hours.



### **Squash**

**\*\*Beginner's Squash Clinic, Sunday, November 8, 10-11 a.m.**

No experience preferred. Members free, guests \$10. Sign up at the front desk.

**\*\*Women's Squash Clinic, Sunday November 15, 10-11:30 a.m.**

Round Robin squash! Have fun learning and practicing your game while meeting new players and making new friends.

### **Billing matters**

Please stop by the front desk and update your email address to help us stay on top of billing matters. If you have questions about your bill or information for us, please email Sharon at [sharon@nicksprofitfitness.com](mailto:sharon@nicksprofitfitness.com).

### **A good idea**

**Please do not move heavy equipment;** ask for help from someone at the front desk if a machine needs to be moved. We'd rather not continually fix carpet that rips when someone moves a machine full of weights. Thank you!

### **Thank You!**

The season of giving thanks is here, our favorite holiday! We love getting together with friends, family and loved ones to celebrate the things for which we are truly grateful. We want you all to know how absolutely grateful we are to have ALL OF YOU in our lives. Every day we celebrate our good fortune for having your support and continued loyalty. We would like to ask that everyone extend some extra kindness to the people we see at the Club during the holiday season. Let's all remember everyone needs a smile, a pat on the back and our human contact, especially now. We will continue to do our very best to provide you with all the amenities to get in the best shape of your life! We are thankful for you! - Heather & Nick



RECOVER

- our 2009 motto

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