



the ONE-LEG PRESS

Our 2011 Motto: Integrity

October 2011

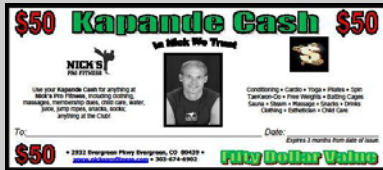
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This Month's Winners

Kapande Cash

Congratulations to **Bill Coughlin**, our October **Kapande Cash** winner! Bill can use this \$50 value in the Club towards monthly dues, or towards clothing, snacks, or even to help host a friend at the Club for month!



Customized Facial

Congratulations to **Peggy Edwards**, who won a free customized **facial** from Jessica Dismuke.

Personal Training

Congratulations to Oni Swenson, winner of a free **personal training session** with Lisa Delia!

Remember to fill out a ticket at the front desk every time you work-out for your chance to win!

This Month's Special

Spa Special

Jessica offers a marvelous **Customized Facial Package**: buy 3 facials for \$70 each and get the 4th for free! It's not too early to start preparing to look and feel your best for the holidays. Call **Jessica at 720-323-6601** for your appointment.



Welcome New and Returning Members

Mark Bickler, Kathy Butcher, Pedro Espinoza, Amy Gartside, Karen Guthrie, Marsha Hebert, Adrienne Heimbald, Catelyn Hostlaw, Brent and Cole Johnson, Linda Michelsen, Sam Orvis, Ethan Rouse, Maxim Smith.

Be not afraid of growing slowly; be afraid only of standing still. - Chinese Proverb
Studio Schedule for October

Classes, Seminars, and Special Events

Bingo Night at Nick's Pro Fitness

Thursday, October 6, 5:30-7 pm

Bingo Night at Nick's is another opportunity for affordable fun with your friends and family! Bring an appetizer or dessert and \$10 to play. Merchandise and cash prizes will be awarded, including the top cash prize of \$100! Everyone is welcome, feel free to bring your non-Club friends too! No bingo experience is necessary, and child care is available. Don't miss the fun!



Introduction to Yoga Philosophy - SEMINAR (\$25)

Sunday, October 9, 2-4 pm

You are doing the yoga postures and learning the breath work, but what does it all mean? Join Mary for a workshop to learn about the origins and philosophy of the ancient system (not religion!) of yoga. Challenge and deepen your practice by going to the next level, understanding how yoga can awaken the subtle body resulting in happier, healthier lives. Sign up at the front desk and pre-pay \$25 for this wonderful seminar.

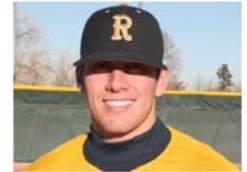
Vino & Vinyasa

Friday, October 21, 5:30-6:45

Melanie Penfield will lead a wonderful 1980's Yoga Sculpt for October's Vino and Vinyasa event. Bring an appetizer, and your favorite wine or other beverage to share. Students and community members of all abilities are welcome.

Baseball Lessons at Nick's

Sign up today for **baseball skills lessons with JT Putt**, professional player with the Los Cruces Vaqueros and former All-American at Regis University. JT focuses on baseball hitting and defense for all ages and abilities. Lessons take place outside on our beautiful athletic field and in our indoor batting cages. Contact JT at 720-530-4315 or jputt33@yahoo.com.



New classes

Hatha Yoga: Monday, 8-9 am

Lillian leads a second Hatha Yoga class, stop in and enjoy!

Hot Yoga: Tuesday, 7:30-9 am

Help us welcome Martha as we add her Tuesday morning Hot Yoga class.

Hot Yoga: Thursday, 7:30-9 am

Join Leslie and round out your weekday morning Hot Yoga sessions here at Nick's.

Hot Yoga: Saturday, 8-9:15 am

Add a special weekend Hot Yoga class with Leslie!

New times

Hot Yoga: Monday, 6:30 - 8 am

Craig moves his marvelous Monday morning Hot Yoga class to 6:30 am. Start your week off right with this class!

Canceled classes

Super Fit: Monday, 9:15 am

Power Hour: Wednesday, 9:15 am

Thursday Threshing: Thursday, 9:15 am

Ongoing classes

Yoga Program

Over 25 classes a week, 7 days a week!

Go online to see the full schedule of Hot Yoga and Warm Yoga classes available in our beautiful Yoga studio. You can add a Yoga membership to your Club membership, join with a Yoga membership alone, or pay a drop-in fee for individual classes. Meet our new instructors and find the classes that work best for you.



Welcome to the many current Club members who joined our wonderful Yoga program! Talk to your friends about trying Yoga at Nick's.

In the News

Congratulations Ania!

Ania Ladow has been awarded a full-year sponsorship from **Harrow Sports!** Give Ania your congrats when you see her in the squash courts with Karen Kelso, or with her family Eva, Paul, and Konrad!



Emergen-C



Mix this dietary supplement with water and get the benefits from 24 nutrients with antioxidants, electrolytes and 7 B vitamins. Choose the flavor and formula that's right for you to boost your immune system, joint health, or general well-being, while

supporting causes such as improving our nation's water quality and breast cancer research and prevention. Stop by the front desk to purchase your packet of Emergen-C today.

Coconut Water

High in nutrients and electrolytes, fat-free and cholesterol-free, low in calories and containing fiber, coconut water has long been revered as a natural source of nutrition, wellness, beauty and hydration. Coconut water lowers blood pressure, and helps prevent muscle cramping, prevent and relieve hangovers. Coconut water aids hydration and helps keep your skin healthy, and its low acidity won't aggravate acid-reflux.



Rockin' Refuel



Made with 100% real low-fat milk, Rockin' Refuel tastes great and provides 20 grams of protein, the optimal 2:1 ratio of carbs to protein for muscle

recovery, and 9 essential nutrients. Ask John Williamson about Rockin Refuel!

Wanted: Full size trampoline for Evergreen back-yard. If you have a trampoline that needs a new home, call Heather at 303-679-6267.

Not just auto glass, snow plowing too!

Kevin Devaney, owner of Evergreen Auto Glass writes, "We have been servicing the local community for both your auto glass and snow plowing needs for over 15 years. We are locally owned and operated, taking pride in the work we do and the community we serve. Please visit or call, 303-816-GLASS (4527) today!

Yoga Mats for Rent

Beginning October 1, bring your own Yoga mat, or rent a Yoga mat at the front desk for \$5 for your class. Thank you for helping us continue to be environmentally sound and provide the best possible experience for everyone at the Club.

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

Squash

Squash Challenge:

Thursdays in October, 5:00-6:30 pm

Beginner Squash Clinic: Sunday, Oct 16, 10-11 am



Join Karen and squash friends every Thursday evening in October for another of our fabulous squash Challenge events. Take part in a comfortable and fun Beginner Squash Clinic. No experience required, and racquets and eye guards will be provided.

Sneak Peek at November & December

Po-ke-no Night at Nick's Pro Fitness

Thursday, November 10, 5:30-7 pm

Bring an appetizer or dessert and \$10 to play. Everyone is welcome, and child care is available.

Intro to Meditation

Sunday, November 13, 2-4 pm

Mary will guide participants through a relaxing meditation and show how to incorporate quiet reflective time into their daily lives. Sign up at the front desk and pre-pay \$25.

Vino & Vinyasa

Friday, November 18, 5:30-6:45 pm

Lillian will lead November's Vino and Vinyasa. Bring an appetizer, and your favorite wine or other beverage to share. Students and community members of all abilities are welcome.

Self-Defense Seminar

Saturday, December 17, 12:30-4:30 pm

Back by popular demand, Nick Kapande will lead "I Will Fight Back", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older, and will focus on safety for college students home for the holidays. Mr. Kapande, who has over 24 years of self-defense experience, will guide students in protecting themselves from attackers in every-day situations and under various circumstances. Attend the seminar for the first time for \$150, and audit all future self-defense seminars for free. Sign up today.

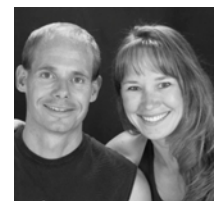
Thank you

Members at Nick's Pro Fitness and a matching donation from Nick and Heather raised \$1045 for the Spencer Page Fund, and provided spaghetti dinners for 40 local families.

Your contributions were used to purchase dinners made by Spencer Page fundraisers, and meals were distributed through Evergreen Christian Outreach. The money raised helped offset medical costs incurred by the family of Spencer Page in his fight against cancer. Spencer's family reached their lifetime medical insurance cap, and have been left with enormous debt. In the last month, over \$12,000 was raised for the Page family, and we are so proud to be a part of this wonderful, caring community. Thank you all for your generosity.

Thank you

Fall is here and the weather is just wonderful. Many thanks for all your support for our new Yoga program, we are very very happy with the level of interest. We have a terrific yoga staff, and there are so many classes to choose from. We really appreciate the efforts by Peak Performing member, Maddee James, who was instrumental in designing the yoga studio. Maddee is a website designer who specializes in designing for authors. She has an amazing artistic spirit and adds class and charm to any space. We thank you, Maddee. We love what you did! The room feels fabulous - and there isn't a detail left unaddressed. When you see Maddee, please offer her a genuine thank you. We'd also like to thank our members for their generosity towards the Page family; while we don't know this family personally, it felt really good to be able to give them over \$1000 during their time of need. Evergreen is a very small town, and it feels good to know that people really do care. Have a wonderful October!



- Heather and Nick

