



the ONE-LEG PRESS

September 2009

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Holiday Hours

Monday, Sept 7, Labor Day: **6 a.m. - 1 p.m.**
Our Monday morning class schedule will be followed; come workout before you enjoy the rest of the day!

Special of the Month

Reward your student with a free day at Nick's Pro Fitness! When you bring your student in, enjoy any class & full use of the entire facility. Ask for a free 30 minute meeting with a personal trainer to discuss keeping a busy student healthy and fit. Find out if Nick's Youth Conditioning Program is right for your young athlete! For more info, call 303.674.6902.

Member News

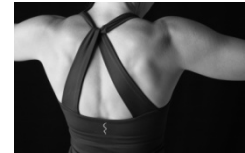
Welcome New Members!

Cathlyn Hollman, Julie Caine, David Hilliard, Alec Tremaine, Jeanne Beaudry, Theresa and Chris Rooker, Judy and Jerry Montry, Catherine Kuck, Michael and Suha Owens, Anne Marie Stratz.

Students are back to school, we are back to the studio, with new classes and new schedules. We all get to have fun while learning something new!

Studio Schedule for September

We've added fun new classes and squash activities, changed some class times, and removed the classes with low attendance. Descriptions of new classes are below. Be sure to see the new schedule at the club and at www.nicksprofitfitness.com/pages/classes.html, and never miss your favorite class!



Child Care Hours Beginning September 1, Tuesday and Thursday evenings are extended to 8:30! Monday evening there will be no child care. Check the studio schedule for complete hours.

TaeKwon-Do is back to a school-year schedule.

Pilates Reformer: New improved schedule & new equipment. More below!

New at Nick's New Classes

Cardio Strength - Increase your strength, agility, balance and cardio vascular health in this class, using weights, cardio work and some apparatus. Great for people of all fitness levels.

Ski "Bums" - Especially for skiers or people who want to work on their lower body. You'll use plyometrics, including jumping, squats, lunging, and balance work, targeting lower body strength and moves for ski season.

Hoop - Not just for kids, hooping is a super fun full-body cardio workout, great for core, abs, back, arms and legs. All ages and abilities are invited.

Yoga with Mitchell - Caters to men & women from beginner to advanced. You'll increase efficiencies in movements used for running, cycling, swimming, snowboarding, skiing, & overall athletic motion.

Pilates Reformer Classes: Beginner- If you have never been on a Reformer before, this is the class to take. Ask our regular Reformer students, you will love it! **Advanced-** For people with a few years experience on a Reformer machine. **Cardio-lates-** Cardio on the Reformer! All levels, no previous Pilates experience necessary.

New Instructor

Help us welcome **Mitchell Robertson**. You've seen him at Nick's in yoga and on the squash court. A high school National Champion and college athlete, Mitchell played semi-pro rugby and plans to join the Denver Barbarians next season. Mitchell has one semester left towards his BS in Human Movement from USSA, and founded the Strider Institute to help

Congratulations, TaeKwon-Do students!

TaeKwon-Do students competed in the PAMA competition and were recognized for all their hard work. Congratulations!

Will Alread
Alex Christensen
Noa Christensen, 2nd Place
Bryce Civiello
Sam Civiello
George Clark, 2nd Place
Molly Clark, 3rd Place
Patrick Clark, 1st Division
Anna Dennis, 1st Place
Emily Fisher, 3rd Place
Chris Gilman, 2nd Place
Andrew Harley
Angus Harley
Jessica Harley, Grand Champ
Cassie Johnson
Dane Kapande, 1st Division
Skyler Mason, 1st Division
Trevor Mason
Spencer Mason, 1st Place
Ellen Reiter
Sam Reiter
Dede Sadecki, 1st Place
Heather Sweeney, 3rd Place
Jackie Theil, 3rd Place
Kalee Warlow, 2nd Place
Zoe Wendler

Dean Graves

Congratulations to **Dean Graves**, who completed climbing ALL of Colorado's 54 14,000' peaks! Dean, we're happy that all those 5 a.m. workouts at the Club pay off. Congratulations!

RECOVER
-our 2009 motto

athletes improve their performance. "I hope to make an impact on athletes, youth, and all motivated people. Hope to see you in class!"

New Pilates Equipment

We continue to expand our Pilates program. Heather S will give a seminar on the use of the equipment when it arrives.

- **Pilates chair** - get an all-in-one workout! There are many fun & challenging exercises that work different areas of your body.
- **Pilates ladder barrel** - excellent support for your spine as you work on strength, stretching, and flexibility.

Club News

Squash

Clinic! Absolute Beginners' Clinic: **Tues, Sept 8, 6-7 p.m.** New squash players are invited, no experience preferred. Racquets and eye guards will be provided. This introduction to one of the most fun court games ever is free to members, and open to non-members for our \$15 guest fee. Tell your friends and support the future of Squash at Nick's.

Tournament! Trinity Bar & Grill presents the **Black Knight Colorado Squash Season Opener**. This nationally sanctioned event is scheduled for September 25-27. For more information, call Karen at 303-949-7493.

After School Squash Program! The perfect after-school activity, squash provides physical & social benefits perfect for youth and is more fun than you can imagine. Students with or without experience are invited to the after school squash program at Nick's. Call Karen at 303-949-7493.

Reminders

Towels Last month we highlighted our hand towels; this month we'd like you to check around your house for any wayward Nick's Pro Fitness towels. Our supply of towels seems to diminish quickly, and we'd rather fund improvements to the facility than have to replace good towels. Thank you to everyone who remembers to leave their towel with us after workout, and to you who bought hand towels for personal use!

Changes Remember, if you make any changes to your account such as adding family members, changing payment options, or requesting a hold, the change will be effective the month following your request. Talk to us so we can keep our records and your wishes in sync.

Thank You!

We appreciate all of you very much! Thanks for your loyalty and commitment. We plan to continue developing the club into a place where we all are positively challenged and appreciated. Have a wonderful Labor Day holiday. Also, potholes in the parking lot will be filled very, very soon. Thanks for your patience. -Nick and Heather

