



the ONE-LEG PRESS

September 2011

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Holiday Hours

Monday, Sept 5, Labor Day
The Club is open 6 am - 1 pm.
We'll hold our regular Monday morning classes, so come workout before you enjoy the rest of the day!

This Month's Winners

Kapande Cash



Congratulations to **John Thompson**, our September **Kapande Cash** winner! John 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! Congratulations John!

Customized Facial

Congratulations to **Holly**

It's not how hard you fall, it's how high you bounce.

Studio Schedule for September

Classes, Seminars, and Special Events



Open House!

Friday, September 9, 5-8 pm

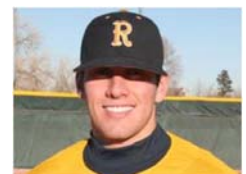
Help us celebrate the Grand Opening of our beautiful remodel! Tour our new Yoga Studio, Spin/Pilates Studio, and spacious new Weight Room. Bring your friends to meet our instructors and enjoy our facility, including our back-yard picnic area and fabulous synthetic-turf field. We appreciate everyone's patience and cooperation through our expansion; your support helped bring to life the welcoming, pleasing, and functional space that now holds the equipment, classes and programs that we all love.

Members who bring a friend are eligible for a wonderful gift from Nick's Pro Fitness!

Bea Green is offering an Open House Massage Special. Gift certificates for Bea's wonderful massage sessions will be available for a special rate only during our Open House. For more information or to schedule a massage with Bea, call her at 303-726-4276 today.

Baseball Lessons at Nick's

Sign up today for **baseball skills lessons with JT Putt**, professional player with the Los Cruces Vaqueros and



O'Connor, who won a free customized **facial** from Jessica Dismuke. Holly joins Jessica's long list of members and non-members alike who benefit from Jessica's marvelous sessions. Congratulations Holly!

Personal Training Session

Congratulations also to **Lucinda Newton**, winner of a **free personal training session**



with our wonderful personal trainer Lisa Delia. Lucinda works at a high level on her own, she'll be unstoppable after a session with Lisa. Congratulations Lucinda!

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

This Month's Special

Spa Special

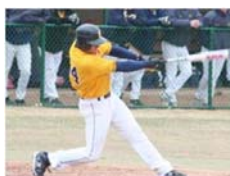
Jessica offers a marvelous September Customized 90-Minute Facial for only \$75!



Welcome the fall season looking and feeling relaxed and refreshed. Call **Jessica at 720-323-6601** today to make your appointment.



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 or in our indoor batting cages. Contact JT at 720-530-4315 or jputt33@yahoo.com.



Child Care Hours starting in September

Monday through Friday, 7:30-11:15 am
Tuesday and Thursday, 5:45-8:15 pm
Saturday, 7:45-11:15 am
Sunday, 7:30-11:30 am

We are happy to provide child care starting at 7:30 am on weekdays and Sundays beginning September 1, making it possible for more people to attend our fabulous early morning classes. Thank you for letting us know how we can best serve your needs!.

New classes

Yoga Program
Over 20 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 new 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. Only in September, current Club members may sample our new Yoga program all month at no charge, and non-members can try Yoga free for a week! Meet our new instructors and find the classes that work best for you.

Group Exercise classes

Monday, Wednesday, Thursday, 9:15-10:15 am

Monday, Super-Fit with Val (starts September 12)

Wednesday, Power Hour with Holly

Thursday, Thursday Thrashing with Lisa

Try these new, very challenging classes and step up your game!

Club News

Welcome New and Returning Members

Tommy Babb, Debra Bills, Cathlyn Haddix, Danny Halama, Susan Halama, Mitch MacArthur, Lucinda Newton, Clark Nielson, Morgan Nielsen, Hjordis Robinson, Leslie Simms, Ashley Ward

In the News

When you need a reliable sitter call Dane Kapande!



Dane has passed his baby sitting course, received his certification, and is currently

available to help you with your youngsters. You can reach Dane at 303-670-4413.

Time to donate

As another school year begins, we are gratefully **accepting donations** for school supplies and food for local families in need. If you shop for school supplies, please remember to buy an extra package of tape, pencils, or any school item for the donations box in our front foyer. Families are also always happy to receive staples such as peanut butter and jelly, tuna, pasta and rice, and the need is perpetual. We are so proud to be a part of such a generous, giving fitness family.

Pilates Reformer, Thursday 8-9 am

Here's another opportunity to strengthen your core, improve your flexibility and breathing in our new Spin/Pilates Studio.

Sunday Spin

Sunday, 8-9 am

Join Cheryl on Sundays in our beautiful new Spin/Pilates Studio and start your week off right.

Anusara Yoga with Desi

Monday, 1:15-2:45

Welcome back to Desi and her wonderful Monday Yoga. Please pay Desi her fee each time you take her class.

New times

TaeKwon-Do

Check the new schedule for our popular TaeKwon-Do classes for children, teens, and adults. Convenient class times allow students and adults the best benefits of training in our rewarding Martial Arts program. For more information, call Nick at 303-679-6267.

Canceled classes

Pilates Reformer: Friday, 8 am

Attend the new Thursday, 8 am or Friday 7 am class, or try one of our other Reformer classes during the week in our beautiful new Spin/Pilates Studio!

Ongoing classes

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

Squash

Squash Challenge:

Thursdays in Sept, 5:30-6:30 pm

Beginner Squash Clinic: Sun Sept 18, 10-11 am

Join Karen and squash friends every Thursday evening in September for another of our fabulous squash Challenge events. Take part in a comfortable and fun Beginner



Visit our New Yoga Studio!

Stop by to see our wonderful Yoga Studio and Spin/Pilates Studio in person! The detail photos are great, but you've got to try out our new space to really appreciate how wonderful it is.



Squash Clinic. No experience required, and racquets and eye guards will be provided. Many thanks to Chris Brandt for the wonderful new finish on the Squash Court 2's floor!

Thank You!

Thanks to everyone for your warm wishes and smiling faces. We are very proud of how the remodel has progressed - and we've received a lot of positive feedback. Thank you! We can hardly remember what the Club looked like just 90 days ago. Crazy!! We now have more space for everyone, a new entryway AND a fully operational Hot Yoga Studio. We truly hope you're all happy with the growth over the past 3 1/2 years. When we arrived at the Club, we had roughly 16,000 square feet, and now we have well over 18,000 square feet of wonderful, functional space! We don't want anyone to worry about yoga - some classes will be hot and some will be just like you remember, only now they will all be in a special space allowing for greater comfort. Please know that your referrals are working - people are definitely coming to check out the Club. Thanks so much, your referrals are our best advertising.



Special thanks to John Murrow - we really appreciate you getting the job done! Please be sure to give John a pat on the back and a special thank you when you see him. He really has done an excellent job. - Heather and Nick

Our 2011 motto: Integrity

* Nick's Pro Fitness * 2932 Evergreen Parkway * Evergreen, CO 80439 * www.nicksprofitfitness.com *
* 303-674-6902 * 303-679-6267 *