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Specials of the Month

On Demand Massage

Our new massage therapist and chiropractor, **Sara Schmidt**, is offering "walk-in" chair massages on weekday mornings. To schedule a table massage or chiropractic appointment with Sara, call her at 303-895-1999.

Spa Special

Jessica is offering a fabulous Microdermabrasion treatment at Nick's! Remove the first layers of sun-damaged skin, reduce hyperpigmentation, and look great for the rest of the summer and into autumn. For an appointment, call Jessica at 720-323-6601 or stop by the front desk.

Kapande Cash

Congratulations to **Dean Graves**, our July **\$50 Kapande Cash** winner, and **Eva White**, the winner of a facial from Jessica Dismuke of **Healthy Glow**. Fill out a ticket at the front desk each time you work out at the Club!



Club News

Welcome New Members:

Rich Audsley, Sam Hudd, Liz Little, Tibor Nappholz, and Jeff McDonald

Welcome Summer Friends:

Blair Bokelman, Cassidy and Mackenzie Mackay

If you don't like something, change it.

If you can't change it, change your attitude. -Maya Angelou

Studio Schedule for August

Special Events

4800 Sit Ups In A Row!

In honor of his 48th birthday, **Nick performed 4810 sit ups in a row, in 3 hours and 7 minutes!** That was 4800 sit ups, plus 10 for good measure. On Monday, August 2, people gathered in the multipurpose room at Nick's Pro Fitness to cheer Nick on. Our own Mitchell Robinson even joined in, doing his own sit-ups the entire time! News coverage included Channels 7, 9, and 13, *The Canyon Courier*, *The Denver Post*, KBCO and EGRN/EGMC radio. Nick beat the time and number records he set 4 years ago when he did 4400 sit ups. Thanks to everyone who stopped by, helped hold feet and count reps, provided music, took photos and videos, and helped celebrate Nick and Mitchell's achievements. The afternoon was an inspiration for everyone in our community and beyond.

We saw not only Nick's physical fitness, but also his generous spirit. Nick asked for pledges of one penny per sit up, with **all proceeds helping defray medical costs for DaKind Soup's Dustin Speck**. What an amazing response you all gave! We will continue to take donations. Just sign the Pledge Sheet at the front desk, and make your checks payable to the Dustin Speck Fund. You can still help this wonderful family, and they want to let everyone know that they are so very grateful for the outpouring of support they've received.

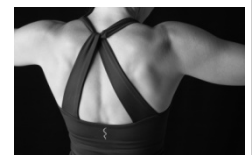
End of Summer Boot Camp for Women with Rich and Fran Tuesday, August 24th, 9 - 11 am

Only 20 women will be accepted for this hard core, one-day Boot Camp. Challenge yourself and have fun too. Sign up at the front desk or call Rich Bell at 303-809-6436 or Fran Tadra at 303-898-5415.

New classes

Mat Pilates, Wednesdays, 9 am

Join our new instructor Erica and improve your flexibility, core strength, & breathing. This class is back by popular demand!



Yoga for Athletes, Wednesdays, 6 pm **New time!**

Same great class, half an hour later!

Canceled classes

Pilates Reformer: Wednesdays 8 a.m. and Saturdays, 10 am

Shonna's going to CU and has a schedule conflict. Lynette will teach the Saturday class beginning September 11.

Zumba: Mondays 6:30 p.m., Thursdays, 8 am

We will welcome Autumn and her Zumba classes back in September. Please attend these classes when they return so we can keep them on our schedule.

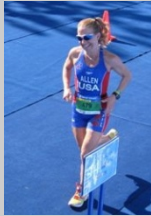
Photo by Wendy Schott



In The News

Our own Iron Man

Our amazing cycle & conditioning instructor **Kathleen Allen** has been invited to compete in the **2010 Iron Man Hawaii Triathlon** in Kona, Hawaii, October 9. Best of luck to Kathleen in the world championship for the International Ironman Triathlon Series.



Another Nick's Pro Fitness Winner

Congratulations to **Fran Tadra**, who purchased the winning raffle ticket from the **Some Nerve** Bicycle Team. Fran was awarded the Trek Radio Shack Madone bicycle! Raffle proceeds went to the **National Multiple Sclerosis Society**. Thanks to Carl Craig, Dave Freyer, and everyone who contributed to helping to help find a cure for MS.



Joy Cox in *Serenity* Magazine:

Nick always finds the exercise that challenges you personally to become your best. Nick's Pro Fitness is like no other program I have ever tried. Trust me, if you could do this on your own, you would have by now!"



Business Spotlight

Jennifer Pennington, who works wonders at the front desk and in our day care, also works wonders with custom cakes. For a scrumptious cake for your special occasion, call Jennifer, **Bubbles Cake Co.**~ at 720-934-1161.

Opportunities at Nick's

Outdoor Event Venue

Our fabulous back-yard, the only private synthetic-turf field in Evergreen, is available for rent! Perfect for sports practice, parties, events, reunions; any activity that requires a lot of room and the benefit of Evergreen's beautiful outdoors. For more information, contact Heather at 303-679-6267 or heanick@nicksprofitfitness.com.

Hoop and Nia, Wednesdays, 9 am

We had so much fun out on the field when the weather cooperated (most of the time), that we have plans to bring these clinics back again. Thanks Annie, for keeping us on our toes and our hips a-moving!

Ongoing classes

To see all the classes available to all Club members, go to www.nicksprofitfitness.com/pages/classes.html.

Squash

One Night Tournament: Thursday, Aug. 12, 5-7 pm

Entry Fee only \$10! Sign up at the front desk or call Karen at 303-949-7493.

Beginners Clinic: Sunday, August 29, 10:15-11 am

FREE! Perfect for first time players, all equipment will be provided. Drop in and enjoy the fun!

Sneak Peek at September

Party at Nick's!

We're having a party on Saturday, September 11, from 2-5 pm on our beautiful new outdoor field. Meet those members you keep hearing about and wish you knew! Bring your favorite 3-2 appetizer, or try a new recipe on your friends. The person providing the tastiest 3-2 appetizer will win \$50 of Kapande Cash. Come have fun with our wonderful Nick's Pro Fitness family.

Early morning classes. For you early-early birds, we are pleased to offer three new 5:15 am classes on our September schedule only. Stop by Mondays and Fridays at 5:15 am for fabulous Core Conditioning, and Wednesdays for a 5:15 spin class, all led by our new instructor Michele Sodon. Plan for early workouts in September. We'll keep the classes on the schedule if we have a good response.

Thank You!

Thank you so much for your continued support. What a wonderful summer we've had, resulting in a big, beautiful field and exquisitely refurbished saunas ready for everyone to enjoy! We look forward to a wonderful fall. We're already working on bringing back some of your favorite classes in September. We absolutely love what we do and can't wait to keep bringing more wonderful things to everyone at the Club. Please let us know if you have any great ideas for us, we appreciate your input. Best wishes for a terrific end to your summer.

- Nick and Heather



REINVENT

-our 2010 motto

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* www.nicksprofitfitness.com * 303-674-6902 * 303-679-6267 *