



the ONE-LEG PRESS

Our 2011 motto: Integrity

August 2011

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This Month's Special

Jessica offers a **Back to School Special** this month! Mom and son or daughter can each receive a marvelous, customized facial for only \$100 total! Start the school year looking and feeling relaxed and refreshed. Call **Jessica at 720-323-6601** today to make your appointment.



Kapande Cash

Congratulations to **Dana and Cornell Bossert**, our July **Kapande Cash** winner, and **Joy Cox**, winner of a **facial** from Jessica Dismuke.

Congratulations to **Claire Chaplais**, winner of a free **personal training** session with personal trainer Lisa Delia.



If you don't know where you are going, you'll end up some place else. -Yogi Berra

Studio Schedule for August

Classes, Seminars, and Special Events

SELF-DEFENSE SEMINAR

SPECIAL

Saturday, August 13, 12:30-4:30 pm

Back by popular request, 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 as another school year begins. 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.

Integrative Massage

Wednesdays, Saturdays, Sundays through August

Bea Green, our newest Massage Therapist, combines the stress-relieving strokes of a Swedish massage with therapeutic deep-tissue pressure in order to "quiet your mind to listen to your body". Only \$40 for one hour and \$60 for an hour and a half, this offer is valid for sessions from 8/3/2011 - 8/31/2011. **Call Bea Green at 303-726-4276** to schedule your appointment today!

To see all the classes available to all Club members, go to

<http://www.nicksprofitfitness.com/schedule.php>.

Sneak Peek at September

Club 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.

Child Care Hours starting September

Monday through Friday, 7:30-11:15 am

Tuesday and Thursday, 5:45-8:15 pm

Saturday, 7:45-11:15 am



Club News

Welcome New and Returning Members

Rebecca Caldwell, Gabriel and Olivia Caldwell-Nepveux, Kristina Eklund, Susan Halama, Victoria McGuire, Michael Nepveux, Ethan Rouse.

In the News

Congratulations to the Bear Creek

Bandits Baseball Team, the 2011 USSSA

Colorado State Champions and the Triple Crown Colorado State Champions.

Dane Kapande (pitcher, outfield) and Dante Tamez (second base) and their Bandits teammates began their training last October, often making good use of the batting cages here at the Club. Their dedication and hard work resulted in the Bandits being the first 12 Majors team to win both championships in the same year. Watch for Chaz Hudd's upcoming *Colorado Serenity* article featuring the wonderful Bandits.

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. Staples such as peanut butter and jelly, tuna, pasta and rice are greatly appreciated. We are so proud to be a part of such a generous, giving fitness family.

We are happy to provide child care starting at 7:30 am on weekdays 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.

What's All That Noise: The Sequel

These photos are great, but you've got to try out the new Weight Room to really appreciate how wonderful it is! Stop by and see us as soon as you can!



Our NEW Weight Room is here!



**Remember to open our albums on Facebook to see more photos of the exciting transformation happening at the Club.

Congratulations to all participants in the Mount Evans Hospice Freedom Run. We had a blast hosting the finish line and after-race celebration in our beautiful back yard. Many thanks to **Dale Lovin**, who generously made an extra donation to Mount Evans Hospice and Home Health Care for each NPF member who registered in the race! A list of all participants is online at www.raceresults.com. We're especially proud of our members who shined in their categories: **Fred Buchwald, Jackie McJunkin, Kathleen Allen, and Joy Poirot**. Race records show that these NPF members and instructors ran and walked the race: Kirra Antenucci, Nikki Antenucci, Ryan Antenucci, Carla Anthony, Ellen Connelly, Michael Connelly, Hannah Freyer, Christie Greene, Steven Gorden, Mary Haave, Jana Hamilton, Lane Hamilton, Lane Hamilton II, Jessica Harley, Sue Harley, Dane Kapande, Troy Kapande, Tyler Little, Sammy Little, Jackie McJunkin, Shelley Morton, Andre Nieuwenhuizen, Steve Roberts, Paul Regan, Cat Sellaro, Faith Smith, Travis Smith, Kristine Stump, Shelley Morton, Bob Waldman, Joan Waldman, Kaylee Wardlow, Mark Wardlow, Ashley Eleanor, Isabel, Jeb, John Williamson and their dog!

Thank You!

Many thanks to everyone for being so pleasant about our remodel. We really appreciate your patience. Hasn't the contractor, John Murrow, done an amazing job? It is with great pleasure that we announce our new and improved weight room is officially open for business. We feel such pride when we view the faces of our members seeing and working in the new, spacious area. Next on the agenda is to complete the Spin/Pilates Studio, then the Yoga Studio. They are going to be beautiful. Please be sure to let your friends and family know about all of our changes. Your referrals are helping the Club grow. We'd like to personally invite you all to attend our upcoming Open House on Friday, September 9th from 5-8 pm. Any member who brings a friend to this event will receive a special gift, courtesy of Nick's Pro Fitness. We appreciate you! Thank you for your continued support.

- Heather and Nick



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