



the ONE-LEG PRESS

December 2010

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We are CLOSED

Christmas Day & New Year's Day
Saturday, Dec 25 & Jan 1

HOLIDAY HOURS 6 am - 1 pm.

Friday, Dec 24 & Friday, Dec 31.

Child care available 7:45-10:15. Our doors open at 6 am and close promptly at 1 pm.

Spa Special of the Month

Receive \$20 off a fantastic \$90 microdermabrasion treatment. Brighten your skin for the holidays and save money too! To make an appointment, call Jessica at 720-323-6601.

Kapande Cash

Congratulations to Tom Lukich, our November \$50 Kapande Cash winner, and Shelby Imes, the winner of a facial from Jessica Dismuke of Healthy Glow. Remember to fill out a ticket at the front desk each time you work out at the Club!



Club News

Welcome New Members, returning members, and friends on holiday break:

Madeline and Kathryn Jacobson, Rob Brewer, Jennifer Jeans, Sara Killian, Carol Kresge, Risa Holmes, Dan Lincoln, Gretchen Moritz, Kevin Mullin, Linda Nielander, Laura Pucci, Patty and Ed Rowland, Susie & Rudi Siebert, Sara Schmidt, Tessa Spialek,

"Most folks are about as happy as they make their minds to be."

- Abraham Lincoln

Studio Schedule for December

Special Events

Amazon Herb Company Information

Thursday, Dec 9, 8 am -12 noon

Find out more about Amazon Herb Company and the amazing healing botanicals available at Nick's Pro Fitness. Jani McCarty will be on hand to answer all your questions.



Celebrate Fran's 20th

Wednesday, Dec 15, 12 noon

Help us celebrate Fran's 20th anniversary here at the Club! We can't even begin to count the number of people Fran has helped to get in shape and keep in shape throughout the years. We're so happy to have her as part of our fitness family, and we invite everyone to share yummy refreshments with us at noon.



New classes

Zumba, Mon at 8 am: By popular demand! Be sure to join the fun and keep this great class on the schedule at its new time.

Flirty Girl, Tuesdays at 9 am: Erica will show you a new way to condition the entire body, targeting specific muscle groups while maintaining super fun, non-stop cardio-dance moves. Sorry boys, ladies only.

Conditioning, Friday 6-7:30 am: Mitchell will combine circuit training, body weight exercises, and sprinting, and end with a yoga/stretch session to get you ready for the day!

Cycle, Friday 8-9 am: Time again to spin inside, here's another opportunity for you! Let's welcome our new instructor Cheryl Barr, who comes to us with decades of experience.

Canceled classes

Zumba, Monday, 6:30 pm: Zumba moves to Monday morning.

Body Blast, Wednesday, 12 pm: Body Blast remains on Fri, 7:45 am.

Ongoing classes

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

Squash

Squash Christmas Party Round Robin, Sunday, December 19, 10-12:

Sign up at the front desk or contact Karen Kelso, karenkelso13@gmail.com or 303-949-7493.

Becky Stading, Rochelle Stanley,
Kathleen Willis, Warren Zimmer.

Welcome new staff

Cheryl Barr is teaching spin once again, and we're so happy to have her sharing her decades of experience with all of us here at Nick's!

We're excited to welcome **Robin Hayes** to our wonderful team of Child Care providers. Robin's background as a Park Ranger and dedication to fitness make her a perfect fit for working with our Nick's Pro Fitness families and children.

Liz Little began her journey into the world of Yoga 6 years ago, and is a Core Power Yoga instructor. Liz is a long-time Nick's conditioning student who looks forward to making a difference in people's lives through Yoga.

Ellie Petrik is an Evergreen native who loves to ski, mountain bike and play soccer, and brings youthful enthusiasm and energy to the Monday morning spin class. Let's fill the bikes in the room and make Ellie feel welcome!

In The News

Denise and Jeff McDonald were featured in the recent *Serenity* magazine. Among other things, Denise says that no one can push you to be your best like Nick, and Jeff says that feeling this good is worth the commitment!



Watch **NBC TV** for the story on our instructor **Kathleen Allen** and other inspiring Ironman athletes, to be aired Saturday, December 18, 4-6 pm. Thank you to everyone who attended Kathleen's classes during Ironman TV's filming here at Nick's. Kathleen is an inspiration to all of us, and as John Meyer wrote in the *Denver Post*. "And now through Ironman, her inspiration will touch a national audience." Go Kathleen!



Sneak Peek at January 2011



Amazon Herb Company Information Thursday, January 20, 8-10 am

Find out more about Amazon Herb Company and the amazing products from Amazon Herb Company available at Nick's Pro Fitness. Jani McCarty will be on hand to answer all your questions.

Health Screenings: Join us for our **second annual health screening!** Dorie Collier will conduct targeted check-ups at Nick's on **Tuesday, Jan 25th, 6:30-8:30AM**. Dorie's Healic tests include body fat analysis and blood tests. Start the new year off with the information you need to evaluate your fitness and nutrition, and to make any updates to help you reach your ultimate health! We will host Dorie every January; don't miss this chance to start your health score card right away. Cost is \$60; call the Club today to make your appointment and to get information on preparing for your screening.

Club News

Ring the bell for the Salvation Army

Ring the bell at Walgreens! Shifts are Monday through Friday, 11 AM - 1 PM through December 24th. Sign up at the front desk and help our community this holiday season.

The perfect holiday gifts!

Rent a locker at the Club for your sweetie, and be thanked all year long! Our special gift to you is one free month with a one-year locker rental. Stop at the front desk for details.

We will draw names from our Kapande Cash tickets and award three beautiful **NPF Holiday Gift Baskets** this year. Remember to fill out a ticket every time you work out!

Gift certificates for **Squash Lessons** with Karen Kelso, available at the front desk, or call Karen at 303-949-7493.



Amazon Herb Co. Products

Sore muscles recover faster with **Recovazon**, this month's Amazon rain forest featured product. **Recovazon provides relief from muscle and joint soreness**, and helps build a healthier response to inflammation. Help your body achieve a natural state of renewal with Recovazon. Stop by the front desk for a free sample! For more information, go to www.herbtreasure.com or contact Jani McCarty at 303-301-4577, in partnership with Nick's Pro Fitness.

Thank You!

Many thanks for a fabulous 2010. We are very blessed to have all you wonderful folks in our lives. We appreciate you - and we want to extend our very best wishes for a happy, healthy, prosperous 2011. Be sure to get your holiday workouts in. -Heather and Nick



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