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Holiday Hours

Sunday, July 4th: 6 a.m. to 1 p.m.
Enjoy your holiday!

Special of the Month - Spa

Special! Our wonderful Annie and Jessica offer a **body scrub or 30 minute massage with detox body wrap, plus a customized facial** for the month of July. Call Annie at 303-589-3482 or Jessica at 720-323-6601 today!



Kapande Cash

Remember to fill out a ticket at the front desk each time you work out at the Club. Congrats to **Bob Waldman**, our May **\$50 Kapande Cash** winner, and **Judy Parr**, the winner of a facial from Jessica Dismuke, **Healthy Glow**.



Welcome New Members:

Jamie & Tal Arnold, Cody Black, Cassie Cisneros, Debbie Davis, Justin and Katie Gooch, Nancy Heister, Chris Holms, Bernadette Hunt, Natalie Kruger, Jennifer Pennington, Nancy Pinkham, Steve Roberts, Alex and Grace Van Poppel, Lisa Stewart, Scott Williams

Pain is unavoidable; suffering is optional. -Nick Kapande

Studio Schedule for July

Introduction to Pilates Reformer
Wednesday, July 7, 9 a.m. Free!



Learn how to improve flexibility, core strength, breathing, and rehabilitation through Pilates Reformers. For new students only, sign up at the front desk for a free introductory class with Shonna.

Nia with Annie, Summer Clinic! Wednesdays, 9 a.m., July 7, 14, 21

Join Annie's Introduction to Nia out on our fabulous new field and feel great all week long. This combination of martial & healing arts and dance is fun for everyone, including athletes, dancers, fitness instructors, children, and special needs individuals.

Body Blast with Chris: Fridays, 7:15 a.m.

Get a total-body work out with Chris as he combines traditional conditioning and cardio to get you in great shape!

Canceled classes

Body Blast with Mishelle, Fridays at 7:15 a.m.

Mishelle will be back in the fall; join Chris for his total conditioning class on Fridays at 7:15 a.m.

Under consideration

Mat Pilates: Monday, 8 a.m.

We'd love to keep this class, please show up if you feel the same.

Zumba: Monday, 6:30 p.m. & Thursday, 8 a.m.

Attendance is low in both classes, and we may have to consolidate.

Be sure to put your favorite class on your schedule so we can keep it on ours!

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, July 22, 5-7 p.m.

Entry Fee only \$20! Sign up at the front desk or call Karen at 303-949-7493.

Beginners Clinic: Sunday, July 18, 10:15-11 a.m. FREE! Perfect for first time players, all equipment will be provided. Drop in and join the fun!

Welcome Summer Friends:

Chandler Griffin, Brian Mullin,
Christie Ritter, Chris Round

In The News: Sterling Nelson, Evergreen Jazz Festival

When our own Sterling Nelson isn't stretching or using the machines at Nick's, he's overseeing the Evergreen Jazz Festival, the amazing music festival he founded in 1999. Jazz musicians from across the country will visit and play in Evergreen this year on July 23, 24, and 25. For more info, see

www.evergreenjazz.org.

Business Spotlight

Summer Horse Camp at Westwood Riding Club!

Vicki Hill uses her energy from Nick's class to offer full week or one-day classes to horse lovers! To sign up for July 12-16 or August 2-6 and learn about riding, grooming, horse safety and more, call Vicki at 303-901-1680.

Opportunities at Nick's

Massage Therapist

If you are a massage therapist and would like to work at our beautiful facility, we currently have a room available for rent! For more details, contact Heather at heanick@nicksprofitness.com or 303-679-6269.

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@nicksprofitness.com.

Club News - Good ideas

Autopay

Do you auto-pay your dues with a credit card? We still pay processing fees on over 100 credit card drafts each month. If you switch to EFT (direct pay from your checking or savings account), the money saved is invested back in the Club, and we all benefit. Call 303-674-6902 or stop by the front desk to make the change!



Parking lot

We're striped! Please continue to drive and park with care, between the newly painted yellow lines, to insure safe passage in and out of the lot for everyone.

Please re-rack your weights

To the members who use weights and don't re-rack; please leave enough time in your workout to put weights back where they belong. It's difficult for some people after you to use the equipment when your weights are left there, or leaning against the machine or a wall. Thank you to everyone for helping our Club to continue being a place we all enjoy.

You've got to drive the body to the last inch of energy, and then go on. You gain nothing by just going up to where you are exhausted.

The body will only build and grow to fit the demands which the mind makes. If all you do is exercise until the body is tired, the body will get lazy and stop a bit shorter every time.

You have to go to the point of exhaustion and go on. That way, the body will figure out, "We've got to build up more body strength if that crazy mind is going to drive this hard."

If you always quit when you are merely tired, you will not gain. Once you let the body tell the mind when to quit, you are whipped for sure. You cannot gain listening to the body.

We can become stronger. We only use about half the available strength of our bodies and less than that of our minds!

We can always take one more step! When we are on the attack, we can always go one more mile.

-General George S. Patton, Jr.
(Thanks, David, for dropping this off for Nick!)

Thank You!

We appreciate your continued support. Thanks for believing in us. - Heather and Nick



REINVENT

-our 2010 motto

* 303-674-6902 * 303-679-6267 *