



# the ONE-LEG PRESS

Our 2011 motto: Integrity

July 2011

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## Holiday Hours

On Monday, July 4th, we will be open from 6 a.m. to 1 p.m. The Mount Evans Hospice and Home Health Care Freedom Run will finish here at the Club, and after-race activities will take place in our field. Please park on the frontage road or at the Tennis Bubble when you come for your workout. **Please note that all Club classes have been cancelled for July 4th.**

## This Month's Special

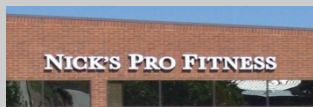
Schedule a wonderful microdermabrasion treatment with Jessica for only \$75! Call Jessica at 720-323-6601 today to make your appointment.

## Kapande Cash

Congratulations to **Avis Nelson**, our June **Kapande Cash** winner, and **Amanda Stone**, winner of a **facial** from Jessica Dismuke.



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



## Club News

### Welcome New and Returning Members

Jonah and Tal Arnold,  
Garrett Autry,  
Sydney Barnard-Hogling,  
Sam Bittner- Baird, Tammy Drozda, Doreen Evans, Toby Freyer, Ann Kenchel,  
Brian and Jennifer McGrath, Mackenzie Miller, Katherine Moyle, Clark Nielsen, Ryan O'Toole, Claudia Peterson, Victor Ramirez, Scott Recknor, Maja and Samantha Sagasar, Jennifer Smiley

*Progress always involves risk; you can't steal second base and keep your foot on first.*  
- Fredrick Wilcox



## Studio Schedule for July

## Classes, Seminars, and Special Events

### Mount Evans Hospice and Home Health Care Freedom Run Monday, July 4th

We are so pleased to host the after-race festivities for the 30th Annual Mount Evans Freedom Run! The race will finish in our parking lot and participants can enjoy wonderful activities in the field at Nick's after the race. Dale Lovin, local supporter, will donate \$5 to charity for every Nick's Pro Fitness member who participates in the race. Mount Evans will provide free child care for a limited number of children from 7 to 10 am at Nick's, please call 303-674-6400 to reserve your space.

### Sports Speed Camp

Now through July 25

**Mondays & Wednesdays, 10-11:30 am**

Mitchell Robertson is still accepting students in his Sports Speed Camp for young athletes, ages 9-12. Mitchell is focusing on sports strength building, sprinting form, sports specific drills, and more in this summer intensive. Participants will improve and learn skills that will help in any sport. Sign up today! Call Mitchell at 214-500-9515.

### New Massage Therapist

**Bea Green** will offer free chair massages beginning in July. Watch for Bea and her chair in the lounge area, and get her contact information for when you need a fabulous massage during evening and weekend hours.

### Hoop Clinic

**Hoop: Wednesday, 9-10 am (July ONLY)**

Join us on the field again this summer for a great workout that feels like play! Annie leads a fun hoop class, where you laugh while you strengthen your core, tone your muscles, sculpt your waistline, calm your mind, burn calories and learn cool tricks. Use one of our hoops, or bring your own.

### Class Changes

**Yoga with Weights: Monday, 9:15-10:15 am**

This great class has moved from Wednesday at 9 am. Join Melanie for a wonderful combination of strengthening, stretching, and reflection.

### In the News

**Congratulations to Rich Bell**, celebrating his 2nd Anniversary as a Personal Trainer here at Nick's! Rich's presence and contributions are very much appreciated by all of us at the Club. Please congratulate Rich when you see him motivating a client or himself through one of his challenging sessions.

**Congratulations to Konrad and Ania Ladow**, whose accomplishments on the squash court were featured in the June 15th issue of the *Canyon Courier*. With national Squash rankings, both have won championships in their age groups. Konrad and Ania are preparing for summer tournaments across the country, playing squash in the Club with their mom and dad, Eva and Paul, and with their teacher and our squash pro, Karen Kelso. Paul is most proud of Konrad and Ania's sportsmanship and ability to stay focused in training - we agree!

### 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 29, 30, and 31. For more information, see the Festival website, [www.evergreenjazz.org](http://www.evergreenjazz.org).

### Let's all help each other

With the construction and closer quarters than usual, it is more important than ever to **rack your weights** and **return all equipment** to its proper place in the Club. We all benefit!

### Power Vinyasa II: Thursday, 9:15-10:30 am

Shelly has extended her intermediate-level Vinyasa class to give students 15 minutes more of her fabulous instruction.

### Ongoing classes

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

### What's All That Noise?

Here's a sample of the wonderful updates happening at the Club. Come visit us and see the progress for yourself, and check out more photos on our Facebook page.



From this....



to...



This!



Weight Rm/Pilates/Squash Ct.



Upper level - Yoga Studio

### Thank You!

A big thank you to Kim Kersting who is providing the Club with safer, more durable and structurally sound front steps. We didn't anticipate the project needing as much attention as it has, but we've been in very good hands with such a professional. Another heartfelt thank you to John Murrow who is leading the way in providing the Club with a much bigger weight room, a dedicated spin/pilates room and our much-anticipated hot yoga room. We are very fortunate to have John's expertise and dedication keeping this project moving. And last but not least, a very big thank you to Pete Schlicht, who has filled the pot holes in the parking lot. We are super excited to watch the development of all these summer projects. We want to keep the impact to a minimum but we genuinely appreciate everyone handling the equipment placement, class changes and contractor noise with such grace and dignity. It won't be long before everything is finished and we are really enjoying the benefits - FOREVER. It's gonna be great! PS. Don't all the flowers blooming in the garden look great?!



- Heather and Nick

