

In This Issue

- Studio Schedule
- New at Nick's
- Summer at Nick's
- Holiday Hours
- Specials of the Month
- Kapande Cash
- Club News
- In the News
- Business Spotlight

Special of the Month

Spa Special!

Jessica is offering a fabulous Microdermabrasion package: save \$90 when you purchase a series of 5 treatments! Remove the first layers of sun damaged skin, reduce hyperpigmentation, and look great throughout the summer months. For an appointment, call Jessica at 720-323-6601.

Kapande Cash

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



Club News

Welcome New Members:

Kevin Berg, Kassie Holm, Gabby Hooton, Abbie Krane, Ann Kruger, Nicole Orozco, Adam Parkes, Falyn, Kaylie, Keith & Riza Pykkonen, Rita Rice, Lori Riley, Lothar Schmidt, Lisa Stewart,

Either you run the day or the day runs you. - *Jim Rohn*

Studio Schedule for June

SELF-DEFENSE SEMINAR with Nick Kapande

Saturday, June 12, 12:30-4:30 p.m.

Once again by special request, Nick will present "I Will Fight Back", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older. Attend the seminar for the first time for \$150; audit future self-defense seminars for free.



Transformation Seminar with DALE HALAWAY

Saturday, June 19, 12:30 - 4:30 p.m.

We are pleased to present world-renowned speaker Dale Halaway and his **Transformation** seminar. In this FREE workshop, learn important life skills including how to change any aspect of your life for the better, how to recognize when it's time to change, and how to let go of negative thoughts quickly and effectively. Mr. Hallaway is a leading authority on personal and business transformation, and entrepreneurial success. This special workshop is open to all Club members and the community.

Summer TaeKwon-Do Schedule

Monday: 10:30-12:30 p.m.
 Tuesday: 10:30-11:45 a.m.
 Wednesday: 10:30-12, 6:15-8:15 p.m.
 Thursday: 10:30-12, 6:15-8:15 p.m.
 Friday: 10:45-11:45 a.m. Advanced, green belt and up.
 Saturday: 10-12 a.m.

REINVENT

-our 2010 motto

New classes

Introduction to Pilates Reformer **Free!**

Wednesday, June 9, 9 a.m.

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.

Hoop with Annie - Outdoor Summer Clinic!

Wednesdays, 9 a.m., June 2, 9, 15, 23, 30

It's back! You will smile the entire hour as you hoop, learn tricks, and have fun while getting fit. A perfect outdoor summer activity.

New times

Pilates Reformer: Fridays, 7:15 a.m. and 8:15 a.m.

Check below for the canceled classes; the remainder of the schedule stays the same.

Valerie and Jon Westmark
Welcome Summer Friends:
Sam Bittner-Baird, Laynie Barringer, Ian Gilchrist, Zach Hill, Joseph Schwer, Emily Stading, MacKenzie Worley

In The News

Everyone who saw the testimonial by **Vasiya Capparo and Vlad Jones** in Serenity could relate to Vlad: "Nick is like Superman. He is strong and he wants me to be strong too." Vasiya wrote, "My favorite part of class is when we reflect on why we are there, what is important in life and how to change our attitudes to manifest success. Nick's is one of the most positive, uplifting & strengthening experiences of my life."



Business Spotlight

Flowers For Food benefits Colorado Horsecare Foodbank!

Purchase beautiful planters, baskets, and individual plants while supporting this important non-profit. Contact Juliana at 303-670-6762, horseknit@evcohs and help keep people and their horses together during difficult financial times. www.horsefoodbank.org

If summer has you ready for fix-ups, **Buff Boys Painting** provide thorough, dependable and quality painting on interior and exterior jobs. Ask about their special: house gutter cleaning for \$50-\$125! Contact Zach, 303-620-6629 or zachhillinco@gmail.com.

Do you need a babysitter?

Jessica Allen, daughter of our wonderful instructor Kathleen and Nick's student Ben, is available for babysitting this summer. For Jessica's help, call Ben at 303-704-9388.

Canceled classes

Yoga with Nancy: Thursdays, 6:15 p.m.

Catch a great evening Yoga class on Tuesday or Wednesday instead, and watch for this class to return in the fall.

Boot Camp with Chris: Friday, 6 a.m. Watch for this class in the fall.

Pilates Reformer: Tuesday, 12:00 & Friday, 9 a.m.

Let's fill up the other many Reformer classes!

Under consideration

Mat Pilates: Monday, 5:15 p.m. & Tuesday, 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

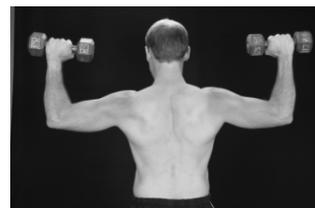
To see all the classes available to all Club members, go to www.nicksproffitness.com/pages/classes.html.

New at Nick's

New Programs

Pilates Private Lessons

As part of her National Certification in Pilates training, Lynette Appelhans is offering private Pilates lessons at a special rate for a limited time. To take advantage of this special offer, contact Lynette at 303-550-8268, lynettea@evcohs.com.



Advertise!

Imagine your company's logo prominently displayed for all to see on the squash courts at Nick's Pro Fitness! We have space available for just 6 businesses on the backstops in Squash Court 1 and Squash Court 2, available for only \$150 for a three month period. Call us right away at 303-674-6902 to take advantage of this amazing new opportunity.

New Event Venue

Our soon-to-be beautiful back-yard is available for rent for 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@nicksproffitness.com.

Thank You!

It's official - the deposit for our synthetic turf field has been made and construction will begin on Thursday. We understand it to be a 3 week process. It is our hope to use the field for the Club, while also renting the space out to various sports teams as well as allowing for private parties. We will be finishing up the parking lot striping as soon as possible - we apologize for this taking longer than we would like. Thank you all for your continued support. We appreciate your business, and our focus remains on building this Club to be the best in town. Our very best wishes to you all. Have a wonderful June! - Heather & Nick



Classified: Motivated seller: beautiful, red felt regulation-size **pool table**. Includes balls and racks. \$750 OBO. Call Heather at 720-331-1645.

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