



the ONE-LEG PRESS

May 2010

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New Club Hours

We are now open on Saturdays and Sundays from 6:30 a.m. to 6:00 p.m. We're happy to accommodate your requests! Please be respectful of our staff and be sure to be out the door before closing time throughout the week and on weekends. Thank you!

Holiday Hours

Monday, May 31, Memorial Day: 6 a.m.-1 p.m. Enjoy your day!

Specials of the Month

Sponsor a friend!

Ask your friend to join Nick's Pro Fitness and you can receive **one free month of general membership!** This offer is for current members whose referral results in a new member who joins Nick's with a signed two-year contract. Stop by the front desk for more information on this incredible special, and tell your friends!

Mother's Day Spa Special

Our wonderful Annie Waesche and Jessica Dismuke together will offer a **mini massage, detox body wrap and customized facial** for the month of May. Call Annie at 303-589-3482 or Jessica at 720-323-6601 for details on this terrific treatment, or to make an appointment for yourself or for that special someone!

Kapande Cash



Remember to fill out a ticket at the front desk each time you work out! Congratulations to April winners **Richard Lehman** (\$50 Kapande Cash) and **Tracy Poepping**, (Healthy Glow facial).

Club News



Welcome New Members:

You may want to read this issue more than once, there is so much going on at the Club! From inspirational seminars to new classes, squash tournaments and Zumba parties to community service projects, we're welcoming a new season. Join in the fun!

Studio Schedule for May

ZUMBA FOR A CURE! ***SPECIAL***

Friday, May 7, 7:45-9:30 p.m.

Please join us for this very special event! The evening will include three instructors, almost two hours of Zumba workout and dance, door prizes and a raffle, all benefiting the American Cancer Society. Bring your friends and a minimum \$10 donation. Everyone is welcome!



AWAKEN THE ENTREPRENEURIAL SPIRIT WITHIN DALE HALAWAY SEMINAR ***SPECIAL***

Saturday, May 15, 12-4 p.m. We are pleased to present world-

renowned speaker Dale Halaway and his empowering business seminar, "**Awaken the Entrepreneurial Spirit Within.**" In this FREE workshop, you will learn 4 key steps to entrepreneurial development, and the strategies you need to build a successful entrepreneurial business. This special Amazon Entrepreneurial Program is open to all Club members and the community.

New classes

Introduction to Pilates Reformer with Shonna **Free!**

Monday, May 10, and Thursday, May 13, 9 a.m. Improve flexibility, core strength, breathing, and rehabilitation. For new students only.

Zumba with Autumn: **Mondays, 6:30 p.m. Thursdays, 8 a.m.**

It's back! Enjoy this exciting hour of calorie-burning, body-energizing, awe-inspiring movements complete with Latin flavor and international zest. Join the party!

Yoga with Mitchell: **Wednesdays, 5:30 p.m.**

Same great yoga class, additional day!

Canceled classes

Cycle: Tuesday and Thursday, 5:30 p.m., Wednesday, 9 a.m.,

Thursday, 8 a.m. Who wouldn't prefer to ride outside during summer? Watch for the return of these classes in the fall.

Ongoing classes

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

www.nicksprofitness.com/pages/classes.html.

Squash Amateur Squash Tournament: **Friday-Sunday, May 21-23**

Amateurs from around the state will vie for a \$100 cash prize! To enter,

Julie Antenucci, Andy Baird,
Micaela Gilcrest, Jill Lawrence,
Zachary Lee, Trevor Olson, Amy Van Horn

Community Service at Nick's

Ambitious students from Mrs. Darrington's third grade class from the Rocky Mountain Academy of Evergreen spent 3 hours at Nick's, adding polish, sparkle and shine to our facility. These great kids worked hard as they cleaned machines, washed mirrors and windows, fixed fruit baskets and set a great example of giving. Many thanks to the entire class for sprucing up our Club to make it more pleasant for all of us!

Harmonized Water

Improve your health with this amazing Osmosis product, available for purchase at Nick's. Choices include products that enrich hair and nails, enhance relaxation and sleep, and treat muscle soreness and skin problems. Harmonized water is treated with energy frequencies designed to target specific body rhythms to heal at the cellular level. Stop by the front desk for more information and to buy your Harmonized Water today.

In The News

Good Luck to Eduardo Jimenez, who will be running in the Denver Marathon in May. Give Eduardo your support when you see him training on the equipment at Nick's, or in Elk Meadow when the weather cooperates!

Patty Rowland was featured in *Serenity* magazine about her experience in Nick's conditioning class: "Losing weight and body fat are nice benefits, but Nick's program is about far more than that. Nick cultivates a healthy lifestyle that centers around daily exercise, wherever you may be. I realize that every day I show up, I will be challenged and leave exhausted and excited about the next class. I have never felt this strong or fit. Nick has helped me take fitness to the next level. One of Nick's favorite sayings sums it up well: 'Not mean, just tough.' It's truly a class for those who regard a fit and healthy lifestyle a priority."

Classified

Motivated seller: beautiful, red felt regulation-size pool table. Includes balls & racks. \$750 or best offer. Call Heather, 720.331.1645.

REINVENT

-our 2010 motto

stop by the front desk or call Karen at 303-949-7493.

New at Nick's

New Programs 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.

Sneak peek at Summer at Nick's

Here is a review of what's coming to Nick's in June and July. Watch for details in next month's newsletter, and check out the new Digital Sports Board above the coffee bar at the Club. You can also stop by the front desk for more information.

Summer Clinics We're hosting special outdoor summer clinics!

Hoops with Annie: Wednesdays in June.

Nia with Annie: Wednesdays in July

Summer Seminars

SELF-DEFENSE SEMINAR

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 for the first time for \$150; audit future self-defense seminars for free.

SELF-IMPROVEMENT SEMINARS

Saturday, June 19, 12:00 - 4:00 p.m.

Dale Halaway will present a free **Transformational Seminar**, open to all Club members and the community.

Saturday & Sunday, July 10 & 11, 9:30 am - 6:30 pm

Mark your calendar for Dale Halaway's two-day **Relationship Seminar**, to be held at Nick's Pro Fitness. Watch for more information coming soon.

Thank You! It is with much gratitude that we continue striving to make Nick's Pro Fitness the best place in town to workout. You all amaze us with your kind words, considerate gestures and thoughtful ways. Many thanks to everyone for helping us move closer to achieving our dreams. We appreciate you.



- Heather and Nick