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## Holiday Hours

**Thanksgiving Day,  
Thursday, November 25:**

**We are open 6 am - 1 pm.  
Child care available 7:45 - 10:15.**

We will close promptly at 1 pm.  
We ask your cooperation in making the holiday enjoyable for *everyone*, especially for those who work that day.

Friday, Nov. 26, the Club is open our regular hours, 5 am - 8:30 pm.

## Spa Special of the Month

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

## Kapande Cash



Congratulations to **Gary Shaw**, our October **\$50 Kapande Cash** winner, & **Nancy Golden**, 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!



## Welcome New Members:

Jesse and Ryan Florquist,  
Ann Marie Hough, Heather Kull,  
Brian Mullin

## Welcome New Staff:

Welcome **Brandon McAllister** to our Front Desk and Facility Maintenance staff. Brandon returns to Evergreen after living in the midwest, and we are so happy to have his great attitude and wide-ranging skills here at the Club. When he's not working or working out, Brandon likes skateboarding and riding dirt bikes.

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John Fitzgerald Kennedy*

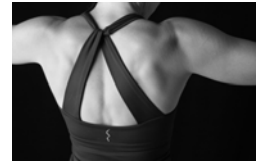
## Studio Schedule for November

### PRIVATE QUARTERS PARTY

**Wednesday, Nov 10, 8-11 am & 4-7 pm**

**Saturday, Nov 13, 8-11 am**

Private Quarters helps you fill your home with luxurious comfort & beauty at an incredible value. Private Quarters offers fine, luxury hotel-quality comfort wear, bed linens, bath and spa products, textiles, bath robes, and more. Everyone is welcome!



### HORMONE REPLACEMENT THERAPY

**Wednesday, Nov 17, 6 pm**

Dr. Shauna Chase of **BioHarmony Medical** will present her informative seminar for members and guests. Learn how to balance your hormones in a healthy and effective manner using the latest natural medical treatments. Stop by the front desk to sign up. See more information on our website at

<http://www.nicksprofitness.com>.

### FEMALE FIGURE TRANSFORMATION

**Beginning Nov. 29th, Mon. & Wed. 11-12:30 pm**

Fran and Rich are offering their immensely popular 16-week program for women. For more information, stop by the front desk or contact Fran at 303-898-5415 or Rich at 303-809-6436.

## New classes

**Pilates Reformer, Wed. at 9 am**

By popular demand! Be sure to sign up for this class to keep it on the schedule.



**Cycle/Pump Fusion, Mon & Wed, 5 pm**

Combine cycle and strength training in this exciting new 90-minute class, on Mondays with Cat and Wednesdays with Kathleen. Attend the first 45 minutes of spin, the last 45 minutes of weight training, or the entire 90-minute class to step up your workout!

## Canceled classes

**Pilates Reformer, Tues, 7 am & Sat, 10 am**

Try our newest Reformer class, Wednesdays at 9 am, or any of our other wonderful Reformer classes.

## Squash

**Black Knight Colorado Squash Championship, November 12, 13, 14**

Men's, Women's and nationally sanctioned Junior Division matches include souvenirs & prizes. To enter, contact Karen, 303-949-7493,

[karenkelso13@gmail.com](mailto:karenkelso13@gmail.com)

## Ongoing classes

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

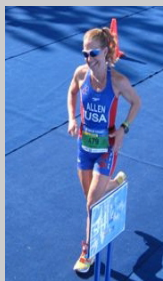
<http://www.nicksprofitness.com/schedule.php>

**Mia Sommers** joins our impressive group of spin instructors. Mia has taught a variety of fitness classes for almost 20 years. Her cycle class leads students through hills, valleys, straight-aways, and even races. Beginners and road warriors alike get the workout and coaching they need. Routines vary as students control resistance, burn 400-800 calories, and keep muscles in great shape.

**Britney Shaw** is our new Pilates Reformer instructor. A high school swimmer and a runner, Britney enjoys working out. Britney is skilled at reading bodies, and is able to see almost instantly the places that need work or attention. She loves Pilates for rehabilitation, increased balance and flexibility, releasing stress held in the body, and cross training for all ages.

**In The News**

Congratulations to **Kathleen Allen** for competing in the **Kona Ironman Hawaii World Championships** on Saturday, Oct 9. Watch NBC's special on Ironman competitors, including Kathleen, on December 18, 4-6 pm!



**IHRSA at Nick's**

We are still considering becoming members of **The International Health, Racquet & Sportsclub Association**. Benefits to you, our members, are the Get Active America and Passport programs, allowing you to workout at other participating IHRSA-affiliated fitness clubs for at least 50% off the regular guest fee. If you are interested in membership, please email Heather at [heanick@nicksprofitfitness.com](mailto:heanick@nicksprofitfitness.com).



**Mack Shakes - Espresso Evergreen**

Mack Shakes are now available at Espresso Evergreen for \$4.95, in the USBank parking lot. Get a fresh, cool shake right after your workout!



**Sneak Peek at December**

**Flirty Girls, 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.

**Amazon Herb Company Information**

**Thursday, Dec 9, 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.

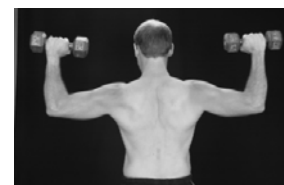
**Club News**

**NPF Granola - NEW!**

Stop the front desk to try our new **NPF Granola**. Produced just for us by the Sugar E Cookie Company, our own special blend of rolled oats, crisped rice, clover honey, brown sugar, canola oil and cinnamon are delicious sources of energy after workout, for hungry children after school, and at any time of day.

**Amazon Herb Co. Products**

We are pleased to make Amazon Herb Co. products available to our community. For over 20 years, this amazing company has been committed to supporting a positive, sustainable future for the Amazon Rainforest and its inhabitants, while making Rainforest treasures and their health benefits available world-wide.



Stop by the front desk to sample **CamuGold**, this month's featured product. **CamuGold is a one-shot energy blast of the world's most concentrated source of Vitamin C.** Camu's benefits include mood enhancement and emotional stability, fortification of the immune system, anti-aging and cardiovascular health, and nutrition for healthy skin, hair and nails. You may experience a boost of energy during your workout, and an energetic body and sharp mind throughout the day!



For more information on Camu Gold, go to [www.herbtreasure.com](http://www.herbtreasure.com) or contact Jani McCarty at 303-301-4577.

**Lockers**

A limited number of lockers are available for monthly rental for \$30 for a short locker, \$50 for a tall locker. Stop by the front desk to sign up. Locks & items left in non-permanent lockers at closing time will be donated to Goodwill each day.

**Thank You!**

Thank you to everyone for a wonderful, extra long summer. We appreciate you all. Special thanks to our trainers, massage therapists and esthetician. We are so blessed to have you among our amazing staff! We consider our members and our staff to be an extension of our family, and we love coming in every day to see your friendly faces. We just enjoy being with you! We hope to see you all more with the new fall schedule and into the holiday season. Be sure to get to your classes and hit your workout goals - we can work together to prevent holiday weight gain while having a great time this year. – Heather & Nick

