



# the ONE-LEG PRESS

October 2010

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## Spa Special of the Month

Let **Jessica** and **Annie** help you rejuvenate for autumn! Treat yourself or your sweetie to a mini facial, a 20 minute massage and body scrub for only \$100. To make an appointment, call Jessica at 720-323-6601 or Annie at 303-589-3482.



### Kapande Cash

Congratulations to **Joy Poirot**, our September **\$50 Kapande Cash** winner, and **Sharon Holstlaw**, 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:

Rich Audsley, Ed Bischoff, Hunter Curtis, Will Dale, Lisa Johns, Maria Ponzio

## In The News

**Rabbi Jamie Arnold** and **Congregation Beth Evergreen** were featured in a recent *Denver Post* article by Electa Draper. Jamie is described in the article as a good fit for the mountain congregation, and as, among other things, a "guitar-playing, jean-clad, skiing and hiking rabbi, husband and father of three." Along with his active

*Developing physical and mental toughness helps every aspect of our lives: finding a new job, starting a business, losing weight, changing your life, and just feeling great.*  
– Nick Kapande

## Studio Schedule for October

### HORMONE REPLACEMENT THERAPY

**Tuesday, Oct 12, 1-2:30 pm**

Dr. Shauna Chase of BioHarmony Medical will present this important and informative seminar for members and guests. Learn how to balance your hormones in a healthy and effective manner using the latest and most effective natural medical treatments. Stop by the front desk to sign up.



### ZUMBA MONSTER MASH PARTY Friday, Oct 22, 7:45 pm

Join Autumn for Zumba fun and fund-raising here at Nick's! Suggested \$20 donation at the door, to benefit Evergreen Christian Outreach. Costumes are optional.

### SELF-DEFENSE SEMINAR Saturday, October 23, 1:30 - 5:30 pm

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 ages 10 and older. Attend the seminar for the first time for \$150; audit future self-defense seminars for free.

### CPR CLASS Saturday, October 23, 1 pm

Dave Montesi of the Evergreen Volunteer Fire Department will present a CPR class for Nick's members and guests. These classes are for new certifications, re-certifications and AED training, and will be approximately 2 hours. The cost is \$35. Please leave your name at the front desk if you wish to attend.



## New classes

**Muscle Max with Michele S, Mondays 12-1 pm** New instructor with all new moves, same great workout that you've come to expect at Nick's. Help us welcome Michele S. and her terrific class.

**Spin with Cat, Mondays 5 pm** Time again to spin inside!

**Mat Pilates with Erica, Tuesdays 8 am - new time** Focus on core strength and integrating the entire body to achieve better alignment and efficient movement.

**Pilates Reformer with Lynette, Tuesdays 8 am** Back by popular demand! Be sure to sign up for this class to keep it on the schedule.

**Spin with Michele S, Wednesdays 9 am** Enjoy Michele's inspiring motivation in this great new class.

involvement with Musar, religious school, and affordable community housing, Rabbi Jamie finds time to ride mountain bikes with his congregation one evening a week. In the article, Jamie says that his primary objective for his congregation is that everyone has a sense of belonging. We're so happy to share a part of Rabbi Jamie's day with him here at the Club. To read the full article, go to [http://www.denverpost.com/search/ci\\_16097496](http://www.denverpost.com/search/ci_16097496)

Congratulations to our instructor **Kathleen Allen**, who will be competing in the **Kona Ironman Hawaii World Championships** on Saturday, October 9. To follow Kathleen's progress, go to [www.ironmanlive.com](http://www.ironmanlive.com) and use "athlete tracker" for Kathleen Allen. NBC will air a special on Ironman competitors, including Kathleen, on December 18, 4-6 pm. Thank you to everyone who attended Kathleen's classes during Ironman TV's filming here at Nick's. Kathleen's incredible life and journey are also chronicled in John Meyer's article in *The Denver Post*, [http://www.denverpost.com/extremes/ci\\_16190173](http://www.denverpost.com/extremes/ci_16190173). Kathleen is an inspiration to all of us here at Nick's, and as John Meyer wrote: "And now through Ironman, her inspiration will touch a national audience." Go Kathleen!!

**IHRSA at Nick's**  
We are considering becoming members of



**The International Health, Racquet & Sportsclub Association**, a global trade association for the fitness industry. 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@nicksproffitness.com](mailto:heanick@nicksproffitness.com).

**Mack Shakes at 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, so easy!

### **Body Blast with Mishelle, Wed 12:30 pm**

High energy, whole body conditioning using weights, medicine balls, stability balls and your own body weight.

### **Rollers Pilates with Erica, Thursdays 8 am**

Add a new element to your Pilates experience. Rollers are a great prop for stability, balance and core strength.

### **Hard Core Cycle & Abs with Kathleen, Thurs, 9 am**

Kathleen adds ab work to her already fabulous spin class routine.



### **Sneak Peek at November**

**Flirty Girl Fitness with Erica, Tuesdays 9 am** Try this new way to condition the entire body, targeting specific muscle groups while maintaining super fun, non-stop cardio-dance moves. Sorry boys, ladies only.

### **Cycle/Pump Fusion with Cat, Mondays at 5 pm**

### **Cycle/Pump Fusion with Kathleen, Wed at 5 pm**

Combine cycle and strength training in this exciting new 90-minute class. 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!

### **Club News**

**Clothing** Watch for the arrival of the wonderful "Lucy" brand of workout attire, a fabulous soon-to-be addition to our clothing line. Perfect for giving to your friends or just for you, these fabulous clothes help you feel great about yourself and your commitment to being your very best!

**Amazon Herb Co. Products** Stop by the front desk for a sample of of Zamu, our first featured product. Zamu's benefits include mood enhancement and emotional stability, anti-aging and cardiovascular health, and nutrition for healthy skin, hair and nails. You may even experience a boost of energy during your workout!

**Lockers** Remember, we have discontinued all permanent lockers. Any locks or items left in lockers at closing time will be donated to Goodwill each day. A limited number of lockers will be available for monthly rental beginning November 1, with \$30 for a short locker and \$50 for a tall locker. If you would like to be on the list to rent a locker, please leave your name at the front desk.

**Thank You!** We want to thank everyone for helping make the annual Club party a success. After some great food, good music, fun people and exciting games, we realized just how much fun that field out back will be for all of us. We are now officially ready to rent the space out for birthday parties, team sports and special events. Please spread the word.

It's been a wonderful summer and we are looking forward to a beautiful fall. We hope you enjoy all the new classes and instructors we've added to the schedule. Thanks so much for your continued support.

We appreciate each and every one of you.



- Heather and Nick

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