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## Holiday Hours

**Monday, Sept 6, Labor Day:**  
6 am - 1 pm

Please be respectful of our staff and be sure to be out the door before closing time, so we all can enjoy this special day.

## Special of the Month

Buy one facial and get a second for half-price! Only \$95 for two facials, which can be used two months apart. For an appointment, call **Jessica of Healthy Glow** at 720-323-6601.



### Kapande Cash

Congratulations to **Jackie Murrow**, our August **\$50 Kapande Cash** winner, and **Jenny Edwards**, the winner of a

facial from Jessica of **Healthy Glow**. Remember to fill out a ticket at the front desk each time you work out at the Club!

## Club News



### Welcome New Members:

Vanessa de la Mora, Lizzie Edwards, Annie O'Connor, Jen and Kevin Hunt, Kirby and Robin Hayes, Mark and Tara Shockites, Lynn and Sherman Wenger

### Welcome to our garden,

**Ms. Mantis!** Perhaps you've noticed that a beautiful praying mantis has moved into our front garden! She's arrived thanks to **Pam Rhoades**, a wonderful local artist who also painted the ocean mural in our child care room. Thank you Pam, for bringing your own special art and so

*It just keeps getting better for all of us here at Nick's Pro Fitness. Check out our new and improved website at [www.nicksprofitness.com](http://www.nicksprofitness.com), and let us know what you think!*

## Studio Schedule for September

### You Are Invited to Party At Nick's!

**Saturday, September 11, 2-5 p.m.**

**We're hosting a Club party with lots of fun for our friends on our beautiful new outdoor field!** Bring your favorite appetizer. The person providing the tastiest 3-2 appetizer will win \$50 Kapande Cash! Save the date, join us for lots of fun!



### SELF-DEFENSE SEMINAR

**Friday, September 3, 10:45 - 2:45 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 age 10 and older. Attend the seminar for the first time for \$150; audit future self-defense seminars for free.

### TaeKwon-Do - New Schedule began August 26



Monday: 10:30 - 12:30 pm

Tuesday: 4:45 - 5:45 pm

Wednesday: 6:15 - 8:15 pm

Thursday: 10:30 - 12:30 pm, 4:45-5:45 pm, 6:15-8:15 pm

Saturday: 10:00 - 12 pm

To find out more about **After-School TaeKwon-Do**, call Nick at 303-679-6267.

**New classes** Please be sure to check the studio schedule for the correct starting date for your favorite new class.

### Introduction to Pilates Reformer **Free!**

**Friday, Sept 10 and 24, 7 am**

Learn how to improve flexibility, core strength, breathing, and rehabilitation through Pilates Reformers. For new students only.

**Pilates Reformer - Lynette, Wed 8 am & Sat 10 am**

**Pilates Reformer - Shonna, Fri 7 am, Sept 3 & 17**

We're delighted to return these classes to the schedule!

**Core Conditioning, Michele S., Mon & Fri 5:15 am**

Build a stronger, stable and more balanced core.

**Zumba with Autumn, Mon, 6:30 pm, starts Sept 13**

Welcome back Autumn, great music and fun moves for a super workout.

**Spin with Michele S., Tuesday, 5:15 am**

Work through four zones of intensity for breath control, heart rate and power.

**Mat Pilates with Erica, Thursday, 6:30 pm**

Focus on core strength, achieve better alignment and efficient movement.

**Body Blast with Mishelle Fri, 7:45 am, starts Sept 17**

High energy, whole body conditioning.



many smiles into our lives.  
**Sneak Peek at October**

**Zumba Party, Fri, Oct 22, 7:45 pm**

Join Autumn for Zumba fun and fund-raising here at Nick's! Suggested \$20 donation to benefit Dustin Speck.

**In The News**

**Julie Barker and Charlie Mazza** are in the spotlight as our success stories for this month.

Charlie is the enthusiastic woman you see attending so



many classes, hooping in the squash court, and challenging herself with her own routines throughout the club. Julie has transformed herself and amazed other students with her determination and success in Nick's

conditioning class. Both women inspire us with their positive attitudes, dedication to fitness, and their truly beautiful spirits. We feel lucky to sweat and share class time with both of these wonderful role models.

**Opportunities at Nick's**

**Outdoor Event Venue**

Our fabulous back-yard, the only private synthetic-turf field in Evergreen, is available for rent! Perfect for sports practice, parties, events, reunions; any activity that requires a lot of room and the benefit of Evergreen's beautiful outdoors. Come to our party on September 11 and check it out! For more information, contact Heather at 303-679-6267.

**Advertise to your fitness friends!**

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 now at 303-674-6902 to take advantage of this amazing new opportunity.



**New times**

**Mat Pilates with Erica**, Tuesday, 8:15 am  
**Vinyasa/Hatha Yoga with Nancy**, Tuesday, 6:30 pm  
**Kickboxing with Stacey**, Wednesday, 8:15 am  
**Yoga for Athletes with Mitchell**, Wednesday, 6:30 pm



**Is there interest?**

**Body Blast with Mishelle, Wednesday 12:15 pm**  
Mishelle Prouty would like to hold Body Blast at Nick's. We can add it if we have 5 or more interested members. Please email us at [info@nicksproffitness.com](mailto:info@nicksproffitness.com) or stop by the front desk right away if you are interested in attending this class!

**Canceled classes**

**Pilates Reformer with Lynette, Tuesdays 8 am**  
**Body Blast with Chris, Tues 7:45, Friday, 7:15 am**

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

**Squash**

**One Day Tournament: Sunday, Sept 19, 10:30-12:30 pm**  
Compete against players from Denver and Boulder! The entry fee is \$10. Sign up at the front desk or call Karen Kelso at 303-949-7493.



**Junior Squash** Small group lessons for new players ages 6-8, Mondays, 3:45 - 4:15, Sept. 13, 20, 27. Equipment provided, eye guards are required. \$60.

Junior drill, practice, round robin for mixed skill levels, Fridays, 3:45-4:45, Sept. 10, 17, Oct. 1. \$10 per player.

**Nick's Pro Fitness Junior Squash Team** Try out for Nick's free, traveling Junior Squash Team! A challenge ladder will determine the top 5 players, ages 9-18, who will compete one weekend day a month against five other new junior teams. For details, contact Karen at 303-949-7493 or [karenkelso13@gmail.com](mailto:karenkelso13@gmail.com).

**Club News: Lockers** To better serve all of our members, we will discontinue all permanent lockers in women's and men's locker rooms beginning October 1. Please remove all locks and personal belongings before the close of business on September 30. It's wonderful to have so many enthusiastic Club members, and it's time to make lockers available throughout the day. We thank you and appreciate your help in instituting this policy.



**Thank You!** We really appreciate our members. It is a privilege to serve you all and the Evergreen community. We're so happy about completing our field. It has already been used by group exercise classes, personal training sessions and sports teams, who love working out in our great outdoors! We'd like to invite everyone to our **party on Saturday, September 11, from 2-5 pm**. There will be drinks, food, games and fun. Please bring your favorite appetizer. We'd also like to extend a very special thank you to **Maddee James and Audrey Shaw** of [xuni.com](http://xuni.com) for all their hard work & dedication to bringing our new and improved [www.nicksproffitness.com](http://www.nicksproffitness.com) to fruition! We hope you also like the art out front - our little guy insists it's not a grasshopper, it's a praying mantis. Thank you all for your continued support.

- Heather and Nick