

RESORT LIVING AT ITS BEST



Atlantis Personal Training offers great fitness programs regardless of exercise experience or fitness level. Atlantis will match you where ever you are and push you to the next level on your way to a healthier lifestyle. Here are some options:

- Gym Orientation (Beginner 1 Week program)
- Quick Start Program (Beginner/Intermediate, 2 Week Program)
- 5 Week Metabolic Makeover (Intermediate/Advanced, 5 Week Program)
- One on One, Partner, Group personal Training

If you want to get started with a healthy lifestyle right now, contact Chad at 303.981.0138 or chad@atlantispersonaltraining.com and Atlantis will get you moving sooner than later!

Personal Training: Our personal training focuses on 6 main components of fitness with all of our 1-1, partner and group personal training sessions. The six components are:

- * Cardiovascular Training
- * Rest, Recovery & Flexibility
- * Stability, Balance & Total Body Integration
- * Resistance Training
- * Nutrition & Supplementation
- * Education, Guidance & Accountability

Personal training sessions are either 30 or 60 minutes in duration. Sessions can be purchased in packages of 10, 20, or 30 sessions or in a monthly series. Sessions can be purchased for 1 on 1, partner training, or group personal training. The latest pricing can be seen at our website at atlantispersonaltraining.com.

Quick Start: For those looking to get started and are ready to get going (two week program)

This program gets you working from a fitness goal and prepares you for success. During your four sessions lasting 45min each, you will be shown proper lifting form while getting you off the machines. All sessions are 1 on 1 with our personal trainers and this will put the fun back into your workouts.

Metabolic Makeover: For those ready to get results now! (Five-week program)

This 5-week program is for those who are ready to start seeing some progress. The program starts with a nutritional consultation to educate you on what healthy nutrition looks like. Secondly comes the workouts; eleven 30 minute workouts that will ramp up your energy burn. Accountability throughout the program will ensure success. www.atlantispersonaltraining.com

PARKSIDE CAFE

Monday—Wednesday 11:00am—10:00pm
Thursday 11:00am—11:00pm
Friday-Saturday 10:00am — 12:00am

VETERAN'S DAY **Mon, Nov 12**

For your commitment, bravery hard work and dedication to our country we thank you. All veterans will be treated to a beer, wine or cocktail of their choice in appreciation of their service!

SEXY SANTA / UGLY SWEATER PARTY **Fri, Dec 14**

Silent Night? Not tonight! Whether you've been naughty or nice, we're celebrating the holiday season in style! Wear your Santa suit or Christmas best. Prizes for the top Male and Female! Fun starts at 8 pm!

NEW YEAR'S EVE PARTY **Mon, Dec 31**

We're throwing a party, you'll have a blast. As we ring in the New Year, and say goodbye to the last. Avoid long lines, cover charges and waiting for a cab. This is one of the biggest parties of the year! Complimentary champagne toast, prizes, dancing and frivolities. Party starts at 8:00pm.

Broncos Season All Season Long

It's finally that time of year again. Go Broncos!!! The Café will be featuring all the games this year on 5 large flat screens and surround sound.

Great food and drink specials during all Sunday and Broncos games! Come up early to claim your seat.

WEEKLY EVENTS

Monday Nights: Monday Night Football

Tuesday & Thursday Nights: Texas Holdem' 7pm up at the cafe

Wednesday Nights: Live Trivia! Bring yourself or an entire team and test your IQ as we have our weekly Live Trivia night. Gift certificates for the top 3 teams!! 7pm

Friday Nights: Karaoke! Come sing your heart out, or if you don't want to sing, come on up and support those that do! DJ playing your favorite requests all night long! **8:30pm-12:00 am**

Saturday Nights: Join us every Saturday for a night dancing to your favorite tunes! We've got a new DJ this winter so put on your dancing shoes and come check him out! **8:30pm-12:00am**

Stay in the Loop

Want to know what's happening at the café? There are now several ways you can stay in the loop. Like us on Facebook to get invites to special events; send your email address to: parkside-cafe@hotmail.com, to get monthly newsletters.



PALOMINO PARK RESORT



November - December 2018

NAMES & NUMBERS

Palomino Park Masters Association
 Community Association Manager
 Scott Preston 720-481-3083
spreston@ehammersmith.com

Resident Services Supervisor
 Renae Rosenthal 303-471-9796
rrosenthal@ehammersmith.com

Hammersmith Management 303-980-0700
ClientServices@ehammersmith.com

IronHorse Gym 303-470-3434
 Email: ippark@ehammersmith.com

Hours
 Monday – Friday 5:30 am – 9:00 pm
 Saturday & Sunday 8:00 am – 8:00 pm

Gatehouse 303-953-3499
 Email: palominogate@ehammersmith.com

Palomino Park
 Colorado Club Office 303-470-8400
 Blue Ridge Office 303-470-5959

6002 Blue Ridge Drive
 Business Manager Noni Orona
 Assistant Manager Summer Mayon
 Administrative Assistant Marcia Huggins
 Service Request 303-993-1543

Red Canyon Office 303-470-0606
 6202 Red Canyon Drive
 Senior Business Manager Melissa Rohling

Assistant Manager Sara Gattuso
 Administrative Assistant Kaylee Breslin
 Service Request 303-993-1541

Green River Office 303-470-1391
 6602 Green River Drive
 Business Manager Portia Blake

Assistant Manager Christine Novak
 Service Request 303-993-1542

Silver Mesa and Gold Peak 303-804-9800
 Contact:
 Andrew Dobson adobson@hgmanage.com
 Richard Crockett rcrockett@hgmanage.com

Parkside Café 720-344-0396
 Operator Brian Haddad
 Palomino Park Resort
 6700 Palomino Parkway
 Highlands Ranch, CO 303 470 8400

Palomino Park Holiday Celebration

Thursday, December 6th, 2018~ 5 pm to 8 pm
 At the Colorado Club Atrium

Let's welcome in the Holiday Season with Music, Hors d'oeuvres and Festive Holiday Punch
 Come warm up on a cold Winter's Eve!

Rudolph's Savories and Sweet Treats

- *Mini Malai Kofta Balls with Creamy Tomato Sauce
- *Beef Tenderloin Satay with Cabernet & Date Reduction
- *Roasted Chicken & Sundried Tomato Wontons with Pesto Dipping Sauce
- *Colorado Goat Cheese Dip with Chipotle Caramel
- *Assorted Flatbreads and Crackers
- *Asian Style Meatballs with Hoisin Glaze on Snow Pea Picks
- *Milk Chocolate Fountain with Assorted Dipping Treats
 (Donut Holes, Marshmallows, Strawberries, Pretzels, Cookies, and Many More!!!)





Palomino Park Book Clubs

Book discussion Group meets the 3rd Wednesday of each month at 7pm in the Red Canyon Clubhouse. All Palomino Park residents are welcome. Contact Shirley Bartlett at bartlettpear66@comcast.net for more information.

YOU CAN LOOK YEARS YOUNGER INSTANTLY!

This Holiday season treat yourself to a younger looking skin with advanced skin firm technology.

Schedule your appointment now and get a gift of a FREE professional evaluation!

With this remarkable advanced technology along with effective natural skin care product you will be able to slow down the signs of aging, minimize the wrinkles and fine lines, and lightning the dark spots.

These treatments are non-invasive alternatives to Botox and filler products and they require NO downtime!

ANTI-AGING SKIN CARE TREATMENTS:

- * Micro current Customized Face Lifting Treatment
- * Barrier Recovery Mask with Liquid Crystals and Detoxifying Micro-Greens
- * Tri-Enzyme Resurfacing Facial

BODY TREATMENTS:* Revitalizing Therapeutic Sport Massage* Swedish Massage* Deep Tissue Massage* Signature Massage

Tatiana Volkov, Licensed Esthetician and Massage Therapist, NCMT, LMT. Phone: 303-668-9211E-mail: tatianavolk@yahoo.com

New Free Classes offered at the Iron Horse

Mon & Wednesday Yoga Core with Jen at 4:45pm
 Mon & Wednesday Zumba with Jen at 6:00pm
 Thursday Zumba with Hope at 4:45 pm and Saturday at 8:00 am

Open Basketball : Wednesdays 7pm-8pm

Open Volleyball: Thursdays 7pm-8pm

Indoor Pickle Ball: Thursdays 9:30am-Noon

Guests can accompany a resident to any class for a \$10 fee.

Community News and Information

The Palomino Park Association Board has approved the following improvements to amenities:

- * Replacement of the free weight area.
- * Addition of Fitness on Demand.
- * Ordered a second Stairmaster.
- * Putting Green construction to begin now and completed by the end of November.
- * November Board meeting will be moved to Tuesday November 13th, 2018 at 3:00pm.
- * Budget Ratification meeting to be held on November 30th, 2018 at 3:00pm.

We hope to see everyone at the Holiday Party on Thursday December 6th, 2018 from 5:00pm to 8:00pm.

Hammersmith Management wishes you a

Happy Holiday season.



Palomino Park Holiday Bazaar
 A Fabulous shopping event for the residents .
 Fashion, Art, Hostess gifts and more!
 Gift Basket Giveaway!
Green River Clubhouse
 Nov. 17th, Dec 1st and Dec 15th 11A-5P
[Http://Flauntevent.com](http://Flauntevent.com)

Please Join Us.... To Play Cards and Games!!
RUMMIKUB, DICE, SEQUENCE, APPLES TO APPLES, MEXICAN TRAIN. NAME YOUR GAME!
ON THURSDAYS 1:00 PM AT THE COLORADO CLUB CALL OR EMAIL PEGGY 303.740.9868 PCKENT@COMCAST.NET

Ladies Prayer Breakfast
Every Saturday Morning from 9-10am at Blue Ridge Clubhouse. Please join us.
For more information call Shirley at 832-808-8151

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 4:45pm Yoga Core 6:00pm Zumba	6	7 4:45pm Yoga Core 6:00pm Zumba	8 1 Indoor pickle ball 9am-noon Zumba 4:45 PM	9 2	10 3 Zumba 8:00am
11	12 4:45pm Yoga Core 6:00pm Zumba	13 Board Meeting @3:00	14 4:45pm Yoga Core 6:00pm Zumba	15 Indoor pickle ball 9am-noon Zumba 4:45 PM	16	17 No Fitness Class
18	19 4:45pm Yoga Core 6:00pm Zumba	20	21 No Fitness Classes	22 THANKSGIVING IronHorse Gym Closed	23 IronHorse Gym Hours 8a-4p	24 No Fitness Class
25	26 4:45pm Yoga Core 6:00pm Zumba	27	28 4:45pm Yoga Core 6:00pm Zumba	29 Indoor pickle ball 9am-noon Zumba 4:45 PM	30 Budget Ratification meeting @ 3:00 PM	DECEMBER 1 Zumba 8:00am

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 4:45pm Yoga Core 6:00pm Zumba	4	5 4:45pm Yoga Core 6:00pm Zumba	6 Indoor pickle ball 9-12 HOLIDAY PARTY 5p-8p @ CO Club Atrium	7	8 Zumba 8:00am
9	10 4:45pm Yoga Core 6:00pm Zumba	11	12 4:45pm Yoga Core 6:00pm Zumba	13 Indoor pickle ball 9am-noon Zumba 4:45 PM	14	15 Zumba 8:00am
16	17 4:45pm Yoga Core 6:00pm Zumba	18	19 4:45pm Yoga Core 6:00pm Zumba	20 Indoor pickle ball 9am-noon Zumba 4:45 PM	21	22 Zumba 8:00am
23	24 IronHorse Hours 8a-12p No Fitness Classes	25 CHRISTMAS IronHorse Gym Closed	26 4:45pm Yoga Core 6:00pm Zumba	27 Indoor pickle ball 9am-noon Zumba 4:45 PM	28	29 Zumba 8:00am
30	31 News Years Eve Hours 5:30a-6P No Fitness Classes					