

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.

Fitness Options Include

1. Gym Orientation (Beginner 1 Week program)
2. Quick Start Program (Beginner/Intermediate, 2 Week Program)
3. 5 Week Metabolic Makeover (Intermediate/Advanced, 5 Week Program)
4. One on One, Partner, Group personal Training

If you want to get started with a healthy lifestyle right now, contact Chad at 303.981.038 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
- * Resistance Training
- * Rest, Recovery & Flexibility
- * Nutrition & Supplementation
- * Stability, Balance & Total Body Integration
- * 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 — 12:00pm
 Sunday 10:00am — 10:00pm

SUSHI MAKING CLASS Tues, Sep 25
 Join our seasoned Chef Enrique for a tasty, culinary experience where you will learn to create all styles of sushi rolls and nigiri sushi! If you ever wanted to learn the art of sushi making...this is the perfect opportunity. Makes for a great date night, girls night, birthday gift or company outing. Class includes expert instruction, over 15 pieces of sushi and discounted Saki! Cost is \$25 per person plus 20% gratuity. Class starts at 6:30 pm. Sign up at the Café or email: parksidecafe@hotmail.com

BRONCOS GAMEDAY Sep & Oct

Come meet and join your Palomino neighbors as we cheer on the Bronco's this year! New Broncos game day menu and drinks specials 1 hour before and 1 hour after the game!

SUN, SEP 9 th	2:25 PM
SUN, SEP 16 th	2:25 PM
SUN, SEP 23 rd	11:00 AM
MON, OCT 1 st	6:15 PM
SUN, OCT 7 th	11:00 AM
SUN, OCT 14 th	2:05 PM
THU, OCT 18 th	6:20 PM
SUN, OCT 28 th	11:00 AM

SALSA NIGHT Sat, Sep 29
 Infuse your soul with Latin music and dancing for this sultry night of salsa. No partner needed to have a great time. Great specials on Mojito's and other tropical drinks. The fun begins at 8:30 pm.

COMEDY NIGHTS Sat, Oct 13
 IT'S BACK... the Parkside Café Comedy Show has returned. Join us for a night of laughs! The Café will be showcasing 5+ local comedians! This is a **FREE** event for residents and guests. Age 21+ only. \$2 shot specials before it starts! The Comedy Show begins at 8:30 pm. Come up early to get a good seat!

HALLOWEEN COSTUME PARTY Sat, Oct 27
 Calling all superhero's, Trump look-a-likes, sexy witches and creatures of fright!! Don't miss the call of Halloween night. Be at the Café at 8 to meet your fate. Great prizes for funniest, sexiest and best costume! One of the best parties of the year!

WEEKLY EVENTS

TACO TUES & TEXAS HOLD EM'
 Come taste our new Street Taco Menu...Beef Molida, Tinga Chicken and Baja Fish Tacos! 6 pm to Close.

WED: LIVE TEAM TRIVIA
 Bring yourself or an entire team and test your IQ! Gift Certificates for the top 3 teams! 7PM

THU: TEXAS HOLDEM' - 7PM

FRI: KARAOKE!
 Come sing your heart out or support those that do! New host and new songs! 8PM-12AM

SAT: DJ & DANCING
 DJ spinning your requests and getting you on the dance floor. 8:30PM-12:30AM

SUN: FOOTBALL SUNDAYS!
 Football Sunday's are back. Great food and drink specials during all Bronco's games.

THE CAFÉ IS ON FACEBOOK!
 Search "Parkside Café" on Facebook and become a fan! Stay informed on all the latest activities and special events throughout the year!

Golf lessons

Palomino Park has a Golf Pro! PGA Golf Professional Thomas Gibbs offers private golf lessons to the residents of Palomino Park. Tom uses a unique and proven method to improve the golf game you are so passionate about. Call, text or email Tom Gibbs for more information. 303-726-7018 gibbygolf@gmail.com

Other Activities

Tennis or Pickleball anyone?

We are putting classeboth tennis and Pickleball. New to the sport or seasoned player? We have classes for both! Junior programs are now being offered after school and weekends. Please call or email Ryan Freeman for details. There is also a tennis interest book at Iron Horse that you can put your information in and one of our pros will contact you to answer any questions you have! Looking forward to a fun season of tennis and Pickleball!! See you on the courts!
 Ryan Freeman Rfreeman.tac@gmail.com 240-731-3872

HIGHLANDS RANCH PALOMINO PARK RESORT



September-October 2018

NAMES & NUMBERS

- Palomino Park Masters Association**
 Scott Preston
 Community Association Manager
spreston@ehammersmith.com
 720-481-3083
- Hammersmith Management** 303-980-0700
ClientServices@ehammersmith.com
- Resident Services Supervisor**
 Renae Rosenthal 303-471-9796
rrrosenthal@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
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** 303-470-0600
 6202 Red Canyon Drive
 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
 Administrative Assistant Emily Bertrand
Service Request 303-993-1542
- Silver Mesa and Gold Peak**
Managing Agent: HG Management
Office 303-804-9800
 Manager Brett Hardt bhardt@hgmanage.com
Service Request 303-804-9800
Parkside Café 720-344-0396
 Operator Brian Haddad

PALOMINO PARK

Join us for a fall festival
Saturday, October 27th
 in the Park
 12pm—2pm

~Hot Dogs~ Hay Rides

Sponsored by: **Comcast xfinity**

~Carmel Apple Bar~

PALOMINO PARK RESORT
 6700 PALOMINO PARKWAY
 HIGHLANDS RANCH, CO 80130 PHONE 303.470.8400

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.

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

- Open Basketball : Wednesdays 7pm-8pm
- Open Volleyball: Thursdays 7pm-8pm
- Indoor Pickle Ball: Thursdays 9:30am-Noon

Pool Closing

The PPOA Board of Directors has extended the swim season. The Swimming Pool at the Colorado Club will close no later than September 31, 2018 weather permitting .

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

Community News and Information

Colorado Club Improvements

The Palomino Park Board of Directors has approved the following improvements to Colorado Club!

Installation of new COMCAST TV in the workout room (40 Channels)

New and Improved LED Gym Lighting (October Install)

New Stairmaster 8 and TRU X51000 Strider

Updates

The PPOA and Silver Mesa are working to get the Dog Park reopened. Please be patient as we work through this process.

We are working to get it reopened as soon as we can.

Parking Issues

Please remember there is no overnight parking in the circle surrounding the park.

Please remember there is no resident parking in the upper circle at anytime.

If you are parking for the Parkside Café, please park in the resident parking area.

Upcoming Community Events

September 11, 2017 Coffee at the Clubhouse

October 27, 2018 Fall Festival

December 6, 2018 Holiday Party

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

September 2018

Sunday	Monday	30 Tuesday	Wednesday	Thursday	Friday	Saturday
		Last Day for Pool				1 8:00AM ZUMBA
2	3 4:45 YOGA CORE 6:00 ZUMBA	4	5 4:45 YOGA CORE 6:00 ZUMBA	6 4:45 PM ZUMBA	7	8 8:00AM ZUMBA
9	10 4:45 YOGA CORE 6:00 ZUMBA	11 Coffee at the Clubhouse 10 am—11:30 am	12 4:45 YOGA CORE 6:00 ZUMBA	13 4:45 PM ZUMBA	14	15 8:00AM ZUMBA
16	17 4:45 YOGA CORE 6:00 ZUMBA	18 PPOA Meeting 3 pm Colorado Club Meeting Room	19 4:45 YOGA CORE 6:00 ZUMBA	20 4:45 PM ZUMBA	21	22 8:00AM ZUMBA
23 30	24 4:45 YOGA CORE 6:00 ZUMBA	25	26 4:45 YOGA CORE 6:00 ZUMBA	27 4:45 PM ZUMBA	28	29 8:00AM ZUMBA

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:45 YOGA CORE 6:00 ZUMBA	2	3 4:45 YOGA CORE 6:00 ZUMBA	4 4:45 PM ZUMBA	5	6 8:00AM ZUMBA
7	8 4:45 YOGA CORE 6:00 ZUMBA	9	10 4:45 YOGA CORE 6:00 ZUMBA	11	12	13 8:00AM ZUMBA
14	15 4:45 YOGA CORE 6:00 ZUMBA	16 PPOA Meeting 3 pm Colorado Club Meeting Room	17 4:45 YOGA CORE 6:00 ZUMBA	18 4:45 PM ZUMBA	19	20 8:00AM ZUMBA
21	22 4:45 YOGA CORE 6:00 ZUMBA	23	24 4:45 YOGA CORE 6:00 ZUMBA	25 4:45 PM ZUMBA	26	27:00AM ZUMBA Fall Festival in the Park 12 pm—2
28	29 4:45 YOGA CORE 6:00 ZUMBA	30	31 4:45 YOGA CORE 6:00 ZUMBA	31 Halloween 4:45 PM ZUMBA		