



## NEW OWNERSHIP

### Tabor and Laura Cowden

Laura Cowden, current owner of Pinnacle Academy and The Woodcellar Bar & Grill, is a vested Evergreen community member who brings decades of management, leadership and ownership experience in health, fitness and spa facilities. Laura is an esthetician and massage therapist by trade that has been practicing the healing arts since 1996. She received her massage therapy education in Florida and her Esthetics education in New York. She has had several management positions in large, upscale Spa Resort facilities from the Park Hyatt to the Ritz-Carlton. She then went on to own The Salon and Spa at the Ridge in Evergreen for 10 years which she sold in July of 2020.

Tabor Cowden has been a leader and innovator in the sport of gymnastics for his entire life. As a competitive gymnast he won numerous state, regional, and national titles. With his father leading the way as his coach, he received a full ride to Penn State University in 1990. After a serious injury in which he broke his neck, Tabor went on to graduate from Cal Berkeley where he helped grow and develop a young team back to an NCAA, National Championships in 1997. Tabor serves as the State Director for Colorado men's gymnastics since 2019 and sits on the Gymact Board of Directors as the Western representative. Tabor currently runs and manages the operations of the Woodcellar Bar & Grill as well as Pinnacle Academy and looks to this proposal as an opportunity to grow his footprint in the Evergreen community as an active supporter of athletics and fitness.



## MEMBERSHIP RATES

Current Members

Your membership dues will remain the same for the upcoming year.

New options will be available to you starting in Jan 2024

## NEW MEMBERS

We offer a wide range of membership levels for anyone wanting to join the club. Memberships start at \$59 and go up from there. We have an amazing facility to accommodate all your training needs. Please give us a call to schedule a private tour of EAC, so we can figure out what best fits your lifestyle and training desires.

**BRONZE**

**SILVER**

**GOLD**

**PLATINUM**

**DIAMOND**

**FAMILY**

**Y♥GA**

## **FIRST 3 MONTHS**

Pinnacle Gymnastics - School of Gymnastics will be moving into the facility over the next 3 months. Pinnacle Academy trains all ages from beginners to Elite Level athletes

Typical hours are from 4-8pm on Monday through Friday

### **NEW EQUIPMENT**

For members to use

From 5am - 4pm the gymnastics facilities and equipment will be available to members for their use. This will greatly diversify the type of equipment and terrain that is available for members to train on.

This transition will require some rooms to be repurposed and some equipment to be moved. One big change will be the removal of the squash court. We will not be relocating the court. There will be new work out floors installed and all classes currently held in the Dojang will be held in the new gym floors once the installation is complete. Jim Jitsu will be moving upstairs to the current Spin Room and Spin will be moving to the former Kids Corner room.

During this transition we do plan to reorganize the equipment layout throughout the gym both downstairs and upstairs. We also plan to upgrade equipment and flooring as needed.

Morning Yoga classes and the Yoga room will remain untouched.





## FIRST YEAR PLANS

Once gymnastics classes are being held here in the Evergreen Athletic Club we will start to offer additional classes in the evening.

Yoga and Pilates to be scheduled at 4 and 5 pm

We also plan to bring on a greater diversity of training and classes in our first year.

### TENANTS

Cryotherapy will remain  
The Salon will remain  
All three personal trainers will remain

We are planning to bring in  
Physical Therapy  
Muscle Activation Therapist  
Massage Therapy

We will continue to work on upgrading equipment and facilities.



## EVENTS

We will be hosting a Happy Hour on Friday afternoons for members.

We will continue to support Eric and his Awake Festival along with large Yoga retreats like last week.

We plan to utilize the outdoor athletic field in the warm months for additional events on the weekends and athletic training throughout the week.

Some possibilities include CornHole Tournaments, Soccer practice, Ultimate Frisbee

Plan to work with Gabriella to plan additional community events that aim to help better our community.



**FITNESS. ATHLETICS. WELLNESS.**

SHOW UP. STEP IN. BE.