

HOLIDAY HOURS:

Christmas Eve &
New Year's Eve!
We have holiday
hours of
6 am - 1 pm.

Christmas Day &
New Year's Day:
We are closed.

1st Annual NPF
Holiday Feast Week
12/17-12/21

Retirement Party
Gail Barth
1/18/14

**December
Drawing Winners!**

Joe Kelley!
Winner of \$50 Kapande
Cash.

Holly O'Connor!
Winner of Kapande Cash
Parking Space.

Linda Nielander!
Winner of two "healthier
side" entrees
from **The
WHIPPLETREE
Restaurant.**

(Thanks so much to Jeff
& Denise McDonald for
this wonderful monthly
donation!!)

Shena Cothran!
Winner of a Customized
Facial w/ Jessica
Dismuke, our in-house
esthetician.

Barb Harris!
Winner of 30 minute
Chair Massage with Sheri
Blackledge.

Ann Simpson!
Winner of Individual
Personal Training
Session with Nick
Fedack.



"Show up, be who you are and do what you do." -Mack Newton

1ST ANNUAL HOLIDAY FEAST WEEK

We spent some time trying to decide what to give our members as the annual holiday gift. It's something we usually start thinking about in September.....

After weeks of tossing ideas around, we decided to start a new tradition. Beginning this December, we will have our first annual **Holiday Feast Week.**

On Wednesday, Dec 18th and Friday, Dec 20th, we will be hosting a catered holiday dinner for all members from 7-8:30 pm and on Thursday, Dec 19th and Saturday, Dec 21st, we will be hosting a catered holiday lunch for all members from 10:30-12 pm. Catering will be provided by Ariane & Dustin Speck from Da Kind Soup.

Please be sure to stop by and join us - we want to express our sincere appreciation to each and every one of you.

Without you - there is no Nick's Pro Fitness. Thanks so much for your continued support. We are grateful for YOU!



WE DID IT! Heat AND Petra got Protective Vests!!

Massage therapist and animal lover, Sara Schmidt, saw a need, and immediately went to work to fill that need. Many four legged friends do not receive protective vests as part of their enlistment into the police force - so Sara went to work raising money to support the purchase of a protective vest for a new canine member of the police force, Heat. Partnering with Nick's Pro Fitness, Sara was able to raise just over \$2300 which allowed our combined efforts to provide **2 protective vests for both dogs - Heat & Petra -** as well as update some older vests. A very sincere thank you to our fabulous members who supported this cause.



New Personal Trainer: Nick Fedack

Nick Fedack is a Colorado native who grew up in Evergreen. Nick attended Colorado State University and graduated with a bachelor's degree in biology and a focus on anatomy, physiology, exercise physiology and nutrition. Nick is pursuing a career in nursing, and his areas of expertise are in weight loss, conditioning, strength training and cross style training. Nick's workouts are tailored to each client, starting with the initial assessment, progress tracking, setting goals and conquering them. Nick loves training individuals from the very athletic to those who have never set foot in a gym. As a firm believer that nutrition and fitness are the solution to many problems, Nick will motivate his clients and help them in their journeys to happier and healthier lives. To schedule a session with Nick Fedack, Personal Trainer, please call 303-674-6902. *(Editor's note: We like his name too!)*



NPF Classifieds:
Need a babysitter? NPF Member Jim Brown has a 14 year old daughter looking to do some babysitting. **If interested, please call Morgan at 303-653-1057**

Expanded Child Care Hours:
Beginning on December 1st, we will offer child care on Wednesdays from 3:45 - 5:45 pm.

Join Nick for his Self-Defense Seminar

Sat, Dec 28 from 12:30 - 4:30 pm

Back by popular demand! Come to Nick's seminar where you will learn how to protect yourself in everyday situations.

Owner and instructor, Nick Kapande, will guide students in protecting themselves from attackers in real-life circumstances. This seminar is suitable for men, women and children ages 8 and up. Space is limited to 20 participants - \$150 per person - take refresher classes for life for **FREE!!**



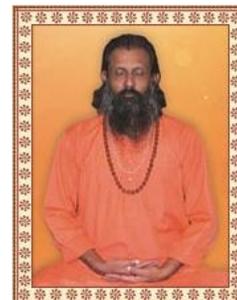
Sitting with Swami - MARK THE DATES

Saturdays from 11:30 to 1:30 pm on:

Dec 7th, Jan 18th, Feb 15 & Mar 15

If you haven't come to sit with Swami - you are really missing out. Each month - Swami has helped students deeply explore their minds and their thinking. Every time I attend, I feel smarter, more connected to human beings and reflective on a much deeper level. One can't help being impacted by his message. It is such a profound experience. I can't express enough how good it feels to attend these workshops. Please come give it a try - I am sure you won't be disappointed.

Sign up at the front desk to reserve your spot - \$25 for members, \$35 for nonmembers. Children enjoy the experience as well.



New Conditioning Class: Zumba

Brian DeBaets: Do you like to dance? Do you like to have fun? Zumba is an **Adult** dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body. Zumba is designed for adults of all ages and fitness levels, class participants at any level can start Zumba right away. Come see what members are raving about. Brian is offering a Zumba class every Tuesday from 4:15 - 5:15 pm. Meet in the yoga room.



New Yoga Classes: Barkan Hot Yoga & Yoga Nidra

Leslie Wagner: Congratulations to our wonderful Leslie Wagner for completing her additional Yoga training in the Barkan Method of Hot Yoga. **Please join Leslie on Thursdays from 8-9:15 am for her new Barkan Hot Yoga Class.** This class offers a slower approach to Hatha yoga. Postures are held a little longer and modifications are encouraged when needed. The room is still heated, but not as hot and has soothing and inspiring music so



yogis can focus on the mental and spiritual aspects of the practice. After many requests, Leslie will now offer a **Yoga Nidra class on Thursday evenings from 6-7 pm.** Yoga Nidra (or yogi sleep) is a sleep-like state which yogis report to experience during their meditations. In this class we will stretch out the body in a few deep floor asanas and then find our way into deep relaxing yogic sleep.

A Message from Nick & Heather

With the holidays approaching, we want to be sure we let everyone know – we appreciate you!! Please come join us for our new holiday tradition – feast week - we want to fill you up with healthy, nourishing food during this super busy holiday season. Thanks for believing in us, and thanks for your continued support. We are thankful for YOU, and we will continue to work hard for you every day. Happy Holidays!!

- Nick & Heather

