

# Nick's Pro Fitness - The Place to Get Fit

Our 2015 Motto: Willingness

February 2015



**Self-Defense Seminar on Sunday, 2/15 from 9 pm - 1 pm will teach you to:**

- \* Develop physical fitness & agility.
- \* Learn self-defense for protection.
- \* Learn about the psychological aspects of self-defense.
- \* Feel more confident in your ability to handle a dangerous situation.
- \* Develop knowledge & the will to fight back.

\$150 for the first workshop - come back to refresh yourself for life -- for **FREE!**

**Sign up today!**



## February

**Drawing Winners!**  
(to enter - fill out a red ticket at the front desk each time you work out)

### Kathleen O'Leary!

Winner of \$50 Kapande Cash.

### Linda Nielander!

Winner of Kapande Cash Parking Space (the most coveted award of all!).

### Liz Bent!

Winner of two entrees from **The WHIPPLETREE Restaurant.**

(Thanks so much to Jeff & Denise McDonald for this



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

## The Year of Excellence

I believe you create your own life as a masterpiece. You are the architect of your own destiny. Excellence is a journey not a destination. Make a decision this year that this will be the best year of your life. You are going to get out of your comfort zone and be something you've never been before. Play life at a higher level. Challenge yourself more. Quit accepting any of your own excuses. Excellence is striving to be the best you can be in everything you do. It is all a decision. It's your choice. Now go out and make this the year of excellence..... Pilsung!



## NICK'S SUCCESS COACHING PROGRAM

- \* How to start or turn around any business
- \* Massive Sales Growth
- \* Jump Start Productivity
- \* Superior Mindset Training
- \* Increase Profitability
- \* Constant High Touch Coaching
- \* If you can't sell, you're leaving money on the table. You tell me how much.....let me help you. This is what I do best.

**For a free consultation to get you on the fast track, contact Nick Kapande, 5th Degree Black Belt and Success Coach, at 720-530-8874 or [nick@nicksprofitness.com](mailto:nick@nicksprofitness.com).**

## Massage Therapist Simone Stewart

### 15% off Hot & Cold Stone Massage (Geothermo-therapy)

We are so lucky to have the skillful hands of massage therapist, Simone Stewart. For the past several years, Simone has been massaging everyone at NPF from athletes, to new moms to older folks needing a gentle touch. The hot & cold stone massage involves massaging and then alternating with hot & cold stones which helps every cell in the body receive more Oxygen and Nutrients and gets the lymph fluid moving. Alleviate swelling, decrease inflammation, reduce pain, experience deep relaxation - all in one session! **60 min for \$77 (instead of \$90)**

**or 90 min for \$94 (instead of \$110). Call Simone at (718) 909-2141 to book your appointment today!**

## Have you tried Jennifer's "Heavenly" Face Lift Facial yet?

Treat yourself to a little Valentine's Love this month - you will be glad you did. Gift Certificates are available - guys, this would make an excellent Valentine's Day gift for a gal you love in your life. **Schedule a 60 or 90-minute massage today online at [bit.ly/jenmassage](http://bit.ly/jenmassage) or by phone at 303-433-1991.**

Did you know our wonderful massage therapist, Jennifer, is also an artist? **From February 1st through February 14th, Jennifer's art prints will be on display and available for purchase in the lobby.** These fun & colorful pieces will make great Valentine's Day gifts for the pet lovers in your life! And - double the love - 20% of all sales help shelter pets find homes!! **WHAT A TERRIFIC WIN-WIN!!**

## It's February! Personal Trainer Lindsey Phillips!

**(Don't forget to participate in guessing the baby's due date - see poster in the front lobby - \$5 to play)**

### Healthy Body Class - Thursdays from 7:45-8:45 am

Excited for the new year but tired of your usual workout routine? Come see me between February 2nd and February 24th for a discounted, 1-time \$45 Certified Personal Training session that will be sure to give your entire body some Valentine's Day lovin'! **For CPT**

wonderful monthly donation!!)

**Leanne Emm!**

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

**Kathy Bresee!**

Winner of a 20 minute chair massage with massage therapist, Jennifer Stock.

**Julia Adams!**

Winner of a private session with Personal Trainer, Lindsey Phillips.

**Ashtanga Yoga Workshop: Fully Guided Primary Series with Jessica & Ashley Hixon**

**Saturday, February 7th 9:30-11:30 am with Jessica**  
**Saturday, February 21 9:30-11:30 am with Ashley Hixon**

Join Jessica and Ashley for the fully guided primary series of Ashtanga yoga. **All levels welcome.** Bring your mat and some water - you are going to LOVE this class. Have questions?

Contact Heather at [heanick@nicksproffitness.com](mailto:heanick@nicksproffitness.com).

**Sitting with Swami: Mark the Date!!**

**Saturday, February 7th from 12-2 pm - Chakras & their Healing Potential**  
**Also - Saturday, March 14th & Saturday, April 18th**

I love how Swami says, "Happy moments, praise God, Difficult moments, seek God, Quiet moments, worship God, Painful moments, trust God, Every moment, thank God." We are LOVING Sitting with Swami. This workshop is appropriate for anyone ages 6-106.....Sign up at the front desk to reserve your spot - \$25 for members, \$35 for nonmembers.



details, contact Lindsey at 303-888-7846 or [lindsey@nicksproffitness.com](mailto:lindsey@nicksproffitness.com).

**"And a very heartfelt THANK YOU to Heather, Nick and all of the NPF community who showered my family and I with so much love and happiness at my baby shower! We are so excited to welcome our little boy, and we are so thankful for your love and support."**

Editor's Note: We can't wait to add another little bundle of joy to the Nick's Pro Fitness family.....go Lindsey, go Lindsey.....!!

**10 Day Fitness Challenge: Brian DeBaets**

**Tues, Feb 10 - Thurs, Feb 19**

**Weekdays: 5:15 - 6 pm, Sat & Sun @ 7 am**

**ONLY \$99 for members, \$149 for non-members**

Please reach out to Brian at 303-408-7644 for additional details.

**Come see what's new about Lillian's Yoga Class - Sridaiva Yoga!**

**Sridaiva Yoga: Mondays**

**& Wednesdays 8-9:15 am**

**Benefits of Sridaiva Yoga include:**

- \* Optimizes performance
- \* Decreases joint pain & bone degeneration
- \* Offers powerful therapeutic realignment for the lower back and hips
- \* Bolsters the immune system
- \* Recalibrates the neuro-glandular system
- \* Empowers the spirit of the student to cultivate a positive mindset

**Come give it a try!! Lillian is helping all of us keep doing yoga longer and longer.....hope to see you in class!**

**New Yoga Sculpt Class with Laura Allen:**

**Yoga Sculpt: Wednesdays 4-5 pm & Thursdays 8-9 am**

from 4-5 pm. Child care is available at NPF at this time - you can do it!

**New Spin Instructor: Matt Hill**

**Spin: Mondays 8-9 am & Tuesdays 5:30-6:30 pm**

**New Yoga Instructor: Sammie Bickler**

**Heated Hatha Flow with Core: Thursdays 9:30-10:45 am**

**New Instructor: Susan Westcott**

**Conditioning: Tuesdays & Fridays 6-7:15 am**

**Lunchtime Yoga: Fridays 12-1 pm**

**New Instructor: Sean Vigue**

**Vinyasa Flow: Mondays 12-1 pm**

**Mat Pilates Yoga: Tuesdays 8-9 am**

**Valentine's Day is Just Around the Corner Nick & Heather**

Happy Valentine's Day! Please be sure to stop by the Club on February 14th so we can ask you to "Be Mine" and give you a holiday treat. Please do let us know how we can best serve you - you're the reason we continue to do what we do. As always, we are thankful for your business. We will continue to do our very best to give you a wonderful Club - one where you can be proud to be a member. We appreciate YOU!!

- Nick & Heather



Please contact us at Nick's Pro Fitness @ 303-674-6902 or on the web at [www.nicksproffitness.com](http://www.nicksproffitness.com)