

Nick's Pro Fitness - The Place to Get Fit

Our 2015 Motto: Willingness

March 2015



Self-Defense Seminar on Sunday, 3/15 from 9 am - 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!



March

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

Phoebe DiCarlo!

Winner of \$50 Kapande Cash.

Joanne Kelley!

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

Joan Waldman!

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

[Click HERE](#)

to visit

The Whippetree Restaurant website!

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

Cathy Jones!

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

Luise Brook!

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



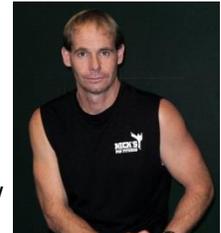
"Show up, be who you are and do what you do." Mack Newton

If You Don't Slow Down, You Don't Stop

I was doing a Tae Kwon-Do demonstration for my conditioning students. I was demonstrating a 360 degree sidekick on a kicking pad and then demonstrated two flying kicks without putting my foot down. Most of my peers cannot do that anymore because they stopped training, or took long periods of time off. Their body cannot perform like it did when they were younger. I am proud of the fact that I can do every technique that I learned when I was a teenager. It is because I never stopped - I mean never. What have I learned from this? Stay consistent in everything you do. It will pay off. Always have an approach that you're never doing enough. It keeps you moving. It is constant and never-ending improvement that keeps you from stopping. 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.

Massage Therapist Simone Stewart -- 15% off Hot & Cold Stone Massage

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!

Massage therapist, Jennifer, offers \$20 off any service

Jennifer's March special: I love referrals!! Refer a friend and book yourself too, and you get \$20 off any service (excluding chair massage). **Schedule a 60 or 90-minute massage today online at bit.ly/jenmassage or by phone at 303-433-1991.**

NPF Welcomes Personal Trainer, Kim Britton!

"Health and Fitness is not a short term plan, it is a Lifestyle!" Kim has been a personal trainer for nine years! She focuses on fat loss, muscle strength and conditioning, weight training, group circuit training, interval training and plyometrics, SMR training (Self Myofascial Release), nutrition guidance and customized meal plans. Kim will also be sharing the position with Holly on Sundays for Conditioning Class from 8-9 am.

To schedule a personal training appointment with Kim, call 303-618-2225.



New Spin Instructor: Caroline Szuch

Spin: Wednesdays 8-9 am

Caroline has been an athletic trainer for over ten years. Prior to becoming a trainer, she was a Climbing Ranger for the National Park Service and a Firefighter/Paramedic for various municipalities. She has trained local elite youth athletes, championed 1/2 marathons, bike races and has completed two Ironman challenges in Germany and qualified for the world

Tom Adams!

Winner of a private session with Personal Trainer, Kim Britton.



Personal Trainer, Brian DeBaets and his super cool mom will be hosting a Protein Pancake Demonstration at NPF on Saturday, March 7th from 8:30-9:30 am. FREE SAMPLES WILL BE PROVIDED. These pancakes are organic. No sugar, artificial sweeteners or natural sweeteners of any kind. Excellent for post work-out snack or meal! See you then!

Ashtanga Yoga Workshop: Fully Guided Primary Series with Jessica

Saturday, March 14th 9:30-11:30 am

Join Jessica 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. Lunch provided afterwards. Have questions? Contact Heather at heanick@nicksprofitfitness.com.

Sitting with Swami: Mark the Date!!

Saturday, March 14th from 12-2 pm

Saturday, April 18th from 12-2 pm

Join us when Swami will explain the **Advanced Kriya Techniques and demonstrate Crystal Bowl Singing**. Afterward, we will practice these techniques, followed by meditation. There is an increasing need for good, quality group meditation. This will be the best one yet! Come to Jessica's Fully Guided Primary Series, enjoy a nice hearty lunch and then Sit with Swami - is there any better way to spend a Saturday? Sign up at the front desk to reserve your spot - \$25 for members, \$35 for nonmembers. Email Heather at heanick@nicksprofitfitness.com with any questions or comments.

championships. She has also lived locally in Evergreen for 14 years.

Ashley Ward to teach Yoga Sculpt:

Yoga Sculpt: Mondays 4-5 pm

Vinyasa II/III: Wednesdays 9:30-10:45 am

Join Ashley Ward Mondays at 4pm for a fun and challenging yoga sculpt class! This is a great way to strengthen your existing yoga practice or simply a great addition to your everyday life. It's the same dynamic format it has always been, set to fun and energizing music.

Personal Trainer Lindsey Phillips is on maternity leave - we will keep you posted of Baby Boy Phillips' arrival.

10 Day Fitness Challenge: Brian DeBaets

Monday, March 2nd - Friday, March 13th

Weekdays: 5:15 - 6 pm ----- ONLY \$99 for members, \$149 for non-members

This boost to your workout program is perfect for ANYONE and will serve the beginner, intermediate and advanced participant. Please reach out to Brian at 303-408-7644 for additional details.

Zumba is BACK and also Yoga Sculpt with Laura Allem:

Yoga Sculpt: Wednesdays 4-5 pm

Spin: Thursdays 7-8 am

Zumba: Thursdays 8-9 am

Instructor, Laura Allem, uses fluid movements, keeping you in constant motion to give you a dynamic cardio workout that typical Vinyasa or yoga workouts lack. It's low-impact so you won't have to jump around or strain your joints - and it's high-intensity so you get the fat-burning results of a more extreme program. Laura has been teaching Zumba for just over a year. Zumba is a dance fitness method based on Salsa and other Latin dance moves. You can do it!

New Spin Instructor: Matt Hill

Spin: NEW TIME!! Mondays 7-8 am & Tuesdays 5:30-6:30 pm

His spin classes feature a "take it to the streets" approach encompassing proper bike position and pedaling technique. Classes feature varied types of riding such as hill climbing, time trialing, tempo riding, all out chasing and active recovery, all set to music that encourages participants to make the most of their time.

New Yoga Instructor: Sammie Bickler

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

Sammie has been practicing yoga for over six years, and she has been teaching for two years. She has practiced all different kinds of yoga, and has put her personal favorites together, leaving you feeling whole, strong and well-balanced.

New Instructor: Susan Westcott

Conditioning: Tuesdays & Fridays 6-7:15 am

Susan had been in the Health & Fitness industry for just about thirty years. Susan has done everything from teaching group exercise classes to organizing 10K Road Races. Susan is certified in group exercise, Indoor Cycling and Yoga. She is also a personal trainer, a certified soccer coach and a First Degree Black Belt in Tae Kwon-Do.

Happy St. Patrick's Day with Nick & Heather

Please be sure to stop by the Club on March 17th so we can check whether the luck of the Irish will be with you this year. The Club has had some terrific upgrades - we got a new front entrance rug with our logo, we have new mirrors in the multipurpose room, and a new protective half wall near the squat rack. We are also getting new software called Mind Body software. This will allow us to serve you even better - there will be so many great uses for you. 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.nicksprofitfitness.com