

## October Drawing Winners!

### Chris Brandt!

Winner of \$50 Kapande Cash.

### Ariane Speck!

Winner of Kapande Cash Parking Space.

### Barb Harris!

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.

### Betsy Spinney!

Winner of a 20 minute Chair Massage from Sheri Blackledge, our new Thai Massage Therapist.

## New Massage Therapist!

### Sheri Blackledge:

Sheri is committed to providing body awareness, relief from pain, deep relaxation, injury prevention and rehabilitation. She offers an integrative approach to discovering self-



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

## TKD HAS CHANGED MY LIFE IN EVERY WAY!

"When I started Tae Kwon-Do in 2000 I thought it would be a nice activity to do with my 13 year old daughter. I wanted her to experience the Tenants of TKD: Courtesy, Integrity, Perseverance, Self-Control & Indomitable Spirit. I knew it would be good for me, but I was mainly participating so my daughter would stay involved. I thought I might get some conditioning, increased flexibility and fighting skills, but I really didn't think there'd be much more than that. After 13½ years, TKD has changed my life in every way. I have never been involved with an activity that requires such intense & sustained dedication to improving performance. TKD is the ultimate challenge, and Nick is uncompromising in his support & dedication to his students & his friends. Come give it a try & see for yourself!"

Free Trial  
Week Available  
(new members only)

**NICK'S**  
**PRO FITNESS**  
THE PLACE TO GET FIT



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## Eliminate Sugar - Weight Drops Off by Nick Kapande

The number one cause of being fat, being out of shape and keeping your weight up is **sugar**. Get rid of sugar!! Don't worry about getting fat out of your diet. It's not fat that is making people fat - it's sugar. Get rid of the sugar. If you want to drop your weight, you need to understand where sugar creeps in.....Beer is sugar. Wine is sugar. Margaritas are sugar. Lots of salad dressings you think are great for you...they're actually full of sugar. People tend to drink a LOT of their calories with fancy coffee drinks. It's crazy!! People are eating their lettuce and then going to Starbucks and messing it all up. They sabotage everything they work so hard for. Recently, I saw two people in line, and I almost said something. I was so tempted to say, "If you want to get your weight down, this is not the place to do it." The truth is - we have to make better choices. Life is nothing but disciplining yourself to make better choices. Make a better choice, and you get a better result. Make a worse choice, you get a worse result. It's not rocket science.....if you want to get your weight down - stop eating sugar! Pilsung!



healing and wholeness through bodywork. She uses a complementary blend of energy work and massage to create individualized sessions addressing the physical, mental, emotional and spiritual aspects of each person. Her training includes Holistic Health practitioner, Registered Massage Therapist, Registered Thai Yoga Therapist, Certified Reflexologist, training also includes Swedish, Deep Tissue, Neuromuscular, Integrative Sport Massage, Prenatal Massage, Reiki and Healing Touch. She believes true health comes from a balance of body, mind and spirit. To schedule an appointment with Sheri, please call 303-674-6902 or 303-257-5483.

## 80's Spin Class with April - A Great Success!

A dozen of us joined April on Saturday, September 21st for our first ever Jane Fonda 80's Spin Class. April inspired us to get sweaty, work hard and push ourselves beyond our comfort zones. She has such a great presence and makes everyone feel welcome. Every student is provided with a specific bike fitting so each person feels comfortable and is ready to ride. We sure did have fun spinning to 80's music, racing uphill and being challenged by the Tabata method.....Don't miss the next one! We will keep you posted! Thanks, April!!

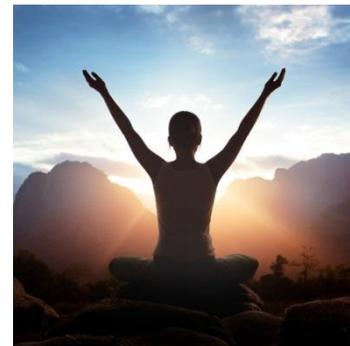


## Upcoming Restorative Retreat!

**Saturday, November 16 - Saturday, November 23**

Join our very own Jessica Smith & Elizabeth Walker on a restorative retreat that will rejuvenate your spirit and help you begin a path back to wholeness. Included in this experience are: 7 night accommodations, 3 gourmet vegetarian meals a day, 2 massages, daily yoga classes with Jessica Smith, private intuitive life path coaching with Elizabeth Walker, daily group facilitation & more!! **Nick's Pro Fitness Members receive a \$250 discount.**

Visit [www.igniteyourdivineself.com](http://www.igniteyourdivineself.com) for more information.

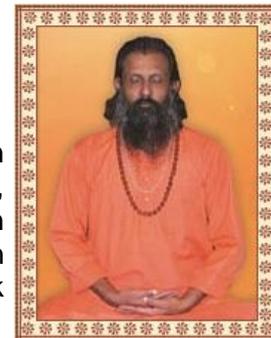


## Sitting with Swami

**Saturday, October 19 from 11:30-1:30 pm**

**Mark The Dates: Nov. 9 & Dec. 7 11:30-1:30 pm**

Back by popular demand, Swamiji is coming back to enlighten us even further. Swami will be discussing how Karma, Gyana and Bhakti, these three forms of yoga are synthesized to bring out the best human potential and live a life of the greatest self-satisfaction. Based on the immortal teachings of the Bhagavad Gita. Sign up at the front desk to reserve your spot - \$25 for members, \$35 for nonmembers.



## A Message from Nick & Heather

Fall is in the air. We tried to hold out - but we did in fact have to turn our heat on this past week. It is such a shock to realize it is already October of 2013!! We are so happy to continue doing what we love to do. There have been all kinds of little projects going on - from asphalt repair, to cleaning out closets and even some painting and touch ups. We love keeping the Club looking good - and we appreciate you all being so helpful - we have noticed more than ever folks putting towels in the baskets, cleaning off mats and machines, wiping off the coffee bar and even locker doors being closed. We can tell how much everyone likes a clean and tidy Club environment. Thanks for your help with this. The Holidays are just around the corner - **please be sure to stop by the Club on October 31st - as always - we will have a very special treat for YOU! Happy Halloween!** We are grateful for your continued support. Without you, there is no Nick's Pro Fitness. Thank YOU!



- Nick & Heather