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### Holiday Hours

We will be closed on **April 24**, Easter Sunday. Enjoy your day!

### This Month's Special

Schedule a session with **Lisa Delia**, our newest Personal Trainer, and get one lesson free! Talk to Lisa around the club about her **buy one, get one free** offer, or call her at 720-839-7293 to sign up today. Read more about Lisa below.

### Kapande Cash

Congratulations to **Betsy Spinney**, our March **Kapande Cash** winner, and **Cheryl Benware**, winner of a **facial** from Jessica Dismuke.



Our April drawing will include a third winner! **Lisa Delia**, our newest Personal Trainer, will offer a free session for one lucky member.

Remember to fill out a ticket at the front desk every time you workout for your chance to win!



### Club News

#### Welcome New Members

Joel Aikin, Nick Canonica, Mark Footer, Kathleen Gartside, Lane Hamilton II, Clorinda Heyl, Gina and Joe Kelley, Kim Kersting, Kara Osberg, Jack & Dylan Patterson, Brian Reed, Kristine Stump

#### Welcome Our New Personal Trainer, Lisa Delia

**Lisa** is a certified personal fitness trainer with 30 years experience. Lisa specializes in strength training and getting people to step a little outside of their comfort zone. Her best reward is to hear someone say, "I never knew I could do that." Lisa was a

*People will accept your ideas much more readily if you tell them Benjamin Franklin said it first.* - David H. Comins

## Studio Schedule for April

### Special Events



#### SELF-DEFENSE SEMINAR

with **Nick Kapande**

**Saturday, April 16th, 12:30-4:30 p.m.**

Once again by special request, Nick will present "**I Will Fight Back**", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older. Attend the seminar for the first time for \$150; audit future self-defense seminars for free.



#### Egg Hunt - Week beginning Monday, April 18th

Join us again for our annual **Easter egg hunt**. During the week of April 18th, look for Easter eggs hidden throughout the Club. When you find an egg, bring it to the front desk for your special cash surprise.

#### Amazon Herb Company - Thursday, April 14, 8 - noon

Find out more about Amazon Herb Company and the amazing herbal blends and healing that are available at Nick's. Jani McCarty, our Rainforest Ambassador and Nick's student, will be on hand to answer your questions.

#### Private Quarters Party - Share the Comfort & Give Back to Those in Need

**Tuesday, Apr 26, 5:30-8 pm,**  
**Wednesday, Apr 27, 8-11 am**  
**Saturday, Apr 30, 7:30-10:30 am**



We're so pleased to participate in Private Quarters' nation-wide program providing gifts of comfort to battered and homeless women's shelters all across America. Private Quarters offers fine, luxury hotel-quality comfort wear, bed linens, bath and spa products, textiles, bath robes, and more. See a wonderful array of Private Quarters products right here at Nick's Pro Fitness. Everyone is welcome!

When Private Quarters sales at Nick's Pro Fitness exceed \$500, 15% of retail sales will be donated with in-kind donations of PQ merchandise to Safehouse Denver domestic violence shelter. To learn more about Safehouse Denver, please see their website at [www.safehouse-denver.org](http://www.safehouse-denver.org).



competitive bodybuilder, and has lived a healthy lifestyle since the 1980s. Lisa has 2 children and has lived in Evergreen for 18 years. She loves hiking, biking and snowshoeing when she's not in the gym. You'll also find her out and about singing with John Erlandson, local musician. Lisa brings her fitness talents to personal training at Nick's well as helping out in Pilates Reformer classes.

#### Join us on Facebook and Twitter

Be the first to know about special events, new classes, and news about your favorite instructors at Nick's Pro Fitness:

- "Like" [Nick's Pro Fitness](#) on Facebook
- "Friend" [Nick Kapande](#) on Facebook
- Follow us on Twitter at [Nicksprofitness](#) (no spaces in the name)

Share our links with your fitness friends and family, and enjoy the results as we all become healthier and happier.

#### Nick's Pro Fitness Gets Greener!

In keeping with our commitment to providing the best experience for our members at Nick's Pro Fitness, we're cleaning the Club with **Melaleuca EcoSense cleaners**. These amazing solutions are super concentrated, highly effective, and they smell great! Melaleuca products contain no phosphates, petroleum, chlorine, ammonia, or any other toxic, caustic or hazardous ingredients, and the packaging is completely biodegradable. For more information on Melaleuca's science-based wellness products, call Audrey Shaw at 303-809-6144 or Eric Shaw at 303-517-4800.

#### In the News

Congratulations to **Ed Bischoff**, who appears in the Nick's Pro Fitness testimonial in the next *Denver Life Magazine*. In his testimonial, Ed says, *"I'd seen amazing results coming out of Nick's studio over the years and I knew that when I was ready to get serious about my fitness, there was only one place to go that would guarantee my success. In under 4 months of training with Nick, I've lost 24 lbs and reduced my body fat to under 10%! These months have enhanced my life in so many ways. Nick has taught me that to change your life, you have to focus on what you can do."* We're



proud of you, Ed!

**Our 2011 motto: Integrity**



## Classes New classes

Check our schedule for new classes, new times, and new instructors!

### Spin: Monday, 8 am

You asked for it, and we heard you! Join Cheryl for another of her wildly popular spin classes.

### Yoga with Weights: Tues, 9 am

In this total-body workout, Melanie helps you tone and sculpt every major muscle group. This is an intense but easy to follow program that pushes your strength and flexibility to new heights.

### Cycle with Yoga: Wednesday, 9 am

Increase your strength, enhance flexibility, improve body composition, and develop a deeper mind and body connection. Melanie leads spin followed by a 30 minute Vinyasa flow.

## Cancelled classes

### Zumba: Monday, 8 am

We miss Autumn, and hope to have her and Zumba back on the schedule in the fall.

### Mat Reformer: Saturday, 8 am

If you liked the Mat Reformer class, try Erica's great Roller Pilates class on Thursdays at 8 am.

### Pilates Reformer: Saturday, 8 am

Try the Reformer on Saturday at 9 am and keep the class full and on the schedule!

## Ongoing classes

To see all the classes available to all Club members, go to <http://www.nicksprofitness.com/schedule.php>.

## Squash - Another month to Play the Pro!

**Four Thursdays, April 7, 14, 21, 28, 5:30-6:30 pm FREE!** For all levels, including new players, play squash with the Pro! For more information and for lessons, call Karen at 303-349-7493.

## Thank You!

Spring is in the air. We are super excited to see our tulips and daffodils starting to come up in the garden. We are also excited to keep everyone in the loop - we have ordered the steel and flooring for the upcoming yoga/spin/weight room addition, and we are ordering lighting next week.



The plan is to see the remodel begin in May/June and be finished as soon as possible. We will do our very best to make it quick and easy. This will add 1600 square feet to the Club and give us the opportunity to offer so many more things. We will be adding a hot yoga program and a regular yoga program, spin will get its own dedicated space, and the weight room will double in size. Thank you so much for your faith and confidence in us. We genuinely appreciate your support. Thanks for telling everyone how much you love the Club - it's working! Please take a moment to say hello to someone when you see a new face. Very best wishes to you all.

- Heather and Nick

