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Holiday Hours

We are **CLOSED**

Christmas & New Year's Day, Sunday, Dec 25 and Sunday, Jan 1.

HOLIDAY HOURS 6 am - 1 pm.

Christmas Eve, New Year's Eve, Saturday, Dec 24 & Saturday, Dec 31.

Child care is available 7:45-11:15. Our doors open at 6 am and close promptly at 1 pm. We ask your cooperation in making the holiday enjoyable for *everyone*, including for those who work that day.

This Month's Specials

Your very own permanent locker!

We are happy to offer you this wonderful holiday special: a **permanent locker** here at Nick's Pro Fitness! Rent a locker for 12 months, and receive an additional two months for free. This is a great gift idea for your favorite friend who has everything, or even for yourself!

Spa Special

Jessica offers a very special

Buy One Facial, Get One For Half Off for

December! Pamper your loved one - or yourself! -

with a gift that will help you look and feel your very best for the holidays. Call **Jessica at 720-323-6601** for your appointment.



Personal Training

A gift for yourself or your loved one! Lisa is offering an amazing **10 personal training sessions for \$350!** Call **Lisa at 720-839-7293** to make your appointment today. This offer is good through December.

This Month's Winners

Kapande Cash

Congratulations to

Audrey Shaw, our November **Kapande Cash** winner! Audrey

can use this \$50 value in the Club towards monthly dues, or towards clothing, snacks, or even to help host a friend at the Club for month!



Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.

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Studio Schedule for December

Classes, Seminars, Special Events

Exercise for Ageless Adults

Tuesday, December 13, 1:30-2:30 pm

Thursday, December 15, 1:30-2:30 pm

Seniors and anyone with health issues who do better with a gentle workout will enjoy Mary's class and its fun, social environment. Participants will stretch and perform light cardio-vascular and strength work. Blood pressures will be taken before and after class, and Mary will be available for students' questions. With enough positive feedback, we can add this class to the schedule.



Self-Defense Seminar

Saturday, December 17, 12:30-4:30 pm

Back by popular demand, Nick Kapande will lead "I Will Fight Back", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older, and will include important information for college students home for the holidays.

Mr. Kapande, who has over 24 years of self-defense experience, will guide students in protecting themselves from attackers in every-day situations and under various circumstances. Attend the seminar for the first time for \$150, and audit all future self-defense seminars for free. Sign up at the front desk.



Vino & Vinyasa

There is no Vino & Vinyasa scheduled for December 2011. Enjoy your holiday and watch for information on our January 2012 Vino & Vinyasa event.

Class Schedule

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

New classes

ZUMBA®

Mondays, 4:45 pm and Fridays, 11 am

We are happy to add Zumba back to the schedule! Join the party with Janice and enjoy your workout like never before.



Piloxing®: Wednesdays, 11:30 am

Erica introduces this exciting new class! Piloxing blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy interval workout. Piloxing was developed by Swedish dancer and celebrity trainer Viveca Jensen, and is the culmination of her mission to physically and mentally empower women through fitness.

