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### Kapande Cash

Congratulations to **Gail Wager**, our December **Kapande Cash** winner, and **Dawn Sagaser**, winner of a **facial** from Jessica Dismuke. Congratulations too, to **Luise Brook**, **Shelby Imes**, and **Dan Linclon**, whose names were drawn to receive beautiful holiday gift baskets from Nick's Pro Fitness. Remember to fill out a ticket every time you work out to be eligible to win!

### Club News

#### Welcome New Members



Renee, Sarah, and Simone Gutberlet, Gregory Hunter, Katie Kates, Alisa Maiocco, Kendra Maggio Novick, Liz Pike, Thomas & Michelle Sheffield

#### Locker Rental

Stop by the front desk to rent your permanent locker. If you sign up for 12 months, get the 13th month free!

#### Guests

It's fun for us to meet the friends and family members you bring into the Club as guests. We love to share our great space and classes with new people, and we're happy to expand our fitness family. Thank you for remembering to stop at the front desk and pay the guest fee. Club expenses such as the coffee bar and our fabulous Fresh Fruit Friday were offset by the approximately \$1700 the Club took in last year in guest fees. Your guests and the Club all benefit!

*A wise man will make more opportunities than he finds.*

- Francis Bacon

## Studio Schedule for January

### Special Events

#### Baseball Skills Camp

Come to Nick's on **Saturday and Sunday, January 8-9, 1-4 pm** to learn and practice skills for hitting, defense, pitching, base running, mental approach and more, through structured drills and proven training techniques. Develop your skill set and gain the knowledge you need for continued improvement. Instructors include Kevin Kouzmanoff, Ryan Mulhern, and JT Putt. For more information, call JT Putt at 720-530-4315.



#### Health Screening

Join us for our annual health screening! Dorie Collier, a lifestyle coach with over 20 years experience as a Registered Nurse, will conduct targeted check-ups here at Nick's on Tuesday, **January**



**25th, 6:30-8:30 am.** Dorie's Healics tests include body fat analysis and blood tests. Start the new year off with the information you need to evaluate your fitness and nutrition, and to make any updates to help you reach your ultimate health! We will host Dorie every January; don't miss this chance to start your health score card right away. Cost is \$60. Call the Club today to make your appointment and to get information on preparing for your screening.

#### Picture week at Nick's

On **Monday, January 3, 2011**, we will begin updating photos on your check-in monitor. Come in a minute or two early to have your photo taken by our terrific front desk staff. We'll also be updating our records and may have a registration form for you to complete. Thank you for helping us keep your information current!

#### Amazon Herb Company Information

##### Thursday, January 27, 8 - noon

Find out more about Amazon Herb Company and the amazing herbal blends and healing botanicals from Amazon Herb Company that are available at Nick's. Jani McCarty, our Rainforest Ambassador and Nick's student for three plus years, will be on hand to answer all your questions. Discover more about Warrior, this month's featured botanical blend.

## Hot Tub/Cold Bath

We've received request to turn our hot tub into a cold water bath, and we'd like to hear from anyone else interested in this idea. Three top benefits to ice baths are to reduce inflammation of tissues and joints, relieve soreness, and speed recovery. The cold constricts blood vessels and reduces metabolic activity, reducing swelling and tissue breakdown. Cold also helps to flush harmful metabolic debris out of your muscles. Please drop a line to [info@nicksproffitness.com](mailto:info@nicksproffitness.com) with your thoughts.

## Amazon Herb Co. Products

We asked Nick about his experience with **Warrior™**, this month's featured product. Here is Nick's enthusiastic response: *"Warrior is a subtle boost of endurance, quiet endurance that sustains for long periods of exertion. The boost from these natural herbs is much more effective than the hyperactivity of synthetic supplements".*



Take Warrior before you workout and throughout the day to:

- Increase endurance and stamina
- Boost your mental focus and endurance
- Shorten your recovery time
- Support your cardiovascular health
- Produce maximum energy for maximum performance
- Enhance sexual energy

Warrior can help you get there with energy to spare.

## Our 2011 motto: INTEGRITY

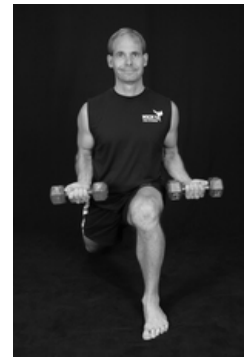
## Classes

### New classes

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

### Express Spin: Tues & Thurs, 5:15 am

Join Mia for a fun new spin class, with 45 minutes of spin and 15 minutes of abs and arm work.



### Conditioning: Tuesday, 7:45 am

Holly leads another fabulous morning conditioning class.

### Conditioning: Friday, 6 am

Here's another opportunity to workout with Mitchell.

**New time** Yoga: Thursday with Annie moves to noon!

### Cancelled classes

### Cycle/Core Conditioning: Wednesday, 9 am

Cycle at 9 AM on Mondays and Thursdays, or try another fun class 9 AM class throughout the week.

### Mat Pilates: Thursday, 6:30 pm

Attend Mat Pilates on Tuesdays, 8-9 am and Roller Pilates on Thursdays, 8-9 am.

### Ongoing classes

To see all the classes available to all Club members, go to [www.nicksproffitness.com/classes.html](http://www.nicksproffitness.com/classes.html).

### Sneak Peek at February

**Yoga: Wednesday, noon.** You've been asking for it, we're happy that Liz is able to make it happen!

**Thank You!** Happy New Year to our staff and our members. We are so grateful to you for your kind words, wonderful attitudes and giving spirit. For the past two weeks, not one day has gone by when we didn't have someone saying thank you or someone telling us how much they love the Club. It feels good to be valued and appreciated.



So, thank you all for that. It has been another great holiday for us, and being able to spend holidays with all of you makes it that much better. Welcome to 2011 - it is our hope that we are all blessed with excellent health, nurturing relationships and increased prosperity this year. We are committed to the Club and to each and every one of you. We will continue to do our very best to enrich the Club and in turn, all of you. We're coming up on our 3 year anniversary and we just want to say, "We're just gettin' started." So let's get excited about our lives, let's set some goals and let's get out there and make this life the best it can be. See you soon! - Heather and Nick