

In This Issue

- Studio Schedule
- New at Nicks
- Kapande Cash
- Club News
- Thank You

Kapande Cash

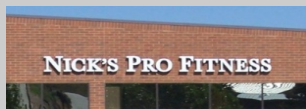
Congratulations to **Olga Koecher**, our February **Kapande Cash** winner, and **Karen Hoops**, winner of a **facial** from Jessica Dismuke.



Club News

Welcome New Members

Matt Akin, Connie Brackett, Tom Chelston, Cheryl Danni, Micaela Gies, Nolan Harmon, Rebecca Hill, Lisa Hodson, Susan and Randy McDonald, Dan Morrison, Madison Mosby, Tonya Rodgers, Amanda Stone, Amanda Tolle, Keenan Prouty, William Toole



Welcome Our Newest Instructor

Melanie Penfield has practiced hot Yoga and Vinyasa Yoga for over ten years. She has taught Vinyasa Yoga since 2007, and is known for her free-spirited sense of humor and straight-forward approach to Yoga. Melanie teaches long deep stretch, Vinyasa flow, hot Yoga, Yoga with weights, and Yoga with spin. Melanie believes in positive social change and lives happily in Evergreen with her son Evan and dog Jackson.

Updated Batting Cages

We've upgraded and reworked our already fabulous batting cages, just in time for spring practice. Call **303-679-6267** to rent your time in the best batting cages in the state.

Amazon Herb Co.

This month we feature Rainforest Treasure Tea™. Flavor, energy and clarity, cup by cup.



Rainforest Treasure Tea:

- Rids your body of toxins
- Supports a healthy immune system
- Is caffeine-free

Relax for a moment and escape the pressures of life. With Rainforest Treasure Tea, you'll drink in six of the Amazon's most vibrant botanicals, providing you with vitality, mental clarity and renewed energy. Nourish your

Goals are the fuel in the furnace of achievement.

- Brian Tracy

Studio Schedule for March

Special Events

CPR Class Wednesday, March 9, 6 pm

Dave Montesi with Evergreen PAD present a CPR and AED certification class at Nick's Pro Fitness. The class is open to members and the community. The cost is \$25 for recertification and \$35 for new certification, and your certification will be good for two years. Sign up at the front desk at Nick's Pro Fitness.



Amazon Herb Company Thursday, March 17, 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.

Mitchell's Anniversary Friday, March 24, 11-1

Help us celebrate Mitchell's anniversary as a personal trainer at Nick's Pro Fitness. It didn't even take a year for Mitchell's popularity to soar!

Classes

New classes

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

Yoga with Weights: Tuesday, 9 am

Yoga with weights is a total body workout designed to tone and sculpt every major muscle group. Dumbbells, body bars and free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose.



Cycle with Yoga: Wednesday, 9 am

This class increases your strength, enhances flexibility, improves body composition, and develops a deeper mind and body connection. We cycle for 30-45 minutes, keeping up the intensity and practicing our yoga beliefs during spin. Focus is on our breath, enhancing our spinning and increasing our strength and intensity. Spin is followed by a 30 minute Vinyasa flow.

Cancelled classes

Flirty Girl: Tuesday, 9 am

Let us know if you can attend this class on a regular basis, we'd love to see more people moving with Erica!

health with an exotic blend of Rainforest botanicals. Hot or cold, Rainforest Treasure Tea delivers vitality, mental clarity and energy.

Denver Life Magazine

Be sure to check out **Jeff Bowers'** progress on his Six Week Fitness Challenge blog on our website, www.nicksproffitness.com.

Also, look for our very own **Jessica Dismuke** and **Shelby Innes**, featured in our ad in *Denver Life Magazine*. We're so proud of them!



What have they got?

Shelby Innes, 19 & Jessica Dismuke, 21

No matter how old or young you are, you will get **RESULTS** with Nick. Discover how the inspiring **"NEVER QUIT"** attitude will help **YOU** create a sculpted, fit physique. Nick makes everyone the same **PROMISE**— "Just show up, and I'll do the rest!" Find out why thousands of people agree—**Nick's is THE place to get fit!**

They've got Nick!

NICK'S PRO FITNESS
THE PLACE TO GET FIT

2932 Evergreen Parkway
Evergreen, CO 80439
303-674-6267
nicksproffitness.com

Ongoing classes

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

Squash - Play the Pro!

Three Thursdays, March 10, 17, 24, 5:30-6:30 pm
FREE! For all levels, including new players, play squash with the Pro! For more information, call Karen at 303-949-7493.

Sneak Peek: Spring at Nick's Pro Fitness

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.

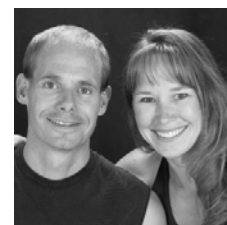
Egg Hunt

Monday, April 18th

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

Thank You!

It is so exciting to have spring right around the corner. While we know that there is still snow on the way, it is such a great feeling to have made it past the coldest part of winter. It feels invigorating! We appreciate all of you being here - and we love seeing the parking lot full!! The classes are being very well attended and the Club is growing, and we are so happy to be here with all of you. It is great to have such a wonderful group of people in our lives. Be sure to read through the annual report for details on the future yoga studio. By the end of summer, we will be actively using and enjoying all the space that our remodel will provide. Many thanks to you all for your continued support.



- Heather and Nick

Our 2011 motto: Integrity

