

In This Issue

- Studio Schedule
- New at Nicks
- Holiday Hours
- Special of the Month
- Kapande Cash
- Club News
- In the News

Holiday Hours

We will be closed on **April 4, Easter Sunday**. Enjoy your day!

Specials of the Month Four Months Free!

That's right, **four months of general membership** at Nick's Pro Fitness *free!* This offer is for new members who sign up at Nick's with a two-year contract. Stop by the front desk for more info on this incredible special, **tell your friends!**

Facial Plus - Be rejuvenated for Spring! Any facial, regularly \$70, includes a free eyebrow and lip wax. Call **Jessica** at 720-323-6601 to make an appointment for this great special, for any of her other great facials, micoderm, waxes, or for **Osmosis** products.



Kapande Cash

Remember to fill out a ticket at the front desk each time you work out at the Club, to enter to win a

\$50 value Kapande Cash Coupon! Our Esthetician is also awarding a free facial to a second winner.

Congratulations to **Jessica Harley**, our March **Kapande Cash** winner, and **Denise McDonald**, the winner of a facial from Jessica Dismuke.

Club News

Welcome New Members:

Gordon Chadbourne, Nora Pykkonen

There is no such thing in anyone's life as an unimportant day.

- Alexander Woollcott, American Author

Studio Schedule for April SELF-DEFENSE SEMINAR -***SPECIAL***

Saturday, April 3, 1-5 p.m.

In response to a special request, 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 focus on safety for college students who are facing a challenging situation at Denver metro campuses. 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.



New classes

Intro to Pilates Reformer Free! Mon, April 5, & Thurs, April 8, 9 a.m.

Learn how to improve flexibility, core strength, breathing, and rehabilitation through Pilates Reformers. For new students only, sign up at the front desk for a free introductory class with Shonna.

New trial class

Zumba with Autumn - Thursday, April 8, 8 a.m.

It's back! Enjoy this exciting hour of calorie-burning, body-energizing, awe-inspiring movements complete with Latin flavor and international zest. If you like this class, we'll add it permanently to our schedule.

Kettlebell Training with Mitchell - Beginning in April

In his Introduction to Kettlebells training, Mitchell will guide you through exercises composed of swings, lifts, and specific movements with a kettlebell. Learn the basics of using kettlebells and a basic workout routine. With kettlebells, you use multiple muscle groups, power, strength and endurance to great benefits! Sign up at the front desk or call Mitchell at 214-500-9515.

Ongoing classes

To see all the classes available to all Club members, go to www.nicksprofitfitness.com/pages/classes.html.

New at Nick's

New Programs Referral Program

Our new Referral Program is just one more way for us to let you know we appreciate you. Refer a friend! If your friend joins the Club, you get \$25. If your friend joins the Conditioning program, you get \$75. That's regular cash, not Kapande Cash, and you can use it wherever you wish. Invite your friends to stop by the Club today!





In the News

Long-time member **Carl Craig** is rallying **Team Some Nerve** to participate in the **MS-150** bicycle ride, June 26-27th. The MS-150, Colorado's longest-running charity ride, is expected to raise over \$3million to fund research & to help people with Multiple Sclerosis who have special needs. Carl's 14 year-old daughter Heather was diagnosed with MS earlier this year, and her teachers at EMS established the team. Carl plans to serve as **Some Nerve's** Captain until a cure is found. "Prior to 1993, MS was simply wait-and-see with an unknown outcome, and already we have Heather on a disease modifying drug that will help prevent additional damage. The body of research is very encouraging for additional therapies but they don't come for free."

To join the inaugural year of Some Nerve & be part of a great group of Evergreen riders believing they can help find a cure, agree to raise a minimum of \$400, Google "MS150 Colorado" and follow the instructions to join team Some Nerve. For more information, email Carl at msteamsomenerve@gmail.com. "The research is critical if we are going to cure this disease in my daughter's lifetime," said Carl, "I believe we can."

Congratulations to **Seth Grob**, who participated in the **Selkirk Mtn Experience Steep Ski** in the Durrand Glacier Chalet in British Columbia. Seth climbed 30,000', 15 peaks, and skied 15 glaciers in one week. He experienced 6 clear days out of 7, with maximum enjoyment at the top of every peak. Rated one of the Best Adventure Travel Companies on Earth 2009 by [National Geographic Adventure Magazine](#).

Thanks to **Alice Brewer**, Nick's conditioning student, owner of [XL Carpet Care](#) and guest bartender at The Woodcellar Bar & Grill in Evergreen on Thursday, March 25. Alice generously donated her portion of sales to our Field Fund, helping us develop our wonderful, new, community-friendly back yard.

Female Figure Transformation, April 5 - June 30

This 12 week program is for women who are serious about improving muscle tone, mobility, and metabolism through a unique training approach that combines traditional and functional training with speed of execution. Participants in the last session achieved incredible results. Stop by the front desk for an application and more information on this challenging and encouraging body-building program.

Squash

One Night Squash Tournament! Tuesday, April 20, 5 - 8 p.m. Entry fee is just \$10! Sign up at the front desk or call Karen at 303-949-7493.

Junior Squash Round Robin-Sunday, April 18, 10:30 - noon

Junior squash players. Call Karen at 303-949-7493 information.

Club News

New Men's Steam Room Door

Many thanks to **John Murrow** for his fabulous repair and renewal of the wall and tiles around the men's steam room, and to **Chris's Glass** for the installation of the stylish and functional new glass door. The steam room works better than ever, a much-appreciated benefit! Watch for the same wonderful upgrades to take place on the women's steam room.

The Muscle Chart is back!

By popular demand, the chart of the human muscular system is once again on the wall at Nick's Pro Fitness. Check at the bottom of the stairs, by one of the Cross Cable machines. Now you can pinpoint the exact source and scientific name of the muscle you're working. Remember, according to the United States Marines, pain is just weakness leaving your body.

Thank You!

Many thanks to our wonderful members and our dedicated staff. We are not only grateful to have such a fabulous group of members, but our staff really makes the Club fantastic. Nick and I want to publicly acknowledge our terrific instructors and excellent staff. Our personal trainers add incredible value as well. We also give a special thank you to our massage therapists, our repetitive-use therapist, our esthetician and our squash pro. We truly feel so lucky to be surrounded by positive, healthy and success-minded people. It is a blessing to work in a place where we really do love everyone - both members and staff alike. Thank you for believing in us - and as we've said before, we will continue to develop the Club by making responsible, thoughtful decisions.

- Heather and Nick



Classified

Motivated seller: beautiful, red felt regulation-size **pool table**. Includes balls and racks. \$750 or best offer. Call Heather at 720-331-1645.

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