

## In This Issue

- Holiday Hours
- This Month's Winners
- Welcome
- This Month's Specials
- In the News
- Studio Schedule
- Club News
- Thank You

## Holiday Hours

We are closed on **April 8, Easter Sunday**. Click on [holiday hours](#) to see our entire holiday schedule for 2012. Remember, we close only 3 days a year!

## This Month's Winners



### Kapande Cash

Congratulations to **Don Zink**, this month's **Kapande Cash** winner! Our winner 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!

### Customized Facial plus Luxurious, customized spa wrap, NEW!

Congratulations to **Sue Akin**, who won a free customized **facial** from Jessica. **Also included is a beautiful Nick's Pro Fitness spa wrap!**

### 90-Minute Massage

Congratulations to **Maud Galloway**, who won a **90-minute massage** from Bea Green.

### The Whippetree

Congratulations to **Albert Nishimoto**, who won **Two Free Entrees from The New Healthier Side Menu at The Whippetree!** To see the Whip's new menu, visit [thewhippletreerestaurant.com](http://thewhippletreerestaurant.com).



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

*Choices are the hinges of destiny. - Pythagoras*

## Studio Schedule for April



### Classes, Seminars, and Special Events

#### Easter Egg Hunt

Join us again for our annual **Easter Egg Hunt!** During the week of April 1, look for plastic eggs hidden throughout the Club. When you find an egg, bring it to the front desk for your special surprise!



### Vino & Vinyasa

**Friday, April 20, 5:45-7 pm**

**Bring your friends and join KC for a wonderful evening of Bollywood Yoga and wine here at Nick's Pro Fitness!** Come with an appetizer and your favorite wine or other beverage to share, and experience this fun event. Everyone is welcome, and non-members pay only a \$15 drop-in fee. Join the fun!

### Tribal Fusion Belly Dance Performance with Elizabeth Ashner

**Friday, April 27th, 7:45 pm**



We are so pleased to present a special Friday night Belly Dance performance, open to the public. Elizabeth is a tribal fusion belly dancer, mistress of double swords, and one of Nick's Peak Performers. She has taught and performed in Evergreen and across the US since 2001, and founded "Elevation: a Belly Dance Extravaganza" in 2003

([www.EvergreenTribalArts.com](http://www.EvergreenTribalArts.com)). See Elizabeth's clothing line at [www.AshnerByElizabeth.com](http://www.AshnerByElizabeth.com).

### Special Belly Dance Class with Elizabeth Ashner

**The last weekend in April, watch for more details!**

This special class is open to the public! Elizabeth Ashner will lead a special 90-minute Belly Dancing Class. Elizabeth is an inspiring teacher who loves seeing her students being transformed by the strength and artistry that is born from disciplined joyful practice. Elizabeth believes, "The energy we experience when we dance is a wellspring of strength and beauty that we can use to strengthen and nurture ourselves, each other and the world." This special class is \$10 for members, \$15 for non-members. Watch your emails for details!

### Yoga for a Cure

**Saturday, April 28, 11 am**

**Everyone's invited to this very special fundraiser for the Leukemia and Lymphoma Society.** Open to the public and only \$15, Jill Hepburn will teach a yoga class with all proceeds going to the Leukemia and Lymphoma Society. Bring your own mat, stop by the front desk to sign in if you are new to the Club, and help Trish meet her goal of \$55,000. See more information on this fundraiser under **You Can Help**.

### Class Schedule

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



#### Welcome

#### Welcome new and returning members.

Sue Akin, Suzanne Brown, Trish Dunbar, Travis Hege, Ashley Maron, Jeannine Rauch, Marge Regan, Nina Shuyler.

#### This Month's Specials

##### Massage Special

Bea Green is offering a **Deep Tissue Massage with Herbal Hot Compresses**, 60 minutes for \$50 and 90 minutes for \$80, through April 30.

Bea also offers **packages of 3 sessions at special rates:**

##### Swedish Massage:

\$40 for 1 hour (\$120 package)  
\$60 for 1 1/2 hrs (\$180 package)

##### Integrative Massage:

\$45 for 1 hour (\$135 package)  
\$65 for 1 1/2 hrs (\$195 package)

##### Deep Tissue Massage:

\$50 for 1 hour (\$150 package)  
\$70 for 1 1/2 hrs (\$210 package)  
Call **Bea at 303-726-4276** today to schedule your appointment.

#### In the News

##### Parkinson's Support Group

##### New day and time!

Led by our own **Leslie Wagner** at the Rocky Mountain Village Estate, this **Parkinson's Support Group** is free and open to Parkinson's patients and their caregivers. Meet on the 3<sup>rd</sup> Wed of the month from 12-3. For more info, go to [leslie.wagner@hotmail.com](mailto:leslie.wagner@hotmail.com).

##### Costa Rica Yoga Retreat

Petra Bute and Lurie Nassau will host a **Yoga/Mediation Retreat at the Goddess Garden in Costa Rica June 7-14**. Beginners and experienced yogis are welcome to enjoy a morning and evening class each day, with a wide variety of other activities also available. Full payment due by 4/6. For more information, contact Petra at 303-758-281, [petralikesyoga@gmail.com](mailto:petralikesyoga@gmail.com), or visit <http://heavenlyyoga.us/retreat.shtml>.

#### Looking for work?

**r3 Steel** in the Kaiser building is looking for clerical help, 20 - 25 hours a week, with the possibility of becoming a full time position. For more info, call Geoff or Samara at 303-679-0003

#### New classes

##### Vinyasa II: Monday and Thursday, 6 am

We are happy to introduce another wonderful instructor for our yoga members. Take Liz B's class and help us welcome her to Nick's Pro Fitness!

##### Spin: Saturday, 7 am

Here's your opportunity for an early morning Saturday spin!

#### New Time

##### Vinyasa II, III: Friday, 9:30 am, ends 10:30 am

#### Canceled classes

##### Get Fit!: Tuesday & Thursday, 9 am

##### Power Fusion: Tuesday, 11 am

##### Sweat Class: Wednesday, 6 pm

#### Sneak Peek at May

##### Yoga Intensive with Daylene Christensen

Join us on May 18, 19, and 20 for a yoga intensive with **Daylene Christensen**, a wonderful Ashtanga instructor from the Miami Life Center and the newest teacher for the *Yoga Journal*. Plan to attend this once in a lifetime event! For more information, please contact Jessica Smith, [jessica@yogasmiths.com](mailto:jessica@yogasmiths.com) or 563-508-5891.

#### Club News

##### You Can Help

For the most current information on helping our neighbors impacted by the fire, see the Mountain Resource Center's website at [www.mrcco.org](http://www.mrcco.org).

**Trish Dunbar** is accepting tax-deductible donations to support the **Leukemia & Lymphoma Society's "Man & Woman of the Year" campaign**. Trish's goal is to raise \$55,000 in support of the LLS mission to find a cure for blood cancers and improve the quality of life of patients and their families. To contribute, attend NPF's special Yoga class (see above), visit <http://rmt.mwoy.ilsevent.org/TrishDunbar>, or mail a check to The Leukemia & Lymphoma Society. **Donations are due by 5/18/12.**

**Seth Grob** (303-679-8266) is accepting tax-deductible donations to support the **Champions for Children Cycling Team**, riding in the 120-mile Triple Bypass on July 14th. Seth's goal is to raise more than \$3000 in support of the **Rocky Mountain Children's Law Center**, advocates for abused and neglected children. Visit [childlawcenter.myetap.org](http://childlawcenter.myetap.org), click on "Make a Donation", or mail a check to Rocky Mountain Children's Law Center. No amount is too big or too small.

#### Thank you

It is so exciting to have spring right around the corner, although our bulbs are blooming just a little early this year! As we celebrate the start of spring, we also think of those in our community who are going through hard times - the family of our friend, Lee Omohundro, and our neighbors whose lives were affected by the North Fork Fire. We're touched by the response of so many of you to these heartbreaking events. As always, we are so proud to be a part of such a caring community, 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. Please take a moment to say hello to someone when you see a new face. Very best wishes to you all.

- Heather and Nick



