

Nick's Pro Fitness - The Place to Get Fit

Our 2012 Motto: Serious

August 2012

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July Winners

Congratulations to **Mary Noyes**, our July Kapande Cash winner! You may use your \$50 Kapande Cash towards any item, class or service offered at Nick's Pro Fitness.

Congratulations to Kim Jordan, winner of the Customized Facial w/ Jessica Dismuke. Please call Jessica at 720-323-6601 to schedule your appointment.

Congratulations to Sean Stieren, winner of 2 free entrees from the "Healthier Side" menu at the Whipple Tree. Stop by the front desk and pick up the envelope with your name on it.



5,000 Sit-Ups @ 50 AND...

\$3000 towards The Ryan Haebe Fund

On July 12, 2012 Nick celebrated his 50th birthday with 5,000 sit-ups -Way to go Nick! We are proud to say that he completed all 5,000 sit-ups in just 3 hours and 21 minutes AND raised \$3000 for The Ryan Haebe Fund.

Anyone interested in donating can drop donations off at any 1st Bank in the front range, making checks payable to The Ryan Haebe Fund.

"I Will Fight Back" Self-Defense Seminar

Saturday, August 11, 12:30-4:30 pm



Nick Kapande, 5th DAN

Nick Kapande is holding his **"I Will Fight Back"** Self-Defense Seminar again this summer. You will learn how to protect yourself in every-day situations, learn about psychological and physical aspects of self-defense, feel more confident in your ability to handle dangerous situations and most of all develop the knowledge and the will to fight back. For more information or to sign up, stop by the front desk or **call 303.674.6902.**

Yoga Seminar w/ Marianne Wells

Friday, Sept. 21 - Sunday, Sept. 23

Whether you are a yoga practitioner or a yoga instructor, make time in your schedule to attend this workshop led by international yoga teacher Marianne Wells. You will practice together, discuss yoga philosophy, conduct posture and partner yoga workshops, and learn what it is to bring your yoga to a soulful level that is deep and satisfying. All levels welcome. Cost is \$265 and includes training manual, CD, and 15 CEC's. For more information visit <http://www.mariannewells.com>.



Thank you!

We appreciate the outpouring of support that we've seen for the Heabe family and for us as well. It is truly a blessing to live in a community that is full of such passionate, positive, warm-hearted people. Cheers to a fun-filled, memory packed summer - Enjoy!

- Nick & Heather

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