

# Nick's Pro Fitness - The Place to Get Fit

Our 2012 Motto: Serious

December 2012

## Holiday Hours

**Christmas Eve**

6 am - 1 pm

**Christmas Day**

CLOSED

**New Years Eve**

6 am - 1 pm

**New Years Day**

CLOSED

**NICK'S**  
PRO FITNESS  
THE PLACE TO GET FIT



**"Show up, be who you are and do what you do." - Mack Newton**

## Drawing Winners

Congratulations to **Tara Emch** who won \$50 in Kapande Cash, **Leanne & Dave Emm** who won the Kapande Cash Parking Space, **Renee Campbell** who won two "healthier side" entrees (of your choice) from the WhippleTree Restaurant AND **Patricia Flannery** who won a customized facial with **Jessica Dismuke**, our in-house esthetician.

## **"I Will Fight Back" Self-Defense Seminar**

Saturday, December 8th, 12:30 - 4:30 pm

Everyone benefits from learning basic self-defense. We need to know how to **protect ourselves** from an attacker, and also how to **protect our loved ones**. Develop the knowledge and the will to fight back. **Reserve your spot!**

## **Boxing Clinic w/ Jake Ramos**

Saturday, December 15th, 12:30 - 1:30 pm

- Suitable for all ages, abilities & interests
- Space is limited - sign up at the front desk
- \$20 for NPF members, \$30 for non-members
- Cash/Checks accepted (**make payable to Jake Ramos**)

## Bell Ringing

Ring the bell at Safeway this holiday season.  
**Mon, NOV 26th-**  
**Thurs, DEC 20.**  
**11 am - 1 pm**  
Sign-up to volunteer at the front desk.

## **Promotion Test**

Saturday, December 15th, 10 am

TaeKwon-Do students will be tested on their ability to perform and complete patterns and movements while using proper technique and form. They will also be asked specific questions dependent on rank and some will be tested on their ability to break a board using kicks they should know under their current rank.

**We encourage everyone to join us!**

### **Food Donations**

Give to those in need this holiday season. Now accepting food donations through

**Wed., December 19th.**

Donations can be dropped off in the vestibule at the NPF entrance. Anything is helpful and appreciated!

### **PayPal**

PayPal will be available for all future seminars and we encourage everyone to use it. If you are planning to attend an upcoming seminar please visit our website at [www.nicksprofitfitness.com](http://www.nicksprofitfitness.com)

to view your PayPal payment options.

### **COMING SOON:**

Nick's Pro Fitness merchandise will also be available for purchase on the website. Stay tuned for more details!

### **NPF Gift Ideas**

If you're looking for the **perfect gift** to give this holiday season, look no further!! We have water bottles, men's and women's workout attire, sparring gear, mouth guards, 3-2 cookbooks and much more. Gift certificates are easily available for massages, facial treatments with our in-house esthetician, acupuncture, bio-identical hormone treatments, hair analysis and allergy testing. Purchase a membership for a loved one or purchase a one year locker rental (see below).

Contact Brittany at [Brittanny@nicksprofitfitness.com](mailto:Brittanny@nicksprofitfitness.com) for all gift requests.

### **Thank You!**

We are happy to say that the construction near the nursery is finished and painting has begun. I know many of you are anxious to see the coat racks hung back up in that hallway, as are we. It will feel great once all that is complete! Your patience and understanding during that time was and is greatly appreciated. We'd like to wish everyone a very merry holiday season and look forward to seeing all of you.

**Don't forget to stop in and pick up your NPF Christmas gift.**

### **We appreciate you!**

- Heather & Nick

## **Holiday Locker Special!**

**Buy a 12 month rental - get 2 months FREE!**

**Offer good for December ONLY!**

*Happy Holidays*

