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Holiday Hours

We are CLOSED

Christmas & New Year's Day, Sunday, Dec 25 and Sunday, Jan 1.

HOLIDAY HOURS 6 am - 1 pm.

Christmas Eve, New Year's Eve, Saturday, Dec 24 & Saturday, Dec 31.

Child care is available 7:45-11:15. Our doors open at 6 am and close promptly at 1 pm. We ask your cooperation in making the holiday enjoyable for *everyone*, including for those who work that day.

This Month's Specials

Your very own permanent locker!

We are happy to offer you this wonderful holiday special: a **permanent locker** here at Nick's Pro Fitness! Rent a locker for 12 months, and receive an additional two months for free. This is a great gift idea for your favorite friend who has everything, or even for yourself!

Spa Special

Jessica offers a very special

Buy One Facial, Get One For Half Off for

December! Pamper your loved one - or yourself! -

with a gift that will help you look and feel your very best for the holidays. Call **Jessica at 720-323-6601** for your appointment.



Personal Training

A gift for yourself or your loved one! Lisa is offering an amazing **10 personal training sessions for \$350!** Call **Lisa at 720-839-7293** to make your appointment today. This offer is good through December.

This Month's Winners

Kapande Cash

Congratulations to

Audrey Shaw, our November **Kapande Cash** winner! Audrey

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!



Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.

- Goethe

Studio Schedule for December

Classes, Seminars, Special Events

Exercise for Ageless Adults

Tuesday, December 13, 1:30-2:30 pm

Thursday, December 15, 1:30-2:30 pm

Seniors and anyone with health issues who do better with a gentle workout will enjoy Mary's class and its fun, social environment. Participants will stretch and perform light cardio-vascular and strength work. Blood pressures will be taken before and after class, and Mary will be available for students' questions. With enough positive feedback, we can add this class to the schedule.



Self-Defense Seminar

Saturday, December 17, 12:30-4:30 pm

Back by popular demand, 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 include important information for college students home for the holidays.

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. Sign up at the front desk.



Vino & Vinyasa

There is no Vino & Vinyasa scheduled for December 2011. Enjoy your holiday and watch for information on our January 2012 Vino & Vinyasa event.

Class Schedule

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

New classes

ZUMBA®

Mondays, 4:45 pm and Fridays, 11 am

We are happy to add Zumba back to the schedule! Join the party with Janice and enjoy your workout like never before.



Piloxing®: Wednesdays, 11:30 am

Erica introduces this exciting new class! Piloxing blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy interval workout. Piloxing was developed by Swedish dancer and celebrity trainer Viveca Jensen, and is the culmination of her mission to physically and mentally empower women through fitness.



Customized Facial

Congratulations to **Carolyn Hock**, who won a free customized facial from Jessica Dismuke.

Personal Training

Congratulations to **Cindy Laurnen**, winner of a free personal training session with Lisa Delia!

90-Minute Massage

Congratulations to **Charlie Larson**, who won a free 90-minute massage from Bea Greene. Bea is providing our newest monthly drawing reward for all your workouts.

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

December Drawing



The Whippetree

Are you working on your new year's resolutions? Your workouts in December can help you meet your goals in January. We are pleased to let you know that December's drawing will include **Two Free Entrees from the Healthier Side Menu at The Whippetree!** To see the Whip's new menu, visit thewhippletreerestaurant.com.



Welcome new & returning members, & friends on holiday break:

Pam and Todd Bastian, Jocelyn Campanero, Shauna Chase, Madeline Eaton, Toby Freyer, Amy Gartside, Sydney Grob, Samantha Hoinville, Madeleine Jacobsen, Cassidy Kelley, Kris Nielsen, Dee and Ross Seline, George White, Karen and David Zucker.

In the News

Alice Brewer, XL Carpet Care

Need clean carpets? Alice Brewer, XL Carpet Care, has been cleaning carpets in



Evergreen since 1988, and she is the carpet cleaner of choice for many of our members! Alice uses a fabulous dry extraction process that dries in one hour. You'll

be amazed at the results, and at Alice's reasonable prices. **Contact Alice at 303-670-1020 or alice@xlcarpetcare.com** for more information or a quick quote.

New times

Deep Yoga Stretch: Monday, 11 am

Vinyasa I: Thursday, 11 am

Begin your bliss an hour earlier two days a week!

Canceled classes

Hot Yoga: Monday, 6 am and Tuesday, 7:45 am

Spin: Friday, 6 am

Club News

Holiday Gifts at Nick's

Friends, neighbors, loved ones, and even the person who delivers your mail will appreciate a gift from Nick's Pro Fitness! Here are some gift ideas.

NPF Conditioning Membership

NPF Yoga Membership

NPF Club Membership

Martial Arts Classes

NPF Permanent Locker

Pilates Reformer Classes

NPF Workout Clothes

3-2 Plan Cookbooks

Facial and Spa Certificates

Chiropractic Services Certificates

Amazon Herb Products

Personal Training Sessions

Martial Arts Classes

NPF Day Passes

NPF Gift Certificates

Yoga Mats & Towels

Squash Lessons & Gear

Child Care Services

Harmonized Water

Massage Session Certificates

NPF Day Passes NPF Water Bottles

Yoga Membership

Yoga classes are now included in a program separate from the general Club membership. If you take one of our fabulous yoga classes, please sign up for a yoga membership or pay the drop-in fee. Thank you for helping to keep our Club successful for everyone!

Ring the Bells for Salvation Army

Ring the bells at the Evergreen Safeway, and help the Salvation Army's year-round humanitarian efforts. **Sign up at Nick's** to volunteer for a spot on any Monday through Thursday, 11-1:00, November 28 through December 22. Our own Kent Huff, TaeKwon-Do black belt and last year's Volunteer of the Year, is once again organizing holiday bell-ringing throughout the area. We're happy to have this special opportunity to help the Salvation Army make a difference in our community.



Thank you

Another fabulous year! We are thankful for each and every one of you. May you have a wonderful holiday season. We sincerely look forward to a wonderful 2012. We truly appreciate your continued support - and we pledge to continue making Nick's Pro Fitness the very best it can be. Happy Holidays!

- Heather and Nick



This year's motto: Integrity