

Nick's Pro Fitness - The Place to Get Fit

Our 2013 Motto: Hope

February 2013

Drawing Winners

Congratulations to:

Christine Vinarcsik
who won \$50 in Kapande
Cash.

Kris Nielsen
who won the Kapande Cash
Parking Space.

Davis O'Connor
who won two "healthier side"
entrees from the
WHIPPLETREE Restaurant.

Chris Kalamon
who won a customized facial
with **Jessica Dismuke**,
our in-house esthetician.

Vicki Schorle
who won a squash lesson with
Karen Kelso.

February Special

Customized Facial with
Jessica Dismuke for \$55

Ashtanga Primary Series with Jessica

February 16, 9:30-11:30am
Don't forget to join Jessica on
Saturday, February 16th
where you'll be fully guided
through the Ashtanga Primary
Series.
(included in Yoga
membership)

Power Vinyasa with Aaron King

February 23, 12-2pm
\$50 for NPF members
\$60 for non-members

Yoga Workshop with Monica Mesa

March 2, 12-2pm
\$50 for NPF members
\$60 for non-members



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

I decided to start working out at Nick's after I saw the unbelievable results my Dad was getting from Nick's conditioning class. I needed to drop 20 more pounds after having my daughter and was ready to commit to something that would really change my life! Since I started training with Nick, nearly one year ago, I've lost 24 pounds, dropped four dress sizes, and I feel awesome! Nick not only helped me lose the weight, he helped me develop a new, powerful attitude about fitness and life. I love the family atmosphere and always look forward to my next workout with Nick!



- Thayer N., Evergreen, Colorado

Get ready for the New Year! Join Nick's Peak Performer class and you can find great results like Thayer's as well.

"I Will Fight Back" Self-Defense Seminar

**Saturday,
February 9th,
12:30-4:30pm**

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 today – Stop by or call Nick's Pro Fitness at 303-674-6902.

Achieving Perfect Health:
Ayurveda style with
Kyle Roberts

March 30, 12-3pm

Members: \$50

Non Members: \$60

Private consultations: \$75

Ignite Your Authentic and
Divine Self

A Transformative Yoga &
Spiritual Retreat

Blue Spirit

Nosara, Costa Rica

April 6-13, 2013

Whether it's on the mat soaking up Shakti or in session remembering your personal truth, you'll experience a shift in awareness that will allow you to live a more divinely guided life

To Register:

www.igniteyourdivineself.com

Questions:

j@igniteyourdivineself.com

Dirty Girl 5k Run

September 14, 2013

Dirty Girl is a 5k mud run for women of all ages and athletic abilities. Don't worry - it's not a "race" in the traditional sense.

It is an untimed obstacle course designed to push you slightly out of your comfort zone, but only as far as you are comfortable going.

Forming teams is encouraged, and so is helping your fellow Dirty Girls get through to the finish. At a Dirty Girl Mud Run

you'll find excitement, laughter, and camaraderie - as well as lots of music and even some adult beverages. It's a day you'll never forget.

For more information on this one-of-a-kind event visit www.godirtygirl.com.

PayPal

PayPal is available for all seminars. If you are planning to attend an upcoming seminar please visit our website at www.nicksprofitfitness.com (click on **About Nick** & select **Self-Defense Seminars**) to view your PayPal payment options.

Boxing Clinic: Jake Ramos

Saturday, February 16th, 12:30-1:30pm

- 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 (**payable to Jake Ramos**)

NEW Yoga Spin with Bill

Starting Friday, February 1st, 5:30-7am

No need for a stretch after this cycle class, because it comes with a yoga class! Come check it out. Challenge yourself with this 40 minute cycle class/40 minute power yoga flow. It's the perfect combination to launch you into your Friday and get your weekend off to a great start!

Mindfulness Meditation: Drop the stress, Find your bliss

Starting Sunday, February 3rd & February 10th, 11:30am-12:45pm

This is a practical class that will focus on how to bring mindfulness and awareness into your daily life. Are you ready to drop your stress so you can be in the present moment without having to change your lifestyle? David Secondo has been studying and practicing mindfulness meditation for 10 years with master teachers from Tibet and the US. He has a degree in Contemplative Education from Naropa University and has been teaching for 6 years. David lives in Denver and is the founder of Peak Medical Massage, LLC.

Drop in: members \$20, non-members \$25

Four weeks: members \$75, non-members \$90

Please visit www.nicksprofitfitness.com/special-events to register and pay online.

NEW Hot Hatha Yoga with Petra

Starting Wednesday, February 6th, 4-5pm

This is a yoga class for all Yoga levels. A gentle but energizing Yoga practice that holds poses longer and works with relaxing the entire body, while bringing awareness to all the muscles, joints, veins, tissues and organs. Stimulated through movement, heat and breath, it will open your heart and uses the breath to go deeper into restricted areas of the body. It will explore the benefits of using weights with Yoga and healing through meditation - a truly joyful experience.

Sitting with Swami Dharmananda: Lecture & Meditation

Sunday, February 24th, 11:30am-1pm

Swami Dharmananda is a preeminent scholar and teacher of the Science of Yoga, Hindu Philosophy and comparative Religion. As the Director of the International Vishwaguru Yoga and Meditation Institute (Rishikesh, India), he has given these teachings to students from all over the World for more than 25 years. He is the chief monastic disciple of the late Guru, Shri Vishwaguruji Maharaj. Swami's lectures have earned him wide acclaim with his humor, stories and anecdotes.

Sign-up at the front desk before or on the event date - payment is due upon sign-up.

\$25 for NPF members, \$35 for non-members