

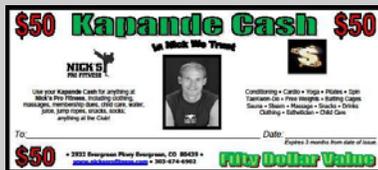
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### This Month's Winners

#### Kapande Cash

Congratulations to **Shawna Germano**, this month's **Kapande Cash** winner! Shawna can use this \$50 value in the Club towards monthly dues, or towards clothing, snacks, or to help host a friend at the Club!



#### Customized Facial

Congratulations to **Laurie Roland**, who won a free **facial** from Jessica Dismuke.

#### 90-Minute Massage

Congratulations to **Shaun Stanberry**, who won a **90-min massage** from Bea Green.

#### The Whippetree

Congratulations to **Juliann Jacobson**, 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 every time you work-out for your chance to win!



### Welcome

**Welcome new and returning members.**

Julie Destefeno, Eric Ely, Doreen Evans; Brandy, Craig, Tracy & Harry Gulliford; Susie Hall, Jill Hepburn, Kassie Holmes, Angel Jackson, Tim Jordan, Vince Kenney, Elizabeth Osteen, Laurie Roland, Micah Ross, Tom Sprung, Jeb Williamson.

*Winning isn't everything, but wanting to win is.* - Vince Lombardi

## Studio Schedule for February

### Classes, Seminars, and Special Events

## Four-Year Anniversary Celebration!



#### Saturday, Feb 25, 9:30-noon

Join us as we celebrate **4 years** in this location! We'll provide the food and drink you've come to love as we rejoice in our fabulous instructors and programs, our beautifully updated facility, and our wonderful fitness family - you!



#### Yoga 101 - Movie Night! Thursday, February 2, 5:45 pm FREE!

Watch **Enlighten Up!** with us in our beautiful yoga studio. This 2008 film shows Kate Churchill, with rock-solid confidence in the transformative power of yoga, as she follows skeptic Nick Rosen around the world examining the good, the bad and the ugly of yoga. They encounter celebrity yogis, true believers, kooks and world-renowned gurus. This event is free and open to the public!

#### Vino & Vinyasa Friday, February 17, 5:45-7pm

Bring your friends and join Petra for a wonderful evening of Hot Fusion Yoga and wine here at Nick's Pro Fitness! Bring an appetizer and your favorite wine or other beverage to share, and experience this fun event. Instructors and themes change monthly for our Vino & Vinyasa, which takes place every third Friday of each month. Everyone is welcome, and non-members pay only a \$15 drop-in fee. Join the fun!



**Pictures at Nick's** If you do not have a photo on the check-in monitor, come in a minute or two early to have your photo taken by our front desk staff. This is for everyone's safety and is **not optional**. Thank you!

**Class Schedule** <http://www.nicksprofitness.com/schedule.php>

### New classes

*Check the schedule for classes that you can take under your membership group. If you want to try a class outside of your membership, stop by the front desk to pay the drop in fee. Thank you!*

#### Vinyasa II: Sunday, 4-5 pm

Shelly and KC share this wonderful Sunday afternoon yoga class.

#### Get Fit: Tuesday & Thursday, 10-11 am

Use a combination of plyometrics, cross-fit, yoga, Pilates and cardio work for a full-body workout. Bring a yoga mat or towel for the core exercises and cool down. Welcome Stephanie and her new conditioning classes to Nick's!

#### Power Fusion: Tuesday, 11-12

Petra leads this combination of Hot Yoga poses and Power Vinyasa asanas to focus on strength, flexibility, and relaxation.

#### Spin: Wednesday, 11-12

You asked, here it is! Mishelle will get your legs spinning and your hearts pumped up in your new mid-week morning spin class.

## This Month's Specials

### Spa Special

Treat yourself or your special friend to a wonderful facial for only \$55 from Jessica. Find out why Jessica is so popular with Club members and the community! Call Jessica at 720-323-6601 for your appointment.



## In the News

### Whippetree Entrees

Thank you to Denise and Jeff McDonald, who are donating the Whippetree entrees for our Kapande Cash drawings. Remember, you can order off the healthy side menu from the Whippetree to go!

### New Gutters!

Thank you to Rick Karbowski, who helped us keep everyone safer by installing gutters on the roof surrounding the steps to our entrance. Tell Rick thank-you when you see him in Taekwon-Do here at Nick's.

### Parkinson's Support Group

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 to share the newest information about Parkinson's, to listen, support, care and love, eat and do a little asana yoga . . . come be empowered! The Rocky Mountain Village Estate is at 1274 County Road 65 in Evergreen. For more information, contact Leslie at leslie.wagner@hotmail.com.

### Yoga Intensive

Join us on May 18, 19, and 20 for a yoga intensive in our beautiful yoga studio. Jessica Smith has invited Daylene Christensen, a wonderful Ashtanga instructor from the Miami Life Center and the newest teacher for the Yoga Journal, to lead the intensive. Don't miss this amazing opportunity right here in Evergreen. Plan to attend this once in a lifetime event!

### Costa Rica Yoga Retreat

Petra Büte and Lurie Nassau will host a Yoga/Meditation Retreat at the Goddess Garden in Costa Rica June 7-14. Beginners and experienced yogis are welcome to enjoy classes including Hatha Yoga, 3 Minute Egg workshop, Meditation, Restorative Yoga and Breathing Workshops. A wide variety of other activities are also available. An early-bird discount applies with payment by 2/29, with full payment due by 4/6. For more info, contact Petra at petralikesyoga@gmail.com, 303-758-281, or <http://heavenlyyoga.us/retreat.shtml>.

### Sweat Class: Wednesday, 6-7 pm

Join Stephanie for a total-body workout to condition and strengthen your mind and body. As with Stephanie's Get Fit classes, bring a yoga mat or towel for the core exercises and cool down.

### Hot Music Yoga: Thursday, 8-9 am

Leslie will lead you through a hot sequence set to music, with no dialog. Everyone is welcome!

### Restorative Yoga: Thursday, 11:30 am - 12:30 pm

KC's class is designed to restore the nervous system and help release deeply-held tensions from the body and mind. Use props to support postures while gently stretching and strengthening the body. This class is appropriate for students of all levels.

### Sunrise Yoga: Friday, 6-7 am

Stephanie will lead a combination of Vinyasa, Hatha, and a touch of Power Yoga while focusing on following the flow of your breath with every movement. Invigorate and awaken your mind, body, and senses to jump-start your day.



## New times

### Vinyasa: Monday, 6 am

Start your week with Davis as he helps create space for your journey of self-discovery and growing the life-force energy of joy.

### Hatha Yoga: Tuesday, 12:15 pm

Mary's wonderful, encouraging approach to

Hatha Yoga takes place just 15 minutes later on Tuesdays.

**Meditation: Saturday 2/18, 2 pm** This wonderful class moves to one Saturday each month. Join Mary at 2 pm on February 18, March 24, and April 21 to gain the benefits as she guides you through a relaxing, empowering meditation.

## Canceled classes

### Hot Yoga: Thursday, 7:30 am

Come at 8 am instead for Leslie's new Hot Music Yoga class.

## Club News

**Tokens** Remember to pick up a token at the front desk and give it to your instructor before class starts. This helps us with attendance and bookkeeping. Thank you for your cooperation!

## Thank you

February is our Club anniversary month, and we would like to personally invite each and every one of you to come to a celebration on Saturday, February 25th from 9:30-noon. There will be plenty of food, and definitely good friends to chat with. We want to thank you for being so wonderful. It's hard for us to believe that it's already been 4 years since we took over Club operations. We love the Club, and we feel blessed to come to work and see our wonderful members and staff. We hope that you are enjoying the new classes and new programs. We feel this year will be a year of equipment replacements and new additions. I don't know if any of you have noticed, but it seems the parking lot is getting smaller - and it seems the Club membership keeps getting bigger. It feels amazing to have so much support. We appreciate you all working so hard to make the Club such a special place. Thank you - and we hope to see you on February 25th!



- Heather and Nick