

Happy New Year!

January 2012

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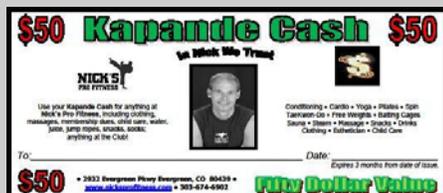
Holiday Hours

Click on [holiday hours](#) to see our holiday schedule for 2012. Remember, we close only 3 days a year!

This Month's Winners

Kapande Cash

Congratulations to **Kathleen Robinson**, this month's **Kapande Cash** winner! Kathleen 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!



Customized Facial

Congratulations to **Cathy Tondre**, who won a free customized **facial** from Jessica Dismuke.

90-Minute Massage

Congratulations to **Greg Dufford**, who won a **massage** from Bea Greene.

The Whippetree

Congratulations to **Maddee James**, who won **Two Free Entrees** from **The New Healthier Side Menu** at **The Whippetree!** To see the new menu, go to thewhippletreerestaurant.com.



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

Cheers to a new year and another chance for us to get it right

~Oprah Winfrey

Studio Schedule for January

Classes, Seminars, and Special Events

Yoga 101 - Seminar!

Thursdays, 5:45-6:45 pm

January 12, 19, 26, February 2 (free bonus yoga movie night!)

Discover the secret to living an energetic and peaceful life through Yoga. Jessica will lead this class based on the ancient Yoga Sutra by Patanjali, and will present topics including a brief history of yoga, the reason for breathing and poses, the benefits of knowing yoga philosophy, where to begin and how to deepen your own yoga practice. Sign up and pre-pay at the front desk for 3 sessions or individual class: \$60 for members, \$75 for non-members, or \$20/\$25 per class for this marvelous opportunity for meaningful, personal growth and health.



Vino & Vinyasa

Friday, January 20, 5:45-6:30 pm

Bring your friends and join Jessica for a wonderful evening of Kundalini 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. Jessica says that you'll feel so good, you won't need any vino! Instructors and themes change monthly for our Vino & Vinyasa, which takes place every third Friday of each month. Everyone is welcome. Non-members pay only a \$15 drop-in fee.



Picture Week at Nick's!

On **Mon, Jan 2, 2012**, we will be updating photos on your check-in monitor. Come in a minute or two early to have your photo taken by our front desk staff. This is for the safety of everyone in the Club, and is not optional. Thank you so much for your cooperation.

Class Schedule

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

New classes

Vinyasa Yoga: Mondays, 6:30-7:30 am

Welcome Davis as he begins our week with a wonderful Vinyasa class. Davis looks forward to creating space for students to have a heart-felt experience in his class, and invites everyone to join him in a journey of self-discovery and growing the life force energy of joy!

Kid/Tween Yoga: Mondays & Wednesdays, 4:45-5:45 pm

Here is a perfect after-school activity to keep everyone in great shape throughout the winter. Our afternoon yoga classes complement our afternoon Tae-KwonDo, held on Tuesdays and Thursdays at 4:45. Sign up for both and keep kids active Monday through Thursday afternoons!

Vinyasa Yoga: Tuesdays, 8-9 am

Here is another chance to join Ashley in our Yoga Studio!

Exercise for Ageless Adults: Tuesdays, 1:30-2:30 pm, starts 1/10

You loved Mary's gentle class so much that we added it to the schedule!



Welcome

Welcome new and returning members.

Donna Acquilano, Annie and Rich Audsley, Larry Black, Jocelyn Campanaro, Carisa Diesburg, Dylan Dionis, Leandra Dobson, Cherie Eagan, Owen Ellis, Andrew Medina, Christie Ritter, Becky and Tom Ross, Jara and Jenna Turner, Ursula Smith, Devon Warn, Allan Werthan, George White.

In the News

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

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 a three-day yoga Intensive here at Nick's Pro Fitness in May. Plan to attend this once in a lifetime event!

Whippletree Entrees

Thank you to Denise and Jeff McDonald, who donated the Whippletree entrees for our December Kapande Cash drawing. Remember, you can order off the healthy side menu from the Whippletree to go!

Meditation with Mary: Begins January 10: 2nd Tue/month, 11-12
Join Mary for guided and silent meditation in this once-a-month class. Please stay for Mary's Hatha yoga class immediately following meditation.

New times

Deep Yoga Stretch: Mondays, 11:30-12:45

Vinaysa I, Thursdays, 11:30-12:30

Enjoy your favorite mid-day yoga classes at new times twice a week.

Canceled classes

Zumba: Monday, 4:45 pm Attend our Friday, 11 am Zumba class.

Mat Pilates, Roller Pilates: Tuesdays, Thursdays, 8 am

Try our 7:45 conditioning class, or an 8 am yoga on Tues/Thurs instead!

Ansura Yoga: Mon, 1:15 pm Come earlier for Leslie's Deep Stretch.

Club News

To ALL Members: We have noticed that some folks are coming to the Club, using the facilities and taking classes but not paying the class or program fee. Most people are great, yet it's not fair for some people to pay while others don't. If people don't pay to use the Club, it can't sustain itself. Everyone using our facility and services must contribute to the revenue stream.

With that in mind, beginning in January, everyone is required to check-in at the front desk with your member number, and your photo must match your number. If your photo doesn't appear when you check in, please get your picture taken before you work out. If you plan to take a class, ask the staff member at the front desk for a token, and give the token to your class instructor. The instructor will use the tokens to take attendance. If you do not have a token when you enter a class, you will be asked to leave the class and get one from the front desk.

We will make this transition as easy as possible, and we apologize in advance for any inconvenience. We simply must get this situation under control to preserve the viability and integrity of the Club. Thanks very much for your understanding, and we truly appreciate your cooperation.

Sneak Peak at February

Evergreen Fitness Challenge: Fran and Mitchell will lead this 5-day, highly intensive, competitive fitness challenge, tentatively scheduled for February. Meet with your trainer for 2 hours a day and commit to additional individual training on your own. Members and non-members of Nick's Pro Fitness are welcome. Space is limited. To register or for more information, call Fran, 303-8980-5415 or Mitchell, 214-500-9515.



Thank you

What a great holiday season. Now it's time to get back to business!! We are very excited for a terrific 2012. Thank you so much for your support, encouragement and kind words. We are very happy with the way the Club is evolving. There are many more projects in store for the Club, with a focus on development of our programs and replacing some of the aging equipment and providing newer, more exciting machines. Thanks to everyone for your kindness during the holidays - it really meant a lot for us to see members shoveling snow at the Club, cleaning up the coffee bar and really going out of their way to be considerate of others. Thanks so much for making this such a wonderful place to work out. We appreciate you!
- Heather and Nick