

**Drawing Winners**

Congratulations to:  
**Jane Voisin** who won \$50 in Kapande Cash.  
**Tom Adams** who won the Kapande Cash Parking Space.  
**Nancy Golden** who won two "healthier side" entrees from the WhippleTree Restaurant.  
**Jenny Edwards** who won a customized facial with Jessica Dismuke, our in-house esthetician.

**New Spin Instructor:**

Nick's Pro Fitness is proud to welcome Spin instructor **Bill Baldry!** Bill began teaching cycle classes 10 years. In that time, he has developed his classes into an engaging exercise experience where the pedal speed is tied to the beat of the music and everyone is encouraged to challenge themselves uniquely. The music is the foundation of the energy that emanates from his dynamic classes. Bill also brings his unique style and passion into the realm of yoga as well. The music provides a background groove for the sensuous moving meditation referred to as yoga asana. His goal in yoga (and cycling as well) is to make the class entirely approachable for everyone.



**"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

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**12 Steps to Achieving Your Goals Seminar**

Friday, January 4th, 12:30pm

Please join Nick as he hosts this free seminar on achieving your goals and helps prepare you to start the New Year off right. The seminar will be held in the multi-purpose room. Please have paper and a writing utensil handy to take notes!

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

Saturday, January 5, 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!

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**Boxing Clinic: Jake Ramos**

Saturday, January 19th, 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 (payable to Jake Ramos)

## **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. Includes daily yoga practices with Jessica, intuitive life path coaching with Elizabeth Walker, massages, meals and more!

To Register:

[www.igniteyourdivineself.com](http://www.igniteyourdivineself.com)

Questions:

[j@igniteyourdivineself.com](mailto:j@igniteyourdivineself.com)

### **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)

(click on **About Nick** & select **Self-Defense Seminars**) to view your PayPal payment options.

Like us on [Facebook](#)

Follow us on [Twitter](#)

## **Mindfulness Meditation: Drop the stress, Find your bliss**

Starting Sunday, January 20th for 4 weeks, 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 mindfulness 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](http://www.nicksprofitfitness.com/special-events) to register and pay online..

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### **Konrad & Ania LaDow**

On December 9, 2012 Konrad and Ania LaDow each came back home to Colorado with championship trophies from the Illinois State Junior Squash Tournament after competing against nationally ranked opponents and winning their respective age divisions. Ania LaDow won 1st place in the Girls-Under-13 (GU13) division and Konrad won 1st place in the Boys-Under-15 (BU15) division. Konrad and Ania are nationally ranked squash players. They train and play squash at Nick's Pro Fitness with Ania taking weekly lessons from the club's pro Karen Kelso.



### **Thank You!**

Happy New Year to you all. We are so excited to be entering another year with our NPF family. Thanks for your continued support - we are grateful for you and our wonderful town of Evergreen... there are lots of exciting, new events and programs coming to the Club this year. Please be sure to watch for details - our main way of communication is still via email - so please be sure that we have your email address on file. Looking forward to getting sweaty with all of you in 2013... Best wishes!

### **We appreciate you!**

- Heather & Nick