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Holiday Hours

INDEPENDENCE DAY!!

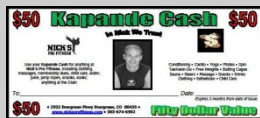
Wednesday, July 4th, 2012.

Open: **5 am** - 1 pm

This Month's Winners

Kapande Cash

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



Customized Facial plus luxurious, customized spa wrap, NEW!

Congratulations to **Tom Lukich**, who won a free customized facial from Jessica Dismuke. **Also included is a beautiful Nick's Pro Fitness spa wrap!**

The Whippetree

Congratulations to **Leanne Emm**, who won **two free entrees** from the new **Healthier Side Menu** at **The Whippetree!**

To see the new menu, visit thewhippletreerestaurant.com.



Dreams pass into the reality of action. From the actions stems the dream again; and this interdependence produces the highest form of living.

-Anais Nin

Classes, Seminars, and Special Events

Independence Day Conditioning w/ Nick!

Wednesday, July 4, 7:00 am

Come on in and join Nick Kapande for his fun filled, Independence Day workout. He invites all of you to stretch, sweat and listen as his classes are not only built to challenge, but also to inspire and motivate. So... come get inspired and make today the first day of the rest of your life.



Mt. Evans Hospice & Home Health Care Freedom Run

Wednesday, July 4th

We are so pleased to host the after-race festivities for the 30th Annual Mount Evans Freedom Run! The race will finish in our parking lot and participants can enjoy wonderful activities in the field at Nick's after the race. **The frontage road from the U.S Bank entrance to Lewis Ridge Road will be closed from 7:15 - 9:30 am.** Members who arrive earlier than 7:15 am should park along the frontage road or they will not be able to get out of our parking lot.

Vino & Vinyasa - Yoga Nidra w/ Leslie

Friday, July 20 from 5:45-7:30 pm

We encourage you to come to **Yoga Nidra Vino & Vinyasa** to enjoy yourself and relax under the gorgeous summer sky. Afterwards, please join us and friends for appetizers and wine in the lobby. If you have a dish you'd like to share, please do!

Class Schedule

To see all the classes available to all Club members, go to

<http://www.nicksprofitness.com/schedule.php>

Canceled Classes

Deep Yoga Stretch: Mon, 11:30-12:45 pm

Spin: Tues, 5:30-6:30 pm

Spin: Sat, 7-7:45 am

Club News

Please take time to **welcome** our new front desk employee, **Kelly O' Connor**. She is a Colorado native; born and raised in Littleton, CO. As you may have guessed by her physique, Kelly enjoys working out hard and staying dedicated and true to herself. She embodies a great deal of empathy and passion for helping others and is not afraid to step in give a helping hand. Unfortunately for you men out there, Kelly is married and happily at that. She enjoys spending time at her mountain home with her husband and her beloved furry friends.

Building the Bridge Between Wellness and Fitness

Marcia Taylor, R.N., Dipl.O.M., L.Ac.

Available Tuesdays, Thursdays & Sundays - Appt. only

Marcia has been a registered nurse since 1976 and worked in surgery for 27 years before getting a Masters in **Acupuncture** and **Oriental Medicine**. She works with many systems throughout the body; Immune, Endocrine/Nervous, Reproductive,

Welcome new and returning members.

Lori Carpenter, Joe Danni, Keith Davis, Amy DeLucero, Patricia Flannery, Jacqui Halm, Cameron Klein, Marilyn Krause, Dan Lincoln, Meg McGarrigle, Amanda Moret, Sarah Moss, Debbie Richards, Becky Rigo, Nicole Sims, Jenny Slack, Sean Stieren.

**This Month's Specials
Spa Special
Spa Special**

Two services for the price of one!! Schedule an appointment for a Customized Facial and receive a complementary Eyebrow Wax. Call **Jessica at 720-323-6601** for your appointment.



**Soulful Practice - A Yoga Workshop For All Souls
Marianne Wells - Friday, Sept. 21 - Sunday, Sept. 23**

Whether you are a yoga practitioner or a yoga instructor, make time in your schedule to attend this workshop led by international yoga teacher Marianne Wells. You will practice together, discuss yoga philosophy, conduct posture and partner yoga workshops, and learn what it is to bring your yoga to a soulful level that is deep and satisfying.

YouTube Now everyone can benefit from Nick's inspirational messages!



Watch short clips of Nick speaking about the path to success for all of us. Visit our website, www.nicksprofitfitness.com, or search for "Nick's Pro Fitness" on YouTube. "Like" us on Facebook and see any new videos in your newsfeed.

Our 2012 Motto: SERIOUS

**It's not a negative word,
it's not a positive word,
it's a POWERFUL word.**

Cardiovascular and Musculoskeletal. She uses techniques such as muscle testing (Applied Clinical Kinesiology), Salivary testing for accurate hormone levels, mineral hair analysis, functional blood chemistry analysis and much more. She also treats allergies using N.A.E.T., a non-invasive method for eliminating allergies. **Have sleep issues, hormone questions, digestive problems, immune concerns, allergies....?** Please see Marcia for your free 20 minute consultation to seek help in finding resolution for any of these health concerns. She will also be holding an open question/answer session on **Tuesday, July 10 at 2:30 pm** that targets **bio-identical hormones**. What are they, who needs them, and how do you know? **Contact Marcia** (Mar-see-ya) at **303-582-0331** or at mtaylorlac@gmail.com.

Sneak Peek at August

Annie's Hoop Class

Wednesdays, 11:00 - 12:00 pm

Join us on the field again this summer for a great workout that feels like play! Annie leads a fun hoop class, where you laugh while you strengthen your core, tone your muscles, sculpt your waistline, calm your mind, burn calories and learn cool tricks. Use one of our hoops, or bring your own.

In the News

Colorado On Fire!

As everyone should know, Colorado currently has 14 active fires burning, many of which are still < 30% contained. In an effort to help some of these communities we wanted to announce that on **Saturday, July 14th, from 4-10 pm** the Evergreen Elks and the Mountain Resource Center are holding a fundraiser at the **Elks Lodge for the North Fork fire victims**. A \$10 donation will get you your ticket for the event, food and the opportunity to participate in the silent auction. Silent auction items are still needed - If you have anything to donate, please do!

Currently the Red Cross and the Salvation Army are accepting monetary donations for the High Park Fire in Fort Collins and the Waldo Fire in Colorado Springs. If you are interested in providing food/water for those affected in Colorado Springs, please **drop off donations to Cheyenne Mountain High School in Colorado Springs, CO**.

Thank you

Summer is definitely here - and clearly not going away. Wow! The temperatures are super high - and the fire danger is worse than we've ever seen it. A big thank you to the fire fighters, police, and all others who are helping serve our community and our state.

Another big thank you to all our male members for their patience with the re-tiling of their steam room. Of course, once we pulled off the old tile, we discovered weaknesses with the plumbing and original design. We know that time is of the essence so we will get it

completed as quickly as possible. Thanks for your patience. The Club has seen a lot of new activity - and there are a LOT of new faces - please do go out of your way to welcome a new member - we have found that many people have joined the Club stating that everyone is so friendly and they are impressed that people actually say hello to one another. That makes our hearts warm - our Club is providing a sense of community to so many people. It certainly makes us feel good and proud and we want to keep that up. Please also keep sending your family and friends to us for their workout needs - we love having all the guests as well. Your referrals are absolutely helping the Club grow - allowing us to make the facility and programs better and better - which is what we plan to keep doing. Have a fabulous Fourth of July. We appreciate you all very much!

*Heather & Nick

