

Holiday Hours:
Fourth of July
Friday, July 4th
6 am - 1 pm

All members invited to attend Nick's holiday Atomic Friday class at 8 am.

July Drawing Winners!

Joan Ball!

Winner of \$50 Kapande Cash.

Patti Theil!

Winner of Kapande Cash Parking Space (the most coveted award of all!).

Betsy Spinney!

Winner of two entrees from **The WHIPPLETREE Restaurant**. Visit their website at:

whippletreerestaurant.com

(Thanks so much to Jeff & Denise McDonald for this wonderful monthly donation!! CHECK OUT THEIR NEW MENU!!)

Janis Dufford!

Winner of a Customized Facial w/ Jessica Dismuke, our in-house esthetician.

Ann Simpson!

Winner of a private session with Personal Trainer, Lindsey Phillips.

Kathy Bresee!

Winner of a private session with Personal Trainer, Nick Fedack.

Christine Denio!

Winner of a 20 minute Chair Massage with Massage Therapist, Dawn Moffat.

Carol Holt!

Winner of 6 tickets to see the Colorado Rockies play the San Diego Padres on July 7th at 6:40 pm.

Thayer Nielsen!

Winner of 6 tickets to see the Colorado Rockies play the Washington Nationals on July 21st at 6:40 pm.



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

Mastery- by Nick

I have now been working out for over 37 years. What have I learned? Depth. There is a level of understanding that I cannot explain. I can see something or have an intuitive feeling about something. I feel I can get to the essence of the situation faster. When I am training someone, I know what they need by talking with them in as little as 5 minutes. I believe when you immerse yourself in one thing for a long, consistent time, you gain knowledge you wouldn't have if you did it sparsely. People talk about the 10,000 Hour Rule for Mastery. I think it's more than that. I believe it's the intensity, the focus, the passion and re-motivating yourself and of course, depth of practice that moves you toward becoming a master in anything you do. As Bruce Lee said, "A master reveals his actions in everything he does." Pilsung!!



Speed & Agility Camp: Connor Gardiner

Wednesdays from June 4 - August 6

Join the fastest man in town for a speed and agility camp **EVERY WEDNESDAY** from **June 4th until August 6th. Ages 8-13 will be 11 am - 12:30 pm and ages 14 and up will be 1-2:30 pm** at NPF. Advanced & beginner students welcome. Participants will learn the mechanics of speed & agility to improve athletic performance, build fast-twitch muscle and become explosive. Improve balance, coordination, speed and flexibility. **Only \$20 per week.** For more information, contact **Connor at (720) 625-0274.**



New Personal Trainer: Lindsey Phillips

Healthy Body Class - Thursdays from 7:45-8:45 am

It won't be long before you see our latest personal trainer, Lindsey Phillips, working out hard and assisting others with their workout needs. Lindsey has been a competitive athlete nearly all her life, and she is **very passionate about health and fitness.** As a lacrosse player, ski racer and coach, Lindsey learned that achieving peak fitness brings success in and out of the sports arena. As a mother, maintaining her fitness has given her strength & good health to maintain her busy household. **Lindsey is committed to supporting your fitness goals and helping you grow stronger both physically and mentally.** Whether you



are looking to lose weight, become a stronger athlete, age gracefully or supplement your current workout, she is fully invested in your success. To set up a time to meet **Lindsey, please call her at (303) 888-7846.**

This Month at Nick's Pro Fitness!

8 Day Fitness Challenge: Brian DeBaets

Mon. June 30th-Weds, July 7th - Weekdays: 5 am AND 5:15 pm

Saturday & Sunday: 7 am

ONLY \$79 for members, \$139 for non-members

This boost to your workout program is perfect for ANYONE and will serve the beginner, intermediate and advanced participant. Modifications will be provided for anyone who needs them. Previous participant, **Janie says, "Recently I did the 8 Day Challenge and not only did I lose 5 pounds in 10 days, right before Spring Break, which was the goal, but Brian made it fun for all of us. I'd recommend it to anyone who wants to lose weight, and also have their health and well-being improved."** Each participant will get a packet which includes an 8 Day Food Plan and outlines all the workouts. Brian will also provide everyone with the "30 Workouts" packet consisting of 30 workouts he has used over the years - even some new ones - all yielding excellent results. **Contact Brian at 303-408-7644.**



Ashtanga Yoga Workshop: Fully Guided Primary Series with Jessica

Saturday, July 19th from 9:30-11:30 am

Join Jessica for the fully guided primary series of Ashtanga yoga. **All levels welcome.** Bring your mat and some water - you are going to LOVE this class. Have questions? Contact Heather at heanick@nicksprofitfitness.com



Annie O'Connor, daughter of long-time members Holly & Rich O'Connor, is home from Chapman University. She is available to help

make your summer less stressful. **She is available to house sit, pet sit or drive your child to and from summer activities.** She has a flawless driving record, her own car and she LOVES animals and kiddos! References available upon request. If you **need Annie's help**, please **call her at 303-929-8547.**

New Massage Therapist: Dawn Moffat

Dawn has been doing massage therapy for over 15 years. She specializes in Swedish and deep tissue massages. **Dawn is available for appointments Tuesday, Wednesday, Thursday and Sunday.** Her rates are: \$70 for 60 minutes and \$85 for 90 minutes. **To schedule a massage with Dawn, please call (303) 378-0447.**

Sitting with Swami: Mark the Date!!

Saturday, September 13th from 12 - 2 pm

\$25 for members, \$35 for nonmembers.

HEALTHY REFRESHMENTS WILL BE SERVED.

New Yoga Instructor: Ashleigh Hixon

Please welcome Ashley Hixon!! Ashley completed Richard Freeman's Teacher Intensive in 2009. She has also spent time studying in India at the Ashtanga Research Institute in Mysore and with Rolf Naujokat in Goa. Ashley's Vinyasa style classes direct attention to honoring one's own breath as the teacher and following its intelligence to the subtleties of alignment. Yoga has been her thread to unravel herself, observe her patterning and weave herself back together with a discerning stitch. She feels the reflective nature of a consistent practice is a key to cultivating self-awareness and finds the ability of the breath to reshape our perceptive reality an invaluable tool for personal evolution. Join Ashley for the following classes:



Ashtanga Vinyasa II: Thursdays from 7:30-9 am

This class explores traditional Ashtanga Vinyasa sequences by pulling asanas from the Primary and Intermediate Series. Breath, drishti and bandha awareness is cultivated while flowing through these vigorous and progressive sequences to support consistent single pointed concentration. An aligned and rhythmic practice unfolds, integrating mind and body in an alert, yet calm state.

Vinyasa II: Thursdays from 9:30-10:30 am

A diverse exploration of intelligently sequenced asanas linked together with the flow of the breath. Building strength and alignment in foundational postures to move into more challenging poses including inversion, twist and backbend variations. Focus will be on maintaining a strong, fluid and rhythmic breath throughout the postures.



New Yoga Instructor: Betsy Vanderpoel

Vinyasa I/II: Sundays from 4-5 pm

Come ready to sweat and work and then let it all melt away. Betsy's Vinyasa I/II is appropriate for the beginner yogi as well as those developing a more advanced practice. There is a heavy focus on core, balance and functional strength as well as Vinyasa style flow. As an avid endurance runner and triathlete, Betsy will frequently focus on areas that are commonly tight or in need of strengthening for the typical Colorado weekend warrior. Join Betsy **Sundays from 4-5 pm** to put the finishing touches on a fabulous weekend!

New Vinyasa Class: Allan Werthan

Ashtanga Vinyasa II: Tuesdays 6-7:15 am

Vigorous Vinyasa Flow II: Fridays from 6-7 am

Since his first experience in 1974, yoga has been an integral and defining emphasis in Allan's life. He is a certified Integrative Yoga Therapy instructor and teaches Vinyasa, Ashtanga and Therapeutic Yoga, along with Mindfulness Meditation and Pranayama. **Join Allan Tuesdays and Fridays and get flowing!!** Allan will be covering Lillian's Restorative Yoga class on Thursdays from 11-12:15 pm for the summer too!



A Message from Nick & Heather

We hope you all will join us for the upcoming Freedom Run this Friday, July 4th. We absolutely love this annual event. Don't forget this 5K race begins promptly at 8 am at Evergreen Middle School. All race participants and their families and friends are invited to attend the Race After-Party out back on the turf! Enjoy refreshments, music, prizes and lots of good old fashioned fun. There will be a bouncy house, face painter, balloon sculptures, games, music and lots of vendors to visit. This annual race supports Mt. Evans Home Health Care & Hospice which is a true cornerstone of our beloved community. We hope to see you there!



As always, we are thankful for your business. We will continue to do our very best to give you a wonderful Club - one where you can be proud to be a member. We appreciate YOU!!

- Nick & Heather

Please contact us at Nick's Pro Fitness @ 303-674-6902 or on the web at www.nicksprofitfitness.com

