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#### This Month's Special

Schedule a wonderful microdermabrasion treatment with Jessica for only \$75! Call **Jessica at 720-323-6601** today to make your appointment.

**Kapande Cash**  
 Congratulations to **Linda Nielander**, our May **Kapande Cash** winner, and **Barb Harris**, winner of a facial from Jessica Dismuke.



Congratulations to **David Hilliard**, who won our newest prize, a free **personal training** session with Lisa Delia, our newest personal trainer.

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



#### Club News

**Welcome New Members**  
 Bailey, Heather, and Ondine Craig, Sara Gannon, Eryc Klein, Stephanie Meier, Jeanine Petterson, and Ashley Young.

**Welcome our newest massage therapist, Bea Green**

We are so happy to welcome **Bea Green** to our group of wonderful massage therapists. With Bea at Nick's you'll be able to schedule massages on nights and weekends; Bea will be offering massages primarily Wednesdays, Saturdays and Sundays. Bea provides Swedish,

*Be not simply good; be good for something.*

*- Henry David Thoreau*

## Studio Schedule for June

### Classes and Seminars

Check our schedule for new classes, new times, and new instructors.



### TaeKwon-Do

Here is the summer schedule for TaeKwon-Do. This schedule begins Tuesday, May 31st. Pilsung!

Monday	10:30-12:30
Tuesday	10:30-11:45
Wednesday	10:30-noon, 6:15 pm
Thursday	10:30-noon, 6:15 pm
Friday	none
Saturday	10:00-noon

### Sports Speed Camp

**June 20 - July 25**

**Mondays & Wednesdays, 10-11:30 am**

Mitchell Robertson will guide young athletes ages 9-12 through sports strength building, sprinting form, sports specific drills, and more in this 6-week summer intensive. Participants will improve and learn skills that will help in any sport. Sign up today! Call Mitchell at 214-500-9515.

### New Classes

**Power Vinyasa Yoga, Intermediate: Thurs, 9:15-10:15**

**Begins Thursday, June 2!** We are delighted to welcome Shelly Swanke and her wonderful Power Vinyasa Yoga to our schedule. Please note, this class is for intermediate level yoga students.

**Pilates Reformer: Friday, 8 am**

By popular demand, this class is on the schedule! Don't miss your opportunity to strengthen and stretch in our fabulous Pilates Reformer program.

### New Times

**Yoga with Weights: Wednesday, 9-10 am**

Change up your workout and combine these two highly beneficial fitness methods in one great class.

**Body Blast: Friday, 7:30-8:30 am**

Start this class just 15 minutes earlier and don't miss a second of Mishele's great workout!

deep tissue, hot stone, sports and neuromuscular therapy; as a life-long competitive volleyball player, Bea understands the stresses placed on an athlete's body. Bea enjoys spending time with family, her EAPL puppies, camping, hiking and kayaking. Welcome, Bea!

**Amazon Herb Company available at Nick's Pro Fitness**

The Amazon Herb Company sustainably harvests raw, organic nutrition which supports our bodies' systems as they were intended to function. Reconnect with the Amazon Rainforest and personally enjoy the benefits from these healing plants. Stop by the front desk to get your own Amazon Herb botanicals, including **Zamu™**, **CamuGold™**, **Rainforest Treasure Tea™**, and **Warrior™**. For information on the benefits of any Amazon Herb Company offering, or for information on special events, contact **Jani McCarty, Rainforest Ambassador at 303-301-4577**, or visit [www.herbtreasure.com](http://www.herbtreasure.com).

**Pick-up Basketball, anyone?**

Club member **Eryc Klein** invites anyone interested in **pick-up basketball games** to sign up on the sheet behind the front desk. Eryc suggests summer games on Sundays, 10 am at Nick's. Please let us know if you are interested!

**Join us on Facebook & Twitter**

Be the first to know about special events, new classes, and news about your favorite instructors at Nick's Pro Fitness:

- "Like" **Nick's Pro Fitness** on Facebook
- "Friend" **Nick Kapande** on Facebook
- Follow us on Twitter at **Nicksprofitness** (no spaces in the name)

Share our links with your fitness friends and family, and enjoy the results as we all become healthier and happier.

**Our 2011 motto:  
Integrity**

## **Ashtanga Yoga: Saturday, 9-10:15 am**

Jessica moves her popular class to 9 am on Saturdays. Note the time change and don't miss one session!

## **Cancelled classes**

**Cycle: Monday, 9 am; Tues & Thurs, 5:15 am**

**Cycle with Yoga: Wednesday, 9 am**

**Cycle/Pump Fusion: Wednesday, 5 pm**

We wish Mia all the best in her new ventures. Remember, when you are not riding outside in our beautiful Colorado summer, we welcome you to attend the cycle classes still on our schedule!

## **Yoga: Wednesday & Thursday, noon; Saturday 6:30**

Jessica's popular Saturday Ashtanga Yoga class is moving to 9 am. You can arrive a little later and still attend this great class. We also still have Yoga classes throughout the week, find the one that fits your schedule!

## **Ongoing classes**

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

## **Squash**

### **Play the Pro!**

Four Thursdays, **June , 2, 9, 16, 23** 5:00-6:45 pm **FREE!** For all levels, including new players, play squash with the Pro! For more information on these fun evenings and for private lessons, call Karen at 303-349-7493.

## **Thank You!**

It sure is feeling good to get outside. We are excited to see summer. As always, we really appreciate you continuing to work out at Nick's Pro Fitness. We want you to know that we are working on these projects: the stairs out front are being worked on the first week of June. We'd been wanting to do it earlier, but we had to wait until the weather would cooperate. We will remove the mini river rocks and will install a new Epoxy product, which will be much nicer and much more durable. We appreciate your patience with this project. The parking lot will get fixed up as well, we know that it's in need of repair. The Club remodel will start this week as well. The Club really needs the additional square footage – to give our members more space, a dedicated spin room AND the much anticipated YOGA program. We will offer approximately 25-30 yoga classes per week – some of them will be cool, some will be warm, some will be hot and some will be crazy hot! We can't wait to give you all another reason to tell all your friends and family about Nick's Pro Fitness. Thanks for your continued support. We continue to work hard for all of you.

- Heather and Nick

