

In This Issue

- Studio Schedule
- New at Nicks
- Specials of the Month
- Kapande Cash
- Club News
- In the News

Specials of the Month

\$1 Initiation Fee

Sign up as a new member at Nick's Pro Fitness in March and your initiation fee is only \$1.00!

Encourage your friends to take advantage of this great deal today.

"Spring Cleaning"

Wonderful **Annie Waeshe** and **Jessica Dismuke** have joined forces to offer a mini massage, followed by a detox body wrap and customized facial. Call Annie at 303-589-6482 or Jessica at 720-323-6601 for details.

Kapande Cash



welcomes **Jessica Dismuke** and **Healthy Glow Esthetics**

Remember to fill out a ticket at the front desk each time you work out at the Club. You can enter to win a **\$50 value Kapande Cash Coupon**, good for anything at the Club! Our Esthetician is also awarding a free facial to a second winner! The more times you work out, the more chances you have to win.

We congratulate **Cathie O'Connor**, our February **Kapande Cash** winner, and **Manny Segarra**, the winner of a facial from **Jessica Dismuke, Healthy Glow**.

Club News

Congratulations to Nick's TaeKwon-Do students who

So many exciting, new developments and activities going on at the Club. Be sure to read through the entire newsletter so you don't miss a thing!

Studio Schedule for March

New class times

Yoga with Nancy

Tuesdays & Thursdays, 6:15 p.m.

Enjoy Nancy's same, wonderful Hatha/Vinyasa Yoga at a different date and time.



Introduction to Pilates Reformer - Free!

Wednesday, March 10 & Saturday March 13, 9 a.m.

Learn how to improve flexibility, core strength, breathing, and rehabilitation through Pilates Reformers. For new students only, sign up at the front desk for a free introductory class with Shonna.

TaeKwon-Do Controlled Practice

Mondays, Tuesdays, Fridays, 6-7:30 p.m.

TaeKwon-Do students, this is your opportunity to improve even faster, with extra practice time in addition to regularly scheduled TaeKwon-Do classes.

Canceled classes

Nia: Thursdays, 9 a.m.

Kickboxing: Thursdays, 4:45 p.m.

Ongoing classes

To see all the classes available to all Club members, go to www.nicksprofitness.com/pages/classes.html.

New at Nick's

Welcome New Members

Julie Barker, Martha Cannon, Timothy Gelston, Cat McCaw, Peggy Nobler, Dori Papir, RMAE auction winner Lezlee Pardo, Bryce Sawhney, Skye Sawhney, Wendy Schott, Kathy Stevens, Barbara Weseloh



Female Figure Transformation, April 5 - June 30

This 12 week program is for women who are serious about improving muscle tone, mobility, and metabolism through a unique training approach that combines traditional and functional training with speed of execution. Participants in the last session achieved incredible results. Stop by the front desk for an application and more

participated in the Parker Academy of Martial Arts TaeKwon-Do Tournament on Saturday, February 27. Out of 200 competitors, all 22 of Nick's students achieved a high score in their category.

Congratulations to Nancy Coster, whose hard work resulted in the most improved personal stats in Fran and Rich's first session of their Female Figure Transformation program. As a group, the 8 women collectively lost 65 pounds, 25.6% body fat, and 36 inches. Way to go!

Parking

Please park with care, especially until the weather allows us to restripe the lot. Remember to leave room for others to get in and out, when parking or dropping off and picking up family and friends.

In the News

Good luck to the **Evergreen Senior High School Girls' Soccer Team**, who spent 6 weeks pre-season training with Nick. Their hard work and great attitudes made them a wonderful addition to our conditioning classes.

Their coach, Whitney Walker, told us there were physical and mental benefits that will last throughout the season and beyond, and that her players learned that they can accomplish so much more than what they thought they could.



"Because Nick's workouts are focused on total body strength and flexibility, they cover a wide range of muscle groups which will benefit kids at any level. Nick has been very generous with his time and commitment to the success of my players. It's been a great experience, and I know many of them will come back for more!"

information on this challenging and encouraging body-building program.

New Merchandise

The wonderful **clothing** you've been asking for has arrived, and it's great! Check out our cool new Nick's Pro Fitness hats, hoodies for adults, ultra comfortable women's warm-up suits, luxurious spa wraps, and new men's short-sleeve shirts.

Do you find yourself taking a **towel** even when you don't need a shower, and tossing a nearly unused towel in the laundry? You can purchase your own personal hand towel at the front desk; they are more convenient for you and better for the environment!

Squash

Every member is welcome to join the fun offered by Karen Kelso and our exciting squash program.

Pangaea Squash Tournament, March 19- 21

Men, Women, and Junior Divisions! Entry fee is \$35, \$10 for a second division. To enter, contact Karen Kelso, karenkelso13@gmail.com or 303-949-7493, or sign up at the Club. Stop by the front desk for more information

New personal trainer



Welcome **Mitchell Robertson!** You may recognize Mitchell from his fabulous Tuesday 6 a.m. boot camp and Friday 9 a.m. Yoga class. Mitchell joins Fran Tadra and Rich Bell to help us offer the very best personal training program. Say hello to Mitchell when you see him around the Club, and ask him about his fitness programs.

Thank You!

Thank you everyone! We celebrated two years at the Club this month and we couldn't be happier. With your continued support, we plan to keep the Club growing and maturing. We work hard every day to make you proud of us and proud of your facility. Thanks so much for believing in us. Looking forward to seeing you sweatin' away at the Club.



- Heather and Nick

REINVENT

-our 2010 motto