

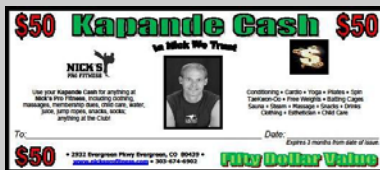
**In This Issue**

- This Month's Winners
- Welcome
- This Month's Specials
- In the News
- Studio Schedule
- Club News
- Thank You

**This Month's Winners**

**Kapande Cash**

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



**Customized Facial**

Congratulations to **Vicki Schorle**, who won a free customized facial from Jessica Dismuke.

**90-Minute Massage**

Congratulations to **Mark Rauch**, who won a free 90-minute massage from Bea Green.

**The Whippetree**

Congratulations to **Joy Cox**, who won **Two Free Entrees from The New Healthier Side Menu at The Whippetree!** See the Whip's new menu at [thewhippletreerestaurant.com](http://thewhippletreerestaurant.com).

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



**Welcome new and returning members:**

Whitney Barr, Larry Black, Robin Black, Vicki Bock, Stephanie Contole, Jack Curtis, Miranda Eddy, Craig Gulliford, Susie Hall, Benton Hardt, Peggy Harro, Chris Hogan, Dana Inman, Stephen Jones, Steven Kalal, James Kenney, Chris Lafferty, Jothi Ravindran.

*The thing always happens that you really believe in; and the belief in a thing makes it happen.*  
-Frank Loyd Wright

**Studio Schedule for March**

**Classes, Seminars, and Special Events**



**SELF-DEFENSE SEMINAR**  
**\*\*\*SPECIAL\*\*\***

**Saturday, March 10, 12:30-4:30 pm**

Back by popular demand, Nick Kapande will lead "I Will Fight Back", his empowering and popular Self-Defense Seminar. This seminar is recommended for people of all abilities age 10 and older. Mr. Kapande, who has over 30 years of self-defense experience, will guide students in protecting themselves from attackers in every-day situations and under various circumstances. Attend the seminar for the first time for \$150, and audit all future self-defense seminars for free. Sign up and pre-pay at the front desk.

**Vino & Vinyasa**

**Friday, March 16, 5:45-7 pm**

Bring your friends and join Leslie for a wonderful evening of Yoga Nidra and wine here at Nick's Pro Fitness! Yoga Nidra means Yogic sleep. Leslie will guide you as you leave the waking state, go past the dreaming state, and go to deep sleep yet remain awake. Bring a comfortable pillow or two, blankets are provided. Come with an appetizer and your favorite wine or other beverage to share, and experience this fun event. Instructors and themes change monthly for our Vino & Vinyasa, which takes place every third Friday of each month. Everyone is welcome, and non-members pay only a \$15 drop-in fee. Join the fun!

**Introduction to Ayurveda**

**Saturday, March 17, 12-4 pm**

We are proud to present Kyle Roberts and his informative workshop on Ayurveda, Doshas, and our complete well-being. Kyle will discuss how diet, lifestyle, the seasons, and breathing affect individual health. Saturday's workshop is \$45, and one-on-one consultations by appointment on Sunday are available for \$50. Sign up at the front desk or email [jessica@yogasmiths.com](mailto:jessica@yogasmiths.com). Everyone is welcome!



**CPR Certification Monday, March 19, 6 pm**

We are opening Dave Montesi's CPR and AED Certification class to our members and the community. Cost is \$35 for first-time certification and \$25 for recertification. Please sign up at the front desk.

**Hot Music Yoga Thursdays, 8 am**

We've had so many questions about this class, and we think you will love it! Leslie will lead you through your asanas in a hot room, with music that enhances your flow. Give it a try!

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

## This Month's Specials

### Spa Special

Treat yourself or your special friend to a **Peel Infusion Facial with LED light** from Jessica for only \$85. Find out why Jessica is so popular with Club members and the community! Call **Jessica at 720-323-6601** for your appointment. Jessica wants you to know that Osmosis products are now available in trial sizes!



### Massage Special

Bea Green is offering a **Deep Tissue Massage with Herbal Hot Compresses**, 60 minutes for \$50 and 90 minutes for \$80, through April 30. Call **Bea at 303-726-4276** today!

## In the News

**Congratulations to Liz Hudd and the EHS Women's Swim Team**, who set new state records on 2/13 in Thornton.

**Congratulations to Kirk Petrik and the EHS Ski Team**, who captured two individual titles and placed 2<sup>nd</sup> in 3 team standings at Beaver Creek in February.

### Congratulations to Charlotte

**Waisman**, whose book, *Her Story: A Timeline of the Women Who Changed America* (co-written with Jill S. Tietjen), is on the 2/12/ 2012 local non-fiction best seller's list.

### Congratulations to Josh Barber,

Nick's TaeKwon-Do student, **who won the Jefferson County Spelling Bee!** Josh competes at the Colorado State Spelling Bee at the Denver Convention Center in March.

### Parkinson's Support Group

#### New day and time!

Led by our own **Leslie Wagner** at the Rocky Mountain Village Estate, this **Parkinson's Support Group** is free and open to Parkinson's patients and their caregivers. Meet on the third Wednesday of the month from 12-3. For more information, contact Leslie at [leslie.wagner@hotmail.com](mailto:leslie.wagner@hotmail.com).

### Yoga Intensive

Join us on May 18, 19, 20, for a yoga intensive with **Daylene Christensen**.

### Costa Rica Yoga Retreat

Petra Bute and Lurie Nassau host a **Yoga/Mediation Retreat at the Goddess Garden in Costa Rica, June 7-14**. Contact Petra at 303-758-281, [petralikesyoga@gmail.com](mailto:petralikesyoga@gmail.com), or visit <http://heavenlyyoga.us/retreat.shtm>.

## New classes

Check the schedule for classes that you can take under your membership group: **Club, Yoga, or Club AND Yoga**. If you want to try a class outside of your membership, remember to stop by the front desk to pay the drop in fee. Thank you!



### Mat Pilates: Wednesday, 10:45 am

Join Dana for the class that you've requested!

### Meditation: Saturday, 11 pm, March 24

Try Mary's wonderful once-a-month Meditation class.

### Pilates Reformer: Monday, 7 am

### Pilates Reformer: Wednesday, 9 am

Not new classes, but new instructors. Nancy takes over the 7 am Monday Reformer class, and Dana, our newest Reformer instructor, steps in on Wednesdays at 9. Sign up in advance to assure your place in these classes and enjoy the energy a new instructor brings.

## Canceled classes

### Power Vinyasa I: Wednesday, 6:15 am

### Sunrise Vinyasa: Thursday, 6 am

### Zumba: Friday, 11 am

See our latest class schedule for the classes that work best for you.

## Club News

### You Tube!



**Now everyone can benefit from Nick's inspirational messages!** Watch short clips of Nick speaking about the path to success for all of us. See the clips on our website, [www.nicksprofitfitness.com](http://www.nicksprofitfitness.com), or search for "Nick's Pro Fitness" on YouTube. "Like" us on Facebook and see any new videos in your newsfeed. These messages are popular with current and former students, Club members, and people of all ages all over the world. Don't miss out!

## Facilities

\*Give a token to your teacher before you take a class!

\*Towels must stay in the Club.

\*Water fountains are for drinking only, not for pouring coffee or other drinks or spitting (yuk!) into the fountain basin.

We appreciate your consideration of everyone at the Club.

## Thank you

Many thanks for everyone's support this past Saturday at our 4-year anniversary party. We felt much like other people did - it feels like the time has gone by so quickly, yet it also feels like we've been here forever. We love what we do, and we love seeing you all. We appreciate all you do to help keep the Club clean and tidy - and we are very grateful for all your referrals. You all are certainly the best advertisements we could hope for . . . we appreciate you!  
Have a wonderful March.  
- Heather and Nick



### Our 2012 Motto: SERIOUS!

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