

## March Drawing Winners!

**Greg Dufford!**  
Winner of \$50  
Kapande Cash.

**Amy Humphreys!**  
Winner of Kapande  
Cash Parking Space.

**Eva White!**  
Winner of two "healthier  
side" entrees  
from **The  
WHIPPLETREE  
Restaurant.**

(Thanks so much to  
Jeff & Denise McDonald  
for this wonderful  
monthly donation!!)

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

**Shannon Duran!**  
Winner of a private  
session with Personal  
Trainer, Nick Fedack.

**Joan Waldman!**  
Winner of a 60 minute  
massage with Massage  
Therapist, Lisa O'Farrell.

## Looking for a Trainer to Push You? Try Nick Fedack.

Many of you have probably seen our new Personal Trainer, Nick Fedack, working out at the Club. He is the guy wearing the shirt that says "Trainer" on the back. If you haven't already done so, please be sure to extend a warm welcome when you have the chance. Nick is also teaching conditioning classes on Tuesdays and Fridays from 6 - 7:30 am. Nick Fedack is offering a



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

## The Universal Man - by Nick

A couple of years ago there was a person called the universal man. A universal man was similar to Leonardo Di Vinci. It was a man who knew everything about everything. He knew all there was to know about science, math, history, English, philosophy, the military, etc. As you all know, that isn't possible anymore. You can be an expert at botany or an expert at physics. You could spend your whole life studying maybe just one type of cancer while trying to come up with a cure. When I am in the car, I am listening to a CD on goals, on success or on motivation. Or I might be listening to a CD on fitness. I'm reading a book right now called, With Winning In Mind. I'm studying movement patterns, I'm studying stretching. I'm always studying because I don't even know enough to be a universal man about what I'm doing. I am always studying how to improve my class, how to improve my students, how to get folks to a different level of thinking. I am always seeking new ways to get my students to a higher level of fitness. I want everyone to ask, "How can I get the highest level of return on my training time? It's really important to keep your mind on what you want and not on what you don't want. When I feel myself getting out of sorts, I just train harder. I know if I'm getting stressed or my attitude does not feel quite right, instead of letting my emotions get the best of me, I workout even harder. This is how I keep myself on track. Wellness and productivity are interconnected on so many levels. Pilsung!



## Moab Skinny Tire Festival

**March 8th - 11th**

Participants choose 2 days or 4 days of cycling routes including the Colorado River Corridor, Arches National Park and Dead Horse Point State Park. There are fundraisers, a film festival and a cowboy cookout with live music. For additional details, call Beth Logan at (435) 260-8889 or check out their website at [www.skinnytireevents.com](http://www.skinnytireevents.com).



## This Month at Nick's Pro Fitness!

### 10 Day Fitness Challenge with Brian DeBaets

**Monday, March 3rd -Wednesday, March 12th**

**Weekdays: 5 am AND 5:15 pm**

**Saturday & Sunday: 7 am -ONLY \$99**

Join Brian for a 10 Day Fitness Challenge. This boost to your workout program is perfect for ANYONE and will serve the beginner, intermediate and advanced participant. Modifications will be provided



March special - purchase 5 individual sessions for \$100. To sign up, please contact Nick at 303-475-2475.

### Costa Rican Yoga Retreat

**April 5 - April 12**

Are you looking to grow and become the best you possible? If you are ready to break through your limitations, stretch your body & your comfort zone, cultivate your divine consciousness and embrace your soul's calling, we have the retreat for you!! Not only will you be going to the gorgeous Blue Spirit Costa Rican Resort, but you will enjoy 7-night accommodations, 3 gourmet vegetarian meals per day, daily yoga practices, massages, private intuitive life path coaching and much more! This is a chance to really find out how to ignite your most authentic and divine self. For more information, please visit [www.igniteyourdivineself.com](http://www.igniteyourdivineself.com) or call LightWalker Wellness at 303-902-3669. This is a decision you will be proud to make! All NPF members receive a **\$250 discount** towards their tuition.

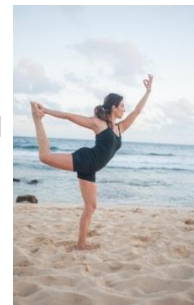
for anyone who needs them. Previous participant, Janie says, "Recently I did the 10 Day Challenge and not only did I lose 5 pounds in 10 days, right before Spring Break, which was the goal, but Brian made it fun for all of us. I'd recommend it to anyone who wants to lose weight, and also have their health and well-being improved." Each participant will get a packet which includes a 10 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. Complete with colored pictures. Please reach out to Brian at 303-408-7644 for additional details.

### New Yoga Instructor: Stephanie Fleming

**Vinyasa I: Tuesdays from 8 - 9 am**

One hour can change your whole day!

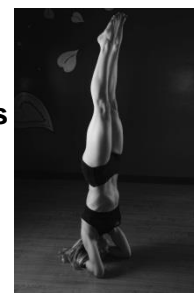
Stephanie's Vinyasa I yoga class offers connection through body, spirit and mind through a steady flow of movements and breath. Although Vinyasa style yoga can be challenging, Stephanie also designs her classes to be inviting to the new student who is exploring the beautiful world of yoga. Stephanie offers many modifications as well as more challenging poses for the experienced yoga student. So give yourself that one hour to take care of YOU. You deserve it!



### Ashtanga Yoga Workshop: Fully Guided Primary Series with Jessica

**Saturday, March 15th 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](mailto:heanick@nicksprofitfitness.com).

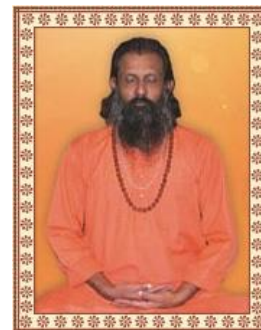


### Sitting with Swami

**Saturday, March 15th from 12 - 2 pm**

**(Future Dates: 4/12, 5/17 & 6/14 from 12 - 2 pm)**

This is such an amazing workshop. Those of us who are attending – are LOVING Sitting with Swami. Swami is coming back to enlighten us even further. Swami will be discussing philosophical topics and teaching meditation and breathing exercises. The principles of yoga and its ancient history are explored in an open conversational format. This workshop is appropriate for anyone aged 6-106.....Sign up at the front desk to reserve your spot – \$25 for members, \$35 for nonmembers.



### A Message from Nick & Heather

Is anyone tired of the wind? Is anyone tired of the cold? We have been hoping for some warmer days.....and we don't know if anyone has not iced - but the tulip and daffodil bulbs are starting to come up - yes – already!! Hard to believe - but spring is right around the corner. We would like everyone to say a fond farewell to our beloved, Grace - she is moving to Utah to explore her possibilities and continue on her life's journey. We are broken-hearted to have her leave us - but we wish her the very best of luck!! She has been a fantastic employee - and we feel very lucky to have had her for this long. Please take a moment to introduce yourself to our newest addition to NPF - Amy!! Amy will be working at the front desk - handling your daily needs. We are so excited to have her strength, her organizational skills and her fabulous smile! She is still learning the ropes - so please be sweet and patient with her. She will be greeting you with a big smile and a friendly "hello" in the morning.....We just love what we do!! Thanks for making Nick's Pro Fitness your workout facility. 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