

May 2011

In This Issue

- Studio Schedule
- Holiday Hours
- This Month's Special
- Kapande Cash
- Club News
- In The News
- Thank You

Holiday Hours

Monday, May 30, Memorial Day: 6 am-1 pm. Enjoy your day!

This Month's Special

Schedule a **90-minute Organic Medi-Facial** with Jessica for only \$75! This facial includes a hand, arm and foot massage to enhance relaxation. Treat yourself or your Mom! Gift cards are available. Call **Jessica at 720-323-6601.**



Kapande Cash

Congratulations to **Cindy Hilliard**, our April **Kapande Cash** winner, and **Susan McDonald**, winner of a **facial** from Jessica Dismuke.

Congratulations to **Karen Morris**, who won our newest prize, a free **personal training** session with Lisa Delia, our new personal trainer.

Fill out a ticket every time you work-out for your chance to win!



Welcome New Members

Jill and Allison Aafedt, Katie Akin, Shelby Becker, Andrea Deloach,

You are either spending time or wasting time.

-Nick Kapande with thanks to Bruce Lee

Studio Schedule for May

Classes

New classes

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

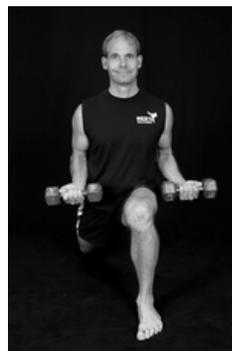


Ashtanga Vinyasa II Yoga: Saturday, 6:30-7:45 am

In this Intermediate class, we will warm up with Sun Salutations, standing poses, seated poses, back bending, and inversions that are held for five breaths to build and lengthen muscles before settling down into final resting pose. The practice is strong yet playful, with lively music. Ashtanga strengthens the core and upper body while stretching and lengthening the lower body. You'll find the right amount of movement and holding poses to satisfy your yoga and fitness needs. This class is contagious!

Meet our newest instructor, Jessica Smith

Jessica has a diverse Yoga background with emphasis in Ashtanga Yoga. She has taught domestically and internationally, with students ranging from athletes to cancer patients. Jessica's teaching style is a combination of compassion and strength. A wife and mother, Jessica finds that Yoga is an essential part of her life, keeping her relaxed and growing as an individual. Jessica says that she learns by struggling on her mat so that she doesn't have to struggle in her life.



Cancelled classes

Pilates Reformer: Mon & Fri 8 am

Watch for our new Reformer schedule beginning in the fall. Till then, take advantage of the Reformer on Mondays, Wednesdays, Fridays and Saturdays.

Leif Heimbold, Becky and Doug Hill, Joanne Kelley, Margaret Leadford, Georgia Morrison, Claudia Peterson, Maddi and Steve Salminen, Ida Seaberg.

Congratulations to Mitchell

Mitchell Robertson, one of our personal trainers, won first place in the Men's 400 Meter Dash at the Outdoor CSM Track and Field Meet at the Colorado School of Mines on Saturday, April 29. Mitchell last competed in Track and Field at the 2003 Junior Olympics, where he won three gold medals. Congratulations Mitchell!

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 [Nicksproffitness](#) (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.

In The News

Purchase beautiful flowers, vibrant vegetables, planters and hanging baskets and Help Colorado Horsecare Foodbank keep people and their horses together during difficult financial times. To order, call Juliana at 303-670-1474 or email horseknit@evcohs.com. Visit www.horsefoodbank.org for more information and to place your order online. If you've purchased containers or hangers in the past, Juliana will replant them for you!

Kickboxing: Saturday, 8 am

Val teaches another great Kickboxing class on Wednesdays at 8, check it out!

Ongoing classes

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

Squash

Play the Pro!

Four Thursdays, **May 5, 12, 19, 26**, 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!

The month to begin the remodel is here! The materials are arriving, and much time has been spent with the County, contractors, engineers and electricians, just to name a few. We want to remind you that the current weight room will be doubling in size, that we are getting a dedicated spin room, and we are adding a Hot Yoga/Yoga program to the Club. We have never really had a Yoga program here, so we are super excited to be offering a new facet that will be enjoyed by so many people from our community. This fall, we plan to offer as many as 5 classes of Yoga each day, with different levels and styles. We've been seeking out the best instructors and are excited to be able to give you the very best. We ask for your patience and understanding as we move forward. The long-term gain will be outstanding. Our contractors know that they must stay focused, move quickly and complete this job perfectly. As we've said since the beginning, we are here for good. We want to give you the best possible place to work out - we appreciate you!



- Heather and Nick

Our 2011 motto: Integrity

* Nick's Pro Fitness * 2932 Evergreen Parkway * Evergreen, CO 80439 * www.nicksproffitness.com *
* 303-674-6902 * 303-679-6267 *