

Nick's Pro Fitness - The Place to Get Fit

Our 2014 Motto: Responsibility

May 2014

Holiday Hours:
Memorial Day
Monday, May 26
6 am - 1 pm

Easter Egg Hunt Winners

Woody Jacobus!
Gold Egg - \$50

Cathy Tondre!
Silver Egg - \$20

Gary Drury!
Silver Egg - \$20
Congratulations to all who found an egg! We appreciate you ALL!

May Drawing Winners!

Joy Cox!
Winner of \$50 Kapande Cash.

Leanne Emm!
Winner of Kapande Cash Parking Space.

Robert Gill!
Winner of two entrees from **The WHIPPLETREE Restaurant**. Visit their website at:

whippletreerestaurant.com

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

Carol Holt!
Winner of a Customized Facial w/ Jessica Dismuke, our in-house esthetician.

Janis Dufford!
Winner of a private session with Personal Trainer, Nick Fedack.

Albert Nishimoto!
Winner of a 20 minute Chair Massage with Massage Therapist, Dawn Moffat.



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

Self Respect - by Nick

I have been training in the Martial Arts for over 32 years and began with the sole purpose of learning to defend myself. Upon further training, my instructor, Mack Newton, told me that the main purpose of Martial Arts is to develop self respect. **Self respect is a key element to success.** If you don't respect yourself - who will? Many ask the question, "How do you do it?" My answer to that is You earn it! You earn your self respect by working positively on yourself. Read books that inspire you. Workout everyday to get your mind and body into top shape. Work on your positive mindset! **Affirmations are the breakfast of champions!** Write them down and read them aloud to yourself - make them become your reality. It is the only way to become the BEST version of you! Remember, **YOU ARE IMPORTANT!!** Pilsung!!



New Massage Therapist - Dawn Moffat



Please help us welcome our newest Massage Therapist, Dawn Moffat. Dawn has been doing massage therapy for over 15 years. She specializes in Swedish and deep tissue massages. Dawn is available for appointments Tuesday, Wednesday, Thursday and Sunday. She is running a "buy one - get one free" special for the month of April and possibly May. Look for flyers around the Club! Her rates are: \$70 for 60 minutes and \$85 for 90 minutes. To schedule a massage with Dawn, please contact her at **(303) 378-0447**. (Editor's Note: I received a massage from Dawn - and it was fabulous.)

This Month at Nick's Pro Fitness!

10 Day Fitness Challenge with Brian DeBaets

Monday, May 6th - Wednesday, May 15th

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 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.



Patti Theil!

Winner of 6 tickets to see the Colorado Rockies play the New York Mets on May 4th at 2:10 pm.

Bill Roberts!

Winner of 6 tickets to see the Colorado Rockies play the Arizona Diamondbacks on June 3rd at 6:40 pm.

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. So give yourself that one hour to take care of YOU. You deserve it!

COME SEE WHAT EVERYONE HAS BEEN TALKING ABOUT - PEOPLE LOVE STEPHANIE'S CLASSES!!



Zumba is back!!

Tuesdays, 11:30-12:30 pm

Brian will be shaking his hips for us every Tuesday from 11:30 until 12:30 pm in the yoga room. Come join Brian for Zumba and get a fantastic workout without knowing you're working out. This dance class is **FULL OF FUN**, and you will not know where the hour went!



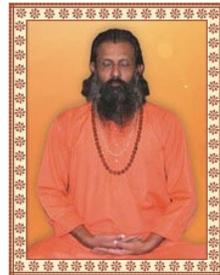
Looking for a Trainer to Push You? Try Nick Fedack.

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 March special - purchase 5 individual sessions for \$100.

To sign up, please contact Nick at 303-475-2475.

Ashtanga Yoga Workshop: Fully Guided Primary Series with Jessica Saturday, May 17th 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@nicksproffitness.com.



Sitting with Swami

Saturday, May 17th from 12 - 2 pm

(Mark the Dates: 6/14, 7/19 & 8/23 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

Hallelujah! The new carpet is finally installed, the equipment is nicely organized, the nursery is better than ever, and there is a new steam room in the men's lockerroom. The Club is really looking great, and we plan to keep it that way! We are looking forward to a wonderful summer with you all. We can't wait to see all the college kids come back home and in the gym. 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

Please contact us at Nick's Pro Fitness @ 303-674-6902 or on the web at www.nicksproffitness.com