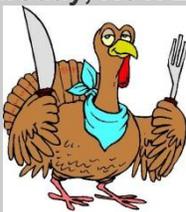


Nick's Pro Fitness - The Place to Get Fit

Our 2012 Motto: Serious

November 2012

Thanksgiving
Thursday, Nov. 22nd



Open 6 am - 1 pm



"I Will Fight Back" Self-Defense Seminar

Saturday, December 8th, 12:30 - 4:30 PM

No spaces left in November - **Reserve your spot** for December!

- Develop physical fitness & agility
- Learn self-defense for protection
- Develop the knowledge and the will to fight back

Everyone benefits from learning basic self-defense. We need to know how to **protect ourselves** from an attacker, and also how to **protect our loved ones**.

Workshops in the Woods

These interesting and unique classes are taught right here in Evergreen by **John Visocky**, who has a **BS in Industrial Education and a MA in Industrial Arts**. These classes are designed in 3 hour blocks, with the idea that two 1.5 hour classes are needed to complete each block.

Class Cost: \$5.00 (one-time charge for safety glasses/tests)

3 hour: \$45.00 (instruction, mentoring, machine/tool time)

\$ 5.00 (expendable supplies)

\$50.00

Bell Ringing

Help us support the Salvation Army and our Evergreen community by volunteering to ring the bell at Safeway this holiday season. Shifts are

Mon, November 26th - Thurs, December 20. 90% of the proceeds help local families through ECHO, Seniors Resource Center and the Mountain Resource Center. 10% of the proceeds support the Denver Salvation Army office.

Sign-up to volunteer at the front desk.

For Sale

-2006 VW Jetta TDI
53k miles. New Tires. Black w/ Grey interior.
Asking \$14,500.

-2001 Acura 3.5 RL
135k miles. New tires, brakes, timing belt, water pump, radiator and windshield. Minor hail damage. White w/ Tan leather interior.
Asking \$5,500.

Call Jeff at 303 324-1422 or
Denise at 303 570-6787.

1.5 hour: \$22.50 (instruction, mentoring, machine/tool time)

\$ 2.50 (expendable supplies)

\$25.00

\$\$ TBD (project materials/kits as required or student picked)

Current Classes - Ages - Min/Max Class Size:

Auto Mechanics (engine): Age 10 - Senior+, 2-3 ppl/class

Birthday Wood Turning: Age 6 -12, 2-8 ppl/class

Electricity/Electronics: Age 8 -14, 2-4 ppl/class

Elementary Wood Shop: Age 6 -10, 2-4 ppl/class

Power Mechanics: Age 6 - Senior+, 2-3 ppl/class

Welding (weather permitting): Age 10 - Senior+, 2-3 ppl/class

Wood Turning: Age 6 - Senior+, 2-7 ppl/class

John does birthday parties and offers family discounts!!

Contact John Visocky by phone: 3) 674-5199 or 3) 909-9526

or by email: nlvisocky@gmail.com.

Pose of the Month

Ustrasana (oosh-TRAHS-anna) aka Camel Pose

To kick off the season of giving, how about a big heart opener! **Metaphysically prepare yourself for the holidays by energetically opening your heart and mind to love and generosity.** There are many benefits to a properly aligned Camel Pose.

- opens chest, improving respiration

- improves posture

- relieves lower back pain

- improves flexibility, especially in the spine

- reduces anxiety

- helps to heal and balance chakras



Supporting Mantra: "I am open to give and receive love"

Mark the Date
Yoga w/ Aaron King
Dec. 1st, 12-2 PM
\$50 per person

Vino & Vinyasa
Gratitude with Attitude
Nov.16, 5:45-7:00 PM

Let's rock out an **invigorating Vinyasa Flow** full of gratitude to celebrate the season. Come prepared to be challenged, to laugh and to enjoy your fellow yogis. Appetizers and wine will be shared after class.