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**Holiday Hours**

**Thanksgiving Day, Thurs, Nov 24:**

**We are open 6 am - 1 pm.**

**Child care: 7:45 - 10:15 am.** We will close promptly at 1 pm. We ask your cooperation in making the holiday enjoyable for *everyone*, especially for those who work that day.

**Friday, Nov 25, we are open regular hours, 5 am-8:30 pm.**



**Winners**

**Kapande Cash**

Congratulations to **Rose Strain**, our October **Kapande Cash** winner! Rose 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 **Joanne Kelley**, who won a **facial** from Jessica Dismuke!

**Personal Training:** Congratulations to **Kim Jordan**, winner of a **free personal training session** with Lisa Delia!

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

**This Month's Specials**

**Spa Special!** Jessica offers a very special **Peel Infusion Facial**. Pamper your loved one - or yourself! - with a gift that will help you look and feel your very best for the holidays. Call **Jessica** at **720-323-6601** for your appointment.



**Personal Training:** A gift for yourself or your loved one! Lisa is offering an amazing **10 personal training**

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

-John Fitzgerald Kennedy

**Studio Schedule for November**

**Classes, Seminars, and Special Events**

**Po-ke-no Night at Nick's Pro Fitness**

**Thursday, November 10, 5:30-7 pm**

Po-ke-no Night at Nick's is another opportunity for affordable fun with your friends and family! Bring an appetizer or dessert and \$10 to play. Merchandise and cash prizes will be awarded, including the top cash prize of \$100! Everyone is welcome, feel free to bring your non-Club friends too! No bingo experience is necessary, and child care is available. Don't miss the fun!



**Introduction to Meditation-SEMINAR (\$25)**

**Sunday, November 13, 2-4 pm**

Mary will guide participants through a relaxing meditation and show how to incorporate quiet, reflective time into their daily lives. Just 10 minutes a day of silence has been proven to reduce stress and its dangerous physical and emotional results. We can learn ancient practices from our friends in Eastern cultures and find the calm and peacefulness inside each of us. Space is limited, please sign up at the front desk and pre-pay \$25.



**Vino & Vinyasa: Friday, November 21, 5:30-6:45**

Lillian will lead a wonderful classic yoga class to classical music for November's Vino and Vinyasa event! Bring an appetizer, and your favorite wine or other beverage to share. Students and community members of all abilities are welcome.

**Private Quarters Party!**

**Wednesday, November 16, 10:30 am-noon**

**Friday, November 18, 6:30 pm - 8 pm**

**Saturday, November 19, 9 am- noon**

Join us again this year for another opportunity to fill your home with luxurious comfort & beauty at an incredible value. Private Quarters offers fine, luxury hotel-quality comfort wear, bed linens, bath and spa products, textiles, bath robes, and more. Everyone is welcome, watch for more information coming soon!

**New classes**

**Power Vinyasa: Wed, 6:15 am** Annie leads a wonderful Vinyasa Yoga class.

**New times**

**Hot Yoga: Monday, 6 -7:30 am** Start the week off right 90 minutes of Hot Yoga!

**Hot Yoga Workout: Tues, 7:45 am** Join Martha at 7:45 for Hot Yoga Workout.

To see all classes, go to <http://www.nicksprofitfitness.com/schedule.php>

sessions for \$350! Call Lisa at 720-839-7293 to make your appointment today. This offer is good through November and December.



#### Club News

**Welcome New & Returning Members**  
Michael, Susan, and Tristan Beaudoin; Cathy Clarke, Emily Greene, Nicole Manion, Gail Mosey, Thayer Nielsen, Kathryn Price, Cole Skorka, Alicia Whitt, David and Karen Zucker.

Welcome to all who joined our Yoga program! Talk to your friends about trying Yoga at Nick's, and add another dimension to your fitness routine.

#### Holiday Gifts at Nick's

**Friends, neighbors, loved ones, and even the person who delivers your mail will appreciate a gift from Nick's Pro Fitness!**

Gift ideas from Nick's Pro Fitness:

- **NPF Conditioning Membership**
- **NPF Club Membership**
- **NPF Yoga Membership**
- **Martial Arts Classes**
- **NPF Day Passes**
- **NPF Gift Certificates**
- **Personal Training Sessions**
- **Pilates Reformer Classes**
- **Squash Lessons & Gear**
- **NPF Workout clothes**
- **Yoga Mats & Towels**
- **3-2 Plan Cookbooks**
- **NPF water bottles**
- **Massage Session Certificates**
- **Chiropractic Service Certificates**
- **Child Care Services**
- **Facial and Spa Certificates**
- **Amazon Herb Products**
- **Harmonized Water**
- **NPF Day Passes**

#### Music Lessons

Call **Sam Bittner-Baird** at **303-881-0423** if you are looking for **great trombone lessons** for beginner to advanced students, in your home or his! Sam works the front desk and studies TaeKwon-Do with Nick, and is attending DU for his Masters Degree in Jazz Trombone Performance.

#### Squash

#### Squash Challenge: Thursdays in November, 5:00-6:30 pm

Join Karen and squash friends on Thursday evenings for our fabulous squash Challenge events!



#### Sneak Peek at December

#### Self-Defense Seminar

#### Saturday, December 17, 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, and will focus on safety for college students home for the holidays. Mr. Kapande, who has over 24 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 at the front desk.

#### Club News

#### Yoga Mats for Rent

Bring your own Yoga mat, or rent a Yoga mat at the front desk for \$5 for your class. Thank you for helping us continue to be environmentally sound and provide the best possible experience for everyone at the Club.

#### Ring the Bells for Salvation Army

Ring the bells at the Evergreen Safeway, and help the Salvation Army's year-round humanitarian efforts. **Sign up at Nick's** to volunteer for a spot on any Monday through Thursday, 11-1:00, November 28 through December 22. Our own Kent Huff, TaeKwon-Do black belt and last year's Volunteer of the Year, is once again organizing holiday bell-ringing throughout the area. We're happy to have this special opportunity to help the Salvation Army make a difference in our community.

#### Thank you

Thanks so much to everyone for your continued support. We really appreciate all the positive talk around town. People are coming to try the Club in record numbers, and we are so pleased with the response to our new Hot Yoga program. We finally have all the mechanical equipment working just right, and it is clear that the community is happy! Many thanks also for your patience with the railings outside. We know they are a **MUST**, and we have been pressuring our contractor to get those installed. We hope to see a great turn-out for our next "family night", where we will be playing Pokeeno. You need to know how to play, it is sure easy to learn. I will bring a delicious beef stew to share with everyone. Again, thanks so much for your support. Your referrals are really helping make the Club a huge success. We appreciate each and every one of you!

-Heather and Nick



**This year's motto: Integrity**

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