

September Drawing Winners!

Chris Nielsen!
Winner of \$50 Kapande Cash.

Shena Cothran!
Winner of Kapande Cash Parking Space.

Bob Waldman!
Winner of two "healthier side" entrees from **The WHIPPLETREE Restaurant.**
(Thanks so much to Jeff & Denise McDonald for this wonderful monthly donation!!)

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

Kelly Murphy!
Winner of an Entertainment Book purchased from the EHS Cheer Squad!

OooLaLa Tan: Opulence works!! - AGAIN!

Nick's Pro Fitness member and very fair-skinned man, Mike McMahon, was tired of looking so "white" compared to his olive-skinned wife, Kim, every summer. In an effort to look "hotter" in his swim trunks, Mike decided to try getting tan without using the sun's harmful rays. He selected a product called Opulence because of its supreme results and organic components. Opulence will give you beautiful, natural looking results with any skin type. You will see your full tan within



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

LESS THAN 12 WEEKS - 66 POUNDS LOST!!

"Whether you're already in great shape, or like me - severely out of shape, whether you're young or old, Nick will help you achieve RESULTS. One nice thing about Nick is you can tell when you meet him it's not about the pay check, he really cares about each person who comes to his class. He wants you to reach your goal as badly as you do, sometimes even more than you do! His level of knowledge in his profession is second to none. Nick knows how to modify work outs during class for anyone - whether it's because you're out of shape, have an injury, or are dealing with a medical complication. He really can meet any needs and still give one heck of a work out!

I am in no way different from any one else. I'm just as broke and out of shape as the next guy. So come in, do the class and give it all you've got."



NICK'S PRO FITNESS
THE PLACE TO GET FIT

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Be Open To Coaching.....by Nick Kapande

As my instructor always says, "You need to make a choice, or the choice will be made for you." So - make a choice - make a decision to change. The other thing is if you want to do something different, just make the decision, and you will grow. If you want to grow, you have to have a coach.....you have to be held accountable. I make a lot of corrections in class every day. I am an instructor - not a trainer. It's my job to make sure you get better. It's my job to help you reach your potential. What is potential? Potential is what is possible in the given set of circumstances that we have. We want to grow and get better - so in every class I teach, it's my job to improve you. Now - some days you may not like what I say - you may ask yourself, "Why did he say that to me?" It's because I want you to get better. I want you to improve - I want you to grow. I know I was grinding on someone the other day for not coming to class - but the only way I am going to help you is if you allow me to help you. The first rule of coaching says, "Have an empty cup." An empty cup means you don't have preconceived notions - or your own thoughts holding you back - you just let me pour it in - I'll take care of the rest. Just trust me. Let me do what I do best - I've been doing this a long time - and I've gotten a lot of people in shape. So let me teach you - if I give you instruction, take the instruction. I'm crazy about technique - I don't want anyone to get hurt - be open to coaching. The usefulness in the cup is in its emptiness.....Pilsung!



New Instructors!



Griffin Litwin: Griffin combines traditional yoga practice with a deep study of anatomy to create engaging, dynamic and challenging classes. A former Evergreen native, Griffin is a certified yoga instructor and world traveler. He has studied extensively in India and is eager to give back to his community. Griffin will help folks avoid and heal repetitive injuries while boosting effectiveness in their training. Students will realign their body and attack chronic injury at its root - all while deepening their yoga practices. Come see Griffin Mondays from 11-12:15 pm, Wednesdays 6-7:15 pm and Saturdays 6:30-7:45 am.

4 hours, and it lasts for roughly 8 days. Mike says, "One of the benefits I received from trying OooLaLa Tan is that my muscles appear more defined. As a result, my self-confidence increased. Lara is a professional who listens to your requests and delivers great results." Lara Sohn from OooLaLa Tan will be coming to Nick's Pro Fitness to discreetly spray individuals **Saturday, September 14th** from 10 am until 4 pm. **Cost is ONLY \$15.** Please sign up at the front desk.



Stephanie Johnson: Stephanie combines her enthusiasm and love of yoga with a sound knowledge of alignment and body mechanics. She teaches with the intention of connecting joyfully with each individual's Inner Light. Her classes are fun and playful, encouraging students of all levels to work deeply while honoring and working within any limitations. She teaches reflective flow, focusing on alignment and sensations within the body and mind. She also teaches Satori yoga which is a practice designed to create balance and awaken the physical, mental, emotional and spiritual self. Join Stephanie Tuesdays from 8-9 am, Wednesdays 11-12:15 pm and Fridays 6:30-7:30 am.



April Garton: April has been teaching in the fitness industry since Jane Fonda made spandex popular. She is a certified Fitness Instructor specializing in cycling and kettlebells. Previous to her fitness career, April has 15 years of dance experience teaching jazz, tap and musical theatre expression. She will help you discover a synergistic approach to body awareness and exercise. A powerhouse of enthusiasm, April creates an environment of electric energy, hardcore sweat and results. Come join April's exciting cycle classes on Mondays 6-7 am, Wednesdays 8-9 am, Fridays 6-7 am and Saturdays 9:30-10:30 am. And - coming soon - **ZUMBA!!**

10 Day Fitness Challenge with Brian DeBaets

Monday - Friday, September 9-20
5 - 6 am AND 5:15 to 6 pm - ONLY \$99

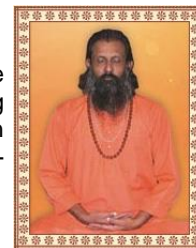
Join Brian for a 10 Day Fitness Challenge. This boost to your workout program is perfect for ANYONE and will serve the beginner, intermediate and advanced participant. Modifications will be provided for anyone who needs them. Previous participant, Janie says, "Recently I did the 10 Day Challenge and 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.



Sitting with Swami

Saturday, September 28 from 11:30-1:30 pm

Back by popular demand, Swamiji is coming back to enlighten us even further. Swami will be discussing how Karma, Gyana and Bhakti, these three forms of yoga are synthesized to bring out the best human potential and live a life of the greatest self-satisfaction. Based on the immortal teachings of the Bhagavad Gita. Sign up at the front desk to reserve your spot - \$25 for members, \$35 for nonmembers.



A Message from Nick & Heather

The kids are back at school! With the purchase of folders, spiral notebooks, pencils and pens, another year has passed on by. It is always bittersweet sending them off - on the one hand, it's so nice to have the structure of the daily schedule - but each year reminds me they are one year older which means so am I.....I don't know about you.....but it sure feels like life is moving at lightning speed.....a little too quickly.....the lazy days of summer always remind me to smile....they just don't last long enough.....we are super pleased the Club has been so busy.....we know it's because of your referrals - so thank you very much! Having a crowded parking lot has always been a problem we have appreciated.....we look forward to enjoying another fall with you all.....and we are so grateful for your continued support. 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

New Massage Therapist!
Sheri Blackledge: Sheri is committed to providing body awareness, relief from pain, deep relaxation, injury prevention and rehabilitation. She offers an integrative approach to discovering self-healing and wholeness through bodywork. She uses a complementary blend of energy work and massage to create individualized sessions addressing the physical, mental, emotional and spiritual aspects of each person. Her training includes Holistic Health practitioner, Registered Massage Therapist, Registered Thai Yoga Therapist, Certified Reflexologist, training also includes Swedish, Deep Tissue, Neuromuscular, Integrative Sport Massage, Prenatal Massage, Reiki and Healing Touch. She believes true health comes from a balance of body, mind and spirit. To schedule an appointment with Sheri, please call 303-674-6902 or 303-257-5483.