



Nick's Pro Fitness Team Conditioning Program

Welcome to Nick's Pro Fitness, where we have something for everyone. We are pleased to offer our Team Conditioning Program, an incredible sports training program at a discounted team rate. All classes are led by Nick Kapande, fitness expert and TaeKwon-Do 5th Degree Black Belt. Your players will focus on strength training, flexibility, agility and core strength, and will be ready to start the season fit, healthy, and mentally ready for success.

Athletes who join our Team Conditioning Program sign up for a specific program that allows 3 or 4 conditioning classes per week during their preseason. Athletes choose from 18 classes a week to complete the number of classes in their program.

Platinum Program: 4 classes a week.
Gold Program: 3 classes a week.
Silver Program: 2 classes a week.

Because the normal cost of Nick's Pro Conditioning program is highly discounted for Team Sports Conditioning, all fees must be prepaid and are non-refundable. Return the completed registration form on the reverse on or before your first class.

To apply for our Team Conditioning Program or for more information, email us at info@nicksprofitness.com, or call 303-679-6267. If you are a coach or organizer, call or stop by to find out how to take advantage of all the benefits waiting for you and your team.

Sincerely,

Heather Kapande
Nick's Pro Fitness

____We are interested in Nick's Pro Fitness Team Conditioning Program

Name and contact information: _____

Team: _____ Date: _____

"Nick's Pro Fitness was a great experience for our soccer players. They enjoyed his tough, complete body workouts along with his approach to take the time to get to know each and every player that came to his classes.

The strength and flexibility my players worked hard for will benefit them physically throughout the season and beyond. Mentally they've learned how to focus on fitness goals and to push through the times their minds want to quit. They've learned that they can accomplish so much more than what they thought they could. In the week coming off of Nick's, there was a noticeable difference in the endurance and quick play of the kids that went to Nick's. My players left his program feeling fit, refreshed, and ready to start the season!

I recommend Nick's to any coach for preseason. Nick Kapande leads a workout program that will benefit any athlete, in any sport. Nick's workouts focus on total body strength and flexibility, and they cover a wide range of muscle groups which will benefit kid at any level. Nick has been very generous with his time and commitment to the success of my players. It's been a great experience, and I know many of them will come back for more!

- Whitney Walker, Coach of Evergreen High School Women's Soccer Team, March 2010

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Nick's Pro Fitness

Registration: Team Conditioning Program

*required fields

*Today's Date _____ *Start Date _____

*Last Name _____ *Date of Birth _____

*First Name _____ *Gender _____

*Home address _____ *Home phone _____

*City, State, Zip _____ *Cell phone _____

*Email _____ *Current Physical Condition _____

*Height/Weight _____

*Emergency Contact & phone _____

*Team _____ *Position _____

*Are you currently under the care of a physician for any specific ailment which would affect your ability to participate in physical fitness training? Yes _____ No _____
 If yes, please explain: _____

*Do you take any medication which would affect your ability to participate in physical fitness training? *y/n
 If yes, please explain: _____

Program (circle) Platinum/4 classes a week. Gold/3 classes a week. Silver/2 classes a week.
 Paid: Amount _____ Date: _____ Cash Check

I agree that I will attend the number of classes in the Team program I chose. I further understand that there are no refunds for missed classes.

LIABILITY RELEASE

Please read the following legally binding document carefully, it limits our liability.

I, _____, applicant (and parent or guardian if applicant is under the age of 18) to Nick's Pro Fitness, Inc. (hereinafter called "NPF"), understand and acknowledge that I am applying for membership at NPF, which involves strenuous exercise.

As a condition to, and in consideration of, the privilege of being admitted as a participant to NPF, or receiving instruction and training, and of receiving the permission of NPF to use its facilities, I hereby agree and promise to assume the risk and responsibility for any and all injuries, or damages due to injuries, suffered by me or caused by third parties to me, arising out of participation in activities at NPF, whether classes, demonstrations, practices, or any other use of the premises, facilities, or equipment at Nick's, whether occurring on the premises of NPF or at any other location.

I hereby release, indemnify, and forever discharge and hold harmless NPF, its directors, employees, students, agents, and servants from any and all responsibility, liability, (including attorney fees and costs) claims for personal injury, legal actions or suits, damages or losses of any kind, both at law or in equity, arising out of, or in any way connected with, any of the above mentioned acts and activities, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. The undersigned applicant/participant agrees to accept all responsibility for the risks, conditions and hazards which may occur whether or not they are now known.

I hereby agree on behalf of myself, and my successor and assigns, never to sue, either at law or in equity, Nick's, its directors, employees, students, agents or servants, on account of any such claim, demand, liability, damage, injury, or loss.

By my signature below, I intend this entire document to be a legally binding document, and I understand it fully.

*Signature: _____ Date: _____

*If under 18 years of age, signature of parent or guardian: _____ Date: _____