
ZENERGY

HEALTH CLUB • SPA • BOUTIQUE

APRIL NEWS & EVENTS AT THE CLUB

NEW Equipment Arrivals at the Club!



Zenergy is now the only place in town with Power Meters on their Bikes!

The Zenergy Indoor Cycling Studio now has brand new Stages SC1 Indoor Cycling bikes with Power Meters!

Ask Tim or Yvette for more details on the new bikes.

Stages Cycling is dedicated to improving your cycling performance, fitness, and health. Stages offers all athletes the precision data demanded by cycling's elite, in an easy to understand form to help anyone achieve their greatest goal—indoors or out.

New dumbbells for the gym will be here this week!

These new dumbbells will offer a comfortable-ergonomic grip, to help you crank out those reps with perfect form!



Alex Laws is back!

Here is your chance to commit to six focused indoor cycling classes with Alex.

April 7 & 14, Thursday, 8:30am
April 8, 15, & 22, Friday, 8:30am





Join us for **the Annual Spring Corporate Food Drive!**
April 4-15, 2016

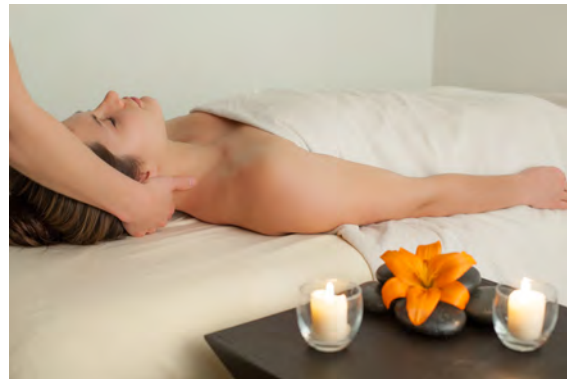
Bring your donated items to Zenergy and place in the bin. The local business that collects the most wins the coveted Golden Can Award!

TOP TEN ITEMS NEEDED:

1. Canned fruit in juice
2. Canned vegetables
3. Healthy soups or canned meals
4. Pasta
5. Healthy hot or cold cereal
6. Rice - brown or white
7. Boxed meals
8. Canned meat (tuna, chicken, salmon)
9. Cooking oil
10. Healthy non-perishable snacks

Early Bird Spa Special !

Book any 50-minute or longer sessions before 1:00pm Monday-Friday and receive \$15 OFF. Use this coupon code EB15OFF or mention special at time of booking. Limited time only.



Zenergy Youth Summer Workshops

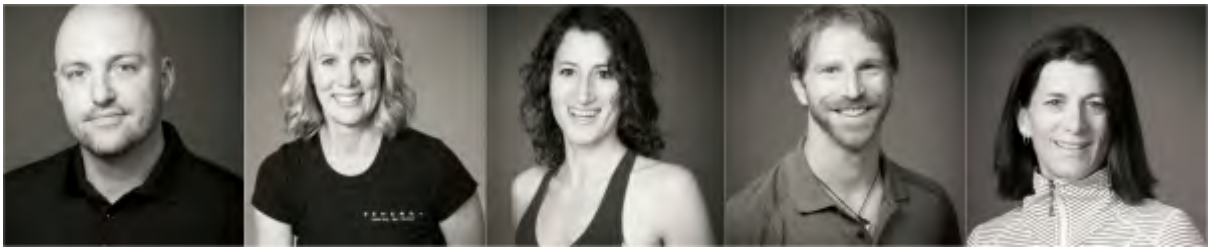


After eight summers of running a summer kids camp for 4 to 8 years olds, Zenergy is taking a new approach in 2016. This summer, Zenergy will offer a variety of fitness workshops for kids 10 to 14 year olds - many of whom were campers with us in previous years. These workshops will be in lieu of the kids camp for younger kids.

These new summer workshops will provide these older kids a fun introduction to fitness, utilizing Zenergy's talented team of trainers and instructors. Kids will learn healthy and safe training techniques, so they get their fitness off to the right start. There will be two time slots offered each day, with no more than eight kids per slot; workshops will run for approximately 2 hours each day.

For kids who already have a great passion for tennis, Zenergy will be offering its always popular Peak Performance tennis camp. This camp will feature specialized tennis training and sports specific strength and conditioning, along with swimming and other fun activities.

More information on these workshops will be available in the coming weeks. Email Tim if you would like to be added to an email list for updates.



Trainer 2-for-1 Specials

Now that ski season is ending, this is a great time to improve your overall fitness. Here's an update on some of the latest achievements by our personal training team.

If you are a new potential personal training client, we are happy to offer a 2-for-1 special for training with Brenda, Anthony or Zoe. Offer expires end of April.

Anthony Baucom:

Stability -> Mobility -> Load ->

Only go as fast and heavy as you can while maintaining stability. Slow down, lighten the weight, focus on stability before movement and load. If you start well, you'll move efficiently (and safely), and finish well. A tiny seed of postural education will reap fields of results. Learn how to manufacture stability!

Brenda Powell:

With her athletic background and most recent certification as a Senior Fitness Specialist, Brenda loves working with athletes young and old. She's also our go-to trainer in assisting women with metabolic issues.

Zoe Walchli:

Certified Pilates Instructor, ITT Pilates of San Francisco

For PT patients: Zoe specializes in rehabilitation fitness, developing functional movement and regaining strength after injuries or surgeries.

For Athletes: Zoe will teach you how to gain the competitive edge, integrate core strength, maximize muscle firing patterns, as well as increase your stamina and endurance.

Maria Beattie:

Maria has recently returned from multiple Aquatic Therapy and Rehab workshops. Water programs that Maria experienced were, "Latest Concepts for Hips and Knees," "Loaded Movement Training," and "BackHab," which focused on relearning functional movement patterns with carryover to activities of daily living.

Tim Hanna:

Tim is now a nationally certified ACE Health Coach. He's excited about helping individuals find a balance in their lives and reach their health and fitness goals.

Would you rather be outside than in a gym? Book a training session with Tim to learn amazing core and functional strength exercises that can be done at home, in the woods, or on the trail.

Click on any of the trainers to email them directly or contact our Health & Wellness Manager [Tim Hanna](#).