

APRIL NEWSLETTER



SPECIAL SCREENING of "The Rockies Traverse" by Reel Water Productions & Red Bull Media House with Zenergy sponsored athlete, Gavin McClurg

April 30th, 6:30pm

Community School Theater

Tickets are \$10 and available at Zenergy or at the door.



Vol biv, or fly camp, is the next frontier in paragliding. Will Gadd and GavinMcClurg took the sport to a whole new level with their 34 day, 800km, flight along the Rocky Mountains from McBride, BC to the US/Canada border. They won National Geographic Adventurers of the Year 2014/2015. "The Rockies Traverse" captures this adventure. Gavin is currently training for the Red Bull X-Alps 2015: "The World's Toughest Adventure Race."

Relay for Life Event Fundraiser for Cancer Research

SPECIAL Class schedule April 18th, 12:30-3:30pm.

Open to the community. \$15 suggested donation.

Non-members will also have use of the rest of the club and regular classes for the day. Bring your friends and help spread the word.

12:30 – 1:30 Drums Alive with Tim

1:45 – 2:15 Foam Roller with Tim

2:30 – 3:30 Pedal & Pump with Georgie

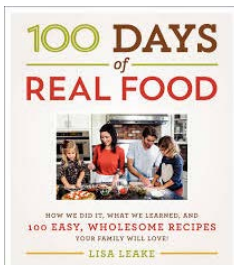


Get excited!

bareMinerals is now available at the Zenergy Spa!

bareMinerals Makeup utilizes naturally derived minerals to give you exceptional long-lasting coverage, breathable lightweight wear, rich pigmentation with creamy blendability, and broad-spectrum UVA/UVB sun protection. bareMinerals, is the mineral makeup brand that started the mineral revolution.

bareMinerals®



NOW available at the Zenergy Cafe!

We love the simplicity of the recipes and approach to healthy eating in this book "100 Days of Real Food" that we ordered a stack to share with all of you. Pick up your copy at the Zenergy Cafe!

WELCOME BACK YVETTE!



After successfully launching Zenergy Boise as Club Manager, we are looking forward to having Yvette's energy and passion for health and wellness back in Zenergy Sun Valley.

Yvette will be back in the club starting May 1st, and ready to take on personal training clients.

Zenergy Summer Kids Camp

Ages 4-8

June 8-August 14

10:00am-3:00pm

Special local pricing: \$40 per day | \$175 per week

Don't wait to sign up! Limited spots available at this price.

To register visit www.zenergyts/registration



Zenergy Kids Summer Camp offers kids a way to be active and have fun. From Tennis, to cooling off in our salt water pools, to exploring the hills, the campers will enjoy new adventures each week. Activities weekly include swimming, art projects and outdoor play with additional activities such as, yoga, kayaking, tennis, gymnastics, nature walks and dance as they relate to the weekly camp theme.

Our Camp Counselors are energetic and ready to have a fun with your kids. All of the counselors are CPR & First Aid certified.

Kids Camp Director

Missy Russell

Missy has a degree in Early Childhood & Elementary education and a minor in Art. She was an elementary school teacher in Oregon before moving to the valley. She is currently a substitute teacher and swim instructor, which a focus on younger children.

Kids Camp Head Counselor

Rose Schwarzbach

Rose is a local favorite babysitter. She has been running our Zenergy Cafe and knows every Soo Bahk Do kids smoothie choice, including the odd request, banana first please.

KEEP IN TOUCH.



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