

AUGUST NEWS & EVENTS



**Join us for these community events!
Free & open to the public - Bring a Friend!**

Eat the Rainbow:

A parent/child healthy food event with Kathryn Kemp Guylay and Alex Guylay
Monday, August 22, 11:00am – 12:00pm

Come celebrate a rainbow of fruits and veggies with certified nutritional counselor and local author, Kathryn Kemp Guylay. Recently named "the picky eater whisperer" by national media, she will answer parents' questions about how to nurture healthy eaters. Kathryn's son, Alex, a published artist at age 13, will lead an edible art activity for kids in attendance (baby to age 11 with parents). The event promises to be a delicious, nutritious and informative hour.

Core Functional Yoga: All levels with Alexis Farrell

Wednesday, August 10, 11:30am-12:25pm

In this workshop, discover the core muscles that are necessary for everyday movement. Take your personal yoga practice to the next level by understanding what phrases like "navel to spine" and "activate the core" are really suggesting. After this workshop you will learn how to find neutrality and engage the core 360 degrees through the introduction of the pelvic floor along with simple but effective practices that will make even tadasana a challenge!

Meet Me on a Hike with Yvette

August 18, 7:30am in the Zenergy Lobby or 8:30am at the trailhead.

Mill Lake (4 mile round trip hike with drive of 30 minutes each way). Bring sunglasses, sunscreen, bug repellent, water and a snack.

Don't miss out on these limited time offers!



Take your conditioning to the next level with Pilates!

Free one-on-one 30 minute consult/practice with Zoe

- Post Rehab
- Sport Specific Focus
- Full Body Fitness

See what Pilates can do for you!

Contact Tim to schedule a your session.



Get motivated and stay motivated!

Bring a friend to a training session for FREE!

*Limited to one session. Select trainers.

Contact Tim to schedule a your session.

SPECIAL EVENTS!



Save the date!

Truck to Table Dinner

August 24, 6:00pm

Warm Springs Road & 7th Street

A three-course dinner with wine pairings provided by The Haven in their new space!

Members \$50, Non-Members \$60

Send an email to reserve your spot. Please specific any food allergies.

HAPPY BIRTHDAY!

We want to celebrate with you!

Make sure we have your birthday in your profile to receive a special gift on your special day!

How can I update my information?

Send us an Email
Give us a call 208.725.0595
Login into your account
Stop by the front desk.



NEW Young Adult Membership!

Starting initiation only \$425!

Over 80+ weekly classes

Indoor & Outdoor Saline Pool

Member pricing in our award winning spa

Call the Member Desk at 208.725.0595 to learn more!



Strike a pose!

Post a photo of you in your new Zenergy outfit with hashtag [#zenergyboutique](#) and be entered to win a free outfit! The Zenergy Boutique is open throughout club hours.

The Zenergy Boutique is open throughout club hours.

Non-members receive a complimentary day pass with any purchase over \$150 in the boutique. Valid on the day of purchase only.

We Want to Hear from You!

Write a review and be entered to win a massage!

