



ZENERGY

Health Club • Spa • Boutique

## Zenergize - August Happenings at Zenergy Exercise Mindfulness

### ZENERGY LIVE!



Join us for live music, barbecue, drinks,  
and poolside fun!

Friday, August 9

Folk rock with Rebecca Scott

Friday, August 23

Acoustic rhythm and blues with  
A.K. and the 47s

5:30-7:30pm

Guests welcome - passes not required



### ZENERGY BOUTIQUE

New arrivals are coming in  
weekly!

Stop by and check out the  
latest from your favorite  
brands as well as our  
newest fitness line "Onzie."

### SPA SPECIAL OFFER

### WIN A FREE MASSAGE!

Join our new monthly drawing for a free one-hour  
massage. Text "spa" to 22526 to automatically be  
entered to win.

### YOGA PROGRAMS

#### YOGA AND SOUND HEALING

with Cathie Caccia and Leraïne Horstmanshoff



Saturday, August 17,  
10:00-11:30am

Leraïne will provide opening  
sound and chant practice, fol-  
lowed by all levels hatha yoga  
with Cathie. Class ends with a  
healing sound bath with Leraïne  
on the didgeridoo.

Free to Zenergy Members / \$20 Non-members

### RAW FOOD CLASSES WITH LAURI BUNTING

Learn about the merits and alkalizing effects of sprout-  
ed, raw, and plant-based foods. Classes will include a  
brief discussion, demo, nibbles, and Q&A.

#### RAW AND RADIANT MEDITERRANEAN WRAP

Thursday, August 15, 5:30-6:30pm

Sprouted almond hummus; Stack and wrap hummus  
and veggies in a nori sheet; Antioxidant-rich red pepper  
dipping sauce



#### SUMMER VEGETABLE PASTA PESTO

Thursday, August 22, 5:30-6:30pm

Zucchini noodles, hemp seed basil pesto, Brazil nut  
"rawmesan" topping

Per Class Rate: \$20 Members / \$25 Non-members.  
Held in the yoga studio.

## MEMBER CATERING SERVICES



Spring Bullard, chef and owner of Good Scents, is available to meet all of your catering needs from a casual cocktail setting to a formal sit-down dinner.

Spring has recently relocated to Ketchum after a successful 15-year career, both internationally and in New York City, cooking for numerous high-profile clients and corporations with the utmost discretion.

Email [Spring.bullard@gmail.com](mailto:Spring.bullard@gmail.com) or call 202.261.5424 and set up a consultation for your next gathering.



## SUN VALLEY AUTO CLUB CAR DETAILING

Offered to members at the club on Mondays, Wednesdays, and Fridays, through August 28 from 8:30am-2:30pm.

Light Detail \$125  
Basic Wash \$55

Schedule appointments directly with Sun Valley Auto Club at [crew@svautoclub.com](mailto:crew@svautoclub.com) or call 208-578-2323 at least a day prior. This service may be charged to your account.



## N of ONE: PERSONALIZED MEDICINE

”Personalized Medicine for Cancer Treatment”

As part of Zenergy’s commitment to your overall wellness, we continue to look for ways to help you take charge of your health. Last week PinnacleCare and Zenergy presented “Personalized Medicine for Cancer Treatment” with Dr. Jennifer Levin Carter, founder of N-of-One.

If you missed this informative talk and would like to learn more, visit [N-of-One.com](http://N-of-One.com). When it comes to the most critical healthcare needs for your family, visit [www.PinnacleCare](http://www.PinnacleCare) to learn how they can help.

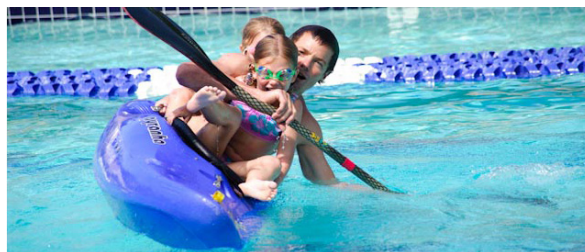
## SUMMER KIDS CAMP

Only Two More Weeks of Camp!

Drop-off this summer is at the Community School campus, with pick-up poolside at Zenergy.

Camp Hours: 8:30am-1:30pm  
Ages 4-8 years, Runs through August 16

View daily activities calendar or register online at [zenergyts.com](http://zenergyts.com)



## SAVE THE DATE

Ashley Koff, Celebrity Registered Dietician

### “A Case for Quality”

Thursday, September 19, 1:00pm, poolside

Zenergy and the Sun Valley Harvest Festival are proud



to host a free talk with Ashley Koff RD, - Qualitarian, Nutritional Expert, Health Advocate, and internationally renowned registered dietitian who regularly appears as an expert on TV, print, radio, and online including “The Dr. Oz Show,” “The Doctors”, ABC 7, The New York Times, O! The Oprah

Magazine, Whole Living, Every Day with Rachael Ray, Redbook, Women’s Health, The Huffington Post, and EmpowHer.

Visit [ashleykoffapproved.com](http://ashleykoffapproved.com) to learn more.

Make sure to get your tickets early for this years Sun Valley Harvest Festival.

## **PRENATAL YOGA**

with Paige Redman

One day per week / 4-week session  
August 20 - September 10  
Tuesdays, 5:30-6:45pm  
Members \$60 / Non-members \$70

Connect and listen deeply to your body and growing baby during this time of rapid physical and emotional change.

Sign up at [zenergyts.com](http://zenergyts.com)

## **NEW CLINICS STRETCH AND BALANCE I**

with Lynn Barclay

One day per week / 4-week session / August 7-28  
Wednesdays, 11:00-12:00pm  
Free and Open to the community

All levels are welcome, especially those over 60;  
a perfect introduction to yoga.

## **STRETCH AND BALANCE II (BOSU TRAINING)**

with Lynn Barclay

One day per week / 4-week session / August 8-29  
Thursdays, 11:00-12:00pm  
Members \$60 / Non-members \$70  
Visit [zenergyts.com](http://zenergyts.com) to sign up today.

Use a variety of techniques and tools to create balance, flexibility, and strength. Created especially for those over 60 years of age.

## **AQUATICS**

Junior Sailfish with Ed and Maria

Two days per week / 2-week session / August 6-15  
Tuesdays and Thursdays, 10:15-11:00am  
(outdoor pool)  
Members \$50 / Non-members \$60  
Drop-ins welcome.

This is a continuation of the 2nd Grade and Under swim program. Register your child at [zenergyts.com](http://zenergyts.com)

## **PILATES**

Wall Unit Clinics

### **WITH EMILY**

August 1-30, 4-5 sessions, one per week  
Mondays 9:00-10:00am or  
10:00-11:00am (advanced)  
Wednesdays, 8:00-9:00am or 9:00-10:00am  
Thursdays, 10:00-11:00am (advanced)

Members \$100-\$125 / Non-members \$120-\$150

The tower of power will create long, lean lines.  
Reserve your spot today at [zenergyts.com](http://zenergyts.com)

## **GROUP PERSONAL TRAINING**

Join one of our group training classes  
and push your fitness to the next level!  
Group training clinics are limited to 5-8 participants to  
ensure personalized  
attention, address individual needs, and help you  
achieve your personal goals.

## **AMPLITUDE BASED "BIG" TRAINING**

Moving and Living with Parkinson's  
With Erin Finnegan, Physical Therapist  
One day per week / 4-week session / August 6-27  
Tuesdays, 1:00-2:00pm  
Free and open to the community.

## **(HIIT) HIGH INTENSITY INTERVAL TRAINING WITH YVETTE**

One day per week / 4-week session / August 5-26  
Mondays, 8:30-9:30am  
Members \$60 / Non-members \$70  
Enhanced cardio intervals paired with strength training  
to create a complete workout and a leaner you!

## **TRX TOTAL BODY TRAINING WITH YVETTE**

One day per week / 4-week session / August 7-28  
Wednesdays, 8:30-9:30am  
Members \$60 / Non-members \$70  
All core and more ....

Sign up for HIIT or TRX at [zenergyts.com](http://zenergyts.com)