

# Z E N E R G Y

Health Club • Spa • Boutique

Zenergize - DECEMBER 2014 Newsletter

## EXERCISE MINDFULNESS



### YOGA WORKSHOP WITH JODEEN REVERE

Just in time for the holidays:

Jodeen is back with two special yoga workshops!

#### 1. Where Yoga and Dance Merge

Saturday, December 6, 5:00-7:00pm  
\$15 Members/\$20 Non-members

Bring your sense of play and explore this unique intersection of yoga and dance. Starting with liquid spine slow flow yoga and dropping deep into the rhythm of our breath, we will then roll up our mats and move into some gently guided, free-form ecstatic dance, before collapsing in shavasana. No experience needed. Just an open heart and bare feet.

#### 2. Yinlicious Extravaganza

Sunday, December 7, 12:00-2:00pm  
\$20 Members/\$25 Non-members

Completely reboot your body and spirit with this deluxe 2-hour offering. Beginning on the floor with some slow, sensuous movement, and then slipping into a juicy yin flow, essential oils, self massage, deep restorative shavasana. Chill music + readings from The Radiance Sutras + guided imagery = one blissed out YOU!

### NEW Gym Equipment

#### 16 NEW top of the line weight machines arriving before the holiday rush!

16 NEW top of the line weight machines  
arriving before the holiday rush!

On a HOIST ROCIT workout station, your body literally becomes part of the exercise, rocking you back and forth on the machine in the same way your body would react to changing loads in the real world. This means virtually unrestricted joint movement but with all the protection and stabilization of machinebased equipment. You get a better workout, building allover strength and core fitness, with great form and repeatable, measurable results. We will be offering complimentary instruction on new equipment. Stay tuned!



## SPECIALITY EVENTS & WORKSHOPS

### Holiday Grounding with Erica Linson and Eloise Christensen



December 2-16  
1 day per week, 3-week session  
Tuesdays, 5:30-6:45pm  
Open to the community.  
Members \$45/Non-members \$60  
Drop-in available for  
the first class only.

Learn simple techniques to help keep you centered and grounded through the holiday hustle and bustle.

### Dryland Nordic Training with Jon Engen, 3-time Nordic & Biathlon Olympian

December 4-18  
1 day per week, 3-week session,  
Thursday, 5:30pm, Gym  
Free to members.  
\$15 drop-in for Non-members or  
\$40 for entire session.  
Improve posture,  
balance and movement  
starting with basic skills,  
and moving into technique and  
then onto the SkiErg machine.



### DANCE FOR PARKINSON'S WITH

### LYNN BARCLAY AND ERIN FINNEGAN

Tuesdays, 1:00-2:00pm, Fitness studio  
Moving and grooving with Parkinson's.  
OPEN TO THE COMMUNITY, FREE OF CHARGE.



## SPECIALITY EVENTS & WORKSHOPS

### Winter Solstice Yoga

Saturday, December 20th, 4:00pm

Enjoy a warm and gentle candlelit flow class with postures designed to harmonize with the energies of the winter season. Music by Pink Floyd.

OPEN TO THE PUBLIC.

Suggested class donation.

All proceeds will be donated to the Hunger Coalition.



## CUSTOMIZED SMALL GROUP TRAINING

Members \$100/Non-members \$120  
4 Week Session

Zenergy is now offering a new way for members and their non-member friends to get fit together with one of our certified personal trainers. Try out a group of private sessions with a few of your friends on your own schedule! Be challenged with a new customized workout each session. Enjoy individual attention from a trained professional and the camaraderie of working in a small group while making progress toward your goals. You'll get all the benefits of one-on-one training at an unbeatable price.

Contact Tim Hanna for more information..



## TENNIS

### Tennis Clinic with Max Sabel

Take advantage of this special opportunity with our guest instructor. Max Sabel is a Division III All American.

**Junior Intermediate/Advanced**  
with Max Sabel & Rob Kolb  
December 22, 2014  
3:00-4:30pm

**Adult Intermediate/Advanced**  
with Max Sabel & Rob Kolb  
December 23, 2014  
4:30-6:00pm

Free to Tennis Members.  
\$40 for Health Members.  
Advance Registration Required.

Private Lessons available with Max Sabel December 20-27.\* Not available on December 25.



## PILATES WALL UNIT

### PILATES WALL UNIT WITH EMILY

December 1-31

1 day per week, 4 or 5 week sessions  
Mondays, 9:00-9:55am (5 weeks)  
Wednesdays, 9:00-9:55am (5 weeks)  
Fridays, 9:00-9:55am (4 weeks)

4 Week Session: Members \$100 / Non-members \$120  
5 Week Session: Members \$125 / Non-members \$150

### PILATES WALL UNIT WITH DEBORAH

December 2-30

1 day per week, 3 or 5 week sessions  
Tuesday, 9:00-9:55am (4 weeks)  
Thursday, 4:00-4:55pm (3 weeks)

3 Week Session: Members \$75/ Non-members \$90  
4 Week Session: Members \$100 / Non-members \$120



## NUTRITION TALK

Friday, December 19 10:15am  
in the Zenergy lobby

Come by the lobby for a special holiday recipe exchange featuring healthy favorites from Zenergy trainers.

Open to the public, free of charge



## GIVE THE GIFT OF ZENERGY

### ZENERGY GIFT CARDS

Give the gift with options this holiday season! Zenergy Gift Cards are valid for all that the club has to offer, from the spa to the boutique, personal training, private Pilates, and more.



## HOLIDAY FOOD DRIVE



### THE HUNGER COALITION HOLIDAY FOOD DRIVE is currently underway!

Last year, Zenergy members donated more than 700 pounds of food to those in need. Let's keep up the good work this holiday season! Your contributions are greatly appreciated!

Please double check expiration dates as we can't accept expired items.