
Z E N E R G Y

HEALTH CLUB • SPA • BOUTIQUE

FEBRUARY NEWS & EVENTS



February Fun Rides!

For the month of February bring a friend for FREE to the evening indoor cycling classes. Try a different class style and instructor each night!
*This is limited to the evening cycling classes.

Monday 5:30-6:25pm RPM with Georgie

This class uses RPMs (revolutions per minute) combined with perceived exertion to get the most from your workout. Enjoy a little visualization and outdoor training techniques while you ride to boomin' music.

Tuesday 5:30-6:25pm Rythmatic Meditation with Deide

Rythmatic Meditation™ - A unique meditation indoor cycling workout which combines the meditative rhythm of spinning with a focus on inner peace and self-awareness.

Wednesday 5:30-6:25pm Suunto Heart Rate Training Ride with Grady

This indoor cycling class focuses on interval training and monitoring the heart rate while you ride. Heart rate monitors are optional. Those with a Suunto heart rate belt receive a personal feedback report with their results. Suunto Belts are available for purchase at the front desk.

Thursday 5:30-6:15pm CycleJam with India

A cycling class that is beat based. Think loud music and lots of "out of the saddle" climbing to the rhythm. This high-paced session is 45 minutes with some mixed in strength off of the bike – guaranteed to get in and get it done.

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New to the Zenergy Fitness Team:

Joel Brazil

Hi, I'm Joel. I like to ride and race bikes (road, gravel, mountain) and I like to ski (alpine, backcountry, and Nordic). I also like teaching spin. I tend to teach classes that align with the cadence of the music and that have a lot of 'climbing.'

**Join Joel in the indoor cycling studio
Mondays at 8:30am**



Girls Night Out Trunk Show Thursday,
February 11, 5:30-7:30pm

Featuring lines by:
Free People Movement and Haven Collective

**Receive 20% OFF
your trunk show purchase.**
Valid during trunk show only.

Bubbles and treats provided.

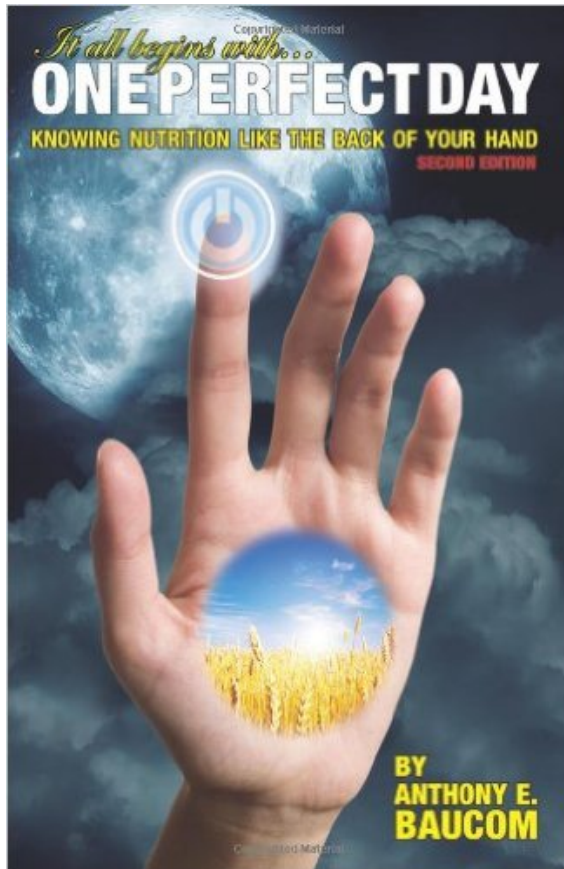
**Slipping on those
New Year's resolutions?
No problem! Come get motivated
with Dr. Jody Stanislaw!**

Don't let 2016 go by without having a plan for a happy and healthy year. Come learn the proven steps for how to make new healthy habits STICK in 2016!

Tuesday, February 9th, 5:30-6:30pm Zenergy Lobby
Free and open to the community.

Dr. Jody Stanislaw is an expert at healthy living. She has helped hundreds of people live HAPPIER and HEALTHIER lives, using proven natural methods.





Nutrition Foundations with Anthony Baucom

Tuesday, February 16th at 5:30pm or
Wednesday, February 24 at 11:00am
Zenergy Lobby

Topics that will be discussed include:

- *Real life support! Not dieting!
- *Special conditions: Diabetes, high cholesterol, and high blood pressure
- *Nutrition as it relates to exercise
- *The two tanks
- *The five fingers
- *The five principles and the three keys:
knowledge + application = wisdom

Anthony has over 20 years of experience in the fitness industry. Author of the nutrition book and program, "One Perfect Day," he has given over 100 nutrition lectures nationally and has worked with over 11,000 people on their nutritional goals.

**Please join us in welcoming
Anthony Baucom
to the Zenergy team.**

Anthony has over 20 years of experience in nutritional consultation and personal training.

He will be offering a

**COMPLIMENTARY
NUTRITIONAL CONSULTATION**

session for all members.

**Please stop by Tim's desk or email
Anthony to schedule your
complimentary session now!**

