
Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

FEBRUARY NEWS & EVENTS



Do you have chronic aches and pains or an acute injury?

We would like to remind you that we provide DIRECT ACCESS to our Sports Rehab Clinic. Aside from a select few insurance companies, a physician referral is not necessary. You may call the Clinic directly to schedule an appointment with one of our skilled therapists, Colleen Coyne or Karoline Droege.

Call (208) 726-7246 to schedule your appointment.



LADIES
TENNIS
SOCIAL

FEBRUARY 16
9:00AM-1:00PM

Zenergy & The Valley Club
ALL LEVELS WELCOMED.

GET READY FOR
THE MATCH!
SPECIALTY
DOUBLE
PRIVATE LESSONS
AVAILABLE CONTACT ROB TO BOOK

Contact **Rob Kolb** to register.
Registration deadline is February 8.



Mediterranean Cooking Class with The Haven

Thursday, February 23, 6:00pm
Members \$55 | Non-Members \$65

Variety of demos and hands-on experience. All participants will enjoy delicious food at the cooking class and tasty items to take home.

Call (208) 725-0595 or click [here](#) to register.



Changes to the Group Class Schedule!

MONDAY:

- **8:00am:** NEW Day! Winter Sports Conditioning with Kristen. Free to members. Non-Members welcome at clinic rate.
- **9:00am:** NEW time! Zumba with Priscilla.
- **9:00am:** Step has been removed from the schedule until the spring.
- **11:30am:** NEW Class! BODYCOMBAT with Anna and Sheridan (30 minutes). This is a perfect class to combo with the popular CXWORX class at noon.

TUESDAY:

- **12:00pm: Power Lunch Ride** with Jon. February 7 will be the final Tuesday class with Jon. It will then move to Wednesdays with Yvette.

WEDNESDAY:

- **8:00am:** BODYFLOW with Emily has been removed from the schedule.
- **9:00am:** Zumba with Casey is back!
- **11:30am:** Power Lunch Ride with Yvette (30 minutes). Starts February 15th.

THURSDAY:

- **9:00am:** BODYPUMP with NEW Instructor, Zack!
- **9:30 – 10:30am:** All Levels Yoga with NEW Instructor, Lauri Bunting.

FRIDAY:

- **11:30-11:55:** NEW Class! BODYCOMBAT with Anna and Sheridan.
- **12:30pm:** NEW Class! Stretch with Emily (30 minute class).

Let us help you stay committed to your fitness goals!
Check out our February clinics.

[Aerobic Kickboxing](#)
[EEvolveMatrix](#)
[Resistance Flexibility Stretching & Yoga](#)
[Lean and Mean in "17"](#)
[Strength Training for Women](#)
[Liquid Blade Runner](#)
[Winter Sports Conditioning](#)
[Pilates Wall \(Après Ski\)](#)



Click on any clinic to register.



Get the kids ready for
spring break and summer by the pool!

[Water Babies \(6 months-2.5 years\)](#)
[Intro to Swimming Fun \(Ages 3-4\)](#)
[Advanced water fun! \(Ages 3+\)](#)
[Sailfish Swim Club \(Ages 7-18\)](#)
[Swim Improvement and Stroke Clinic \(Ages 5-7\)](#)

Click on any clinic to register.



Need a break from skiing? Back sore from shoveling all the snow?
Come relax and recharge in our award-winning spa.

Winter Soups, wraps and delicious
salads from The Haven
are now available!

Made-to-order smoothies and juices
made freshly daily are also available.

The café is open to the public.



New Arrivals Weekly at the Boutique!

Alternative Apparel
Club Ride
Movement by Free People
Knix Underwear
Lululemon athletica
Spiritual Gangster
Vie Active
Zenergy Signature Line

The Zenergy Boutique is open
throughout club hours. Non-members are
welcome! Non-members receive a
complimentary day pass with any
purchase over \$150. Valid on the day of
purchase only.
