

# ZENERGY

HEALTH CLUB • SPA • BOUTIQUE

## JANUARY NEWS & EVENTS



(Left to right: Zack Taylor, Tim Hanna, Karoline Droege, Shauna Barrie, Colleen Coyne and Derek Agnew )

### **Zenergy Acquires Sun Valley Sports Rehabilitation**

Zenergy Sports Rehabilitation Clinic will operate from a newly renovated space adjacent to the club's main lobby. Patients will have access to this new physical therapy clinic, the recuperation and strengthening tools found in the gym, as well as the many health and wellness options and programs at Zenergy.

Consistent with Zenergy's five-star approach to all the essential components of a superior health club and spa experience, Zenergy has compiled a comprehensive team to support its two established physical therapists, Colleen Coyne and Karoline Droege. Coyne, Director of Physical Therapy at the clinic, has been a therapist for over 37 years in the Wood River Valley. Droege, as Physical Therapy Supervisor, brings over 15 years of professional service in the valley. In addition, Shauna Barrie has been hired as the clinic's Administrative Director, bringing more than 10 years of experience within the valley's medical community to the Club. Additional team members for the clinic include certified therapeutic exercise specialist Zack Taylor, who will support patient care, and Maria Beattie, who is currently completing training that will qualify her as the valley's premier aqua therapy specialist.

The Zenergy Sports Rehabilitation Clinic will offer diagnostic services, including comprehensive laboratory and integrated testing such as micronutrient analysis on a weekly basis, which will help foster overall wellness in a convenient and positive manner inside the club. Additionally, the clinic will offer comprehensive health and fitness evaluations to patients, members and non-members, who may qualify for insurance-based reimbursement.

Zenergy Sports Rehabilitation Clinic will hold an open house on Wednesday, January 6, at 6:00 p.m.



**Inspiration for the New Year with Katherine Guy Lay**  
January 5 at 5:30pm

Join us for an hour of New Year Inspiration with certified nutritional counselor and coach Kathryn Kemp Guylay. She'll walk attendees through a six-step process for making 2016 the best year it can be. Attendees will enjoy an inspirational video at the end of the talk and will receive a set of free e-cookbooks and other resources.

Guaranteed to be fun, entertaining, and worth your time!

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Winter Feast for the Kidneys  
with Tifney Stewart, M.S.,  
L.Ac. Acupuncturist and Chinese  
Herbalist Veteran Leader  
of Seasonal Cleanses

**January 10-15**

This week long Feast is the opportunity to be mindful of the food we put in our bodies, to reconnect to our breath and attune to the winter season and our kidneys. We will follow a nourishing whole food regime, eliminate toxic triggers, drink special kidney cleansing teas, develop important lifestyle tools, and participate in kidney focused Zenergy classes. This cleanse is appropriate for omnivores, vegetarians and vegans, for those who want to lose weight and those who need unrestricted calories for athletic performance



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**Need Motivation for the New Year, New Rear?**  
Check out our **January clinics!**

Shallow Water Group Workout with Margie Caldwell Cooper  
New Year – New You! HIIT with Yvette  
Winter Conditioning for Strength and Tone with Brenda Powell  
Pilates Wall with Emily Knowles  
Intro to Pilates Wall with NEW Pilates Instructor Zoe  
Ab-Solution (Pilates Wall) with Zoe Walchli  
Yoga and the 5 Elements: Water with Cathie Caccia  
Grounding and Creating Change with Erica Linson  
The MELT Method – Live Pain Free with Shana Barry  
Winter Feast for the Kidneys

**Keep the little ones busy with one of our Youth clinics:**

Sailfish Swim Clinic with Maria Beattie & Ed Flory  
Water Babies (12-18 month olds) with Missy Russell  
Water Babies (1.5 – 2.5 year olds) with Missy Russell  
Soo Bahk Do  
High School Tennis Clinic  
Junior Tennis Clinic