

Z E N E R G Y

Health Club • Spa • Boutique

JANUARY 2014 Newsletter EXERCISE MINDFULNESS

A New Year is like a blank slate. Many of us start the year with high hopes and a long list of resolutions. We vow to lose those nagging five pounds, to quit eating sugar, and to go to the gym every morning. There's nothing inherently wrong with those goals- except the way we're framing them.

When we start our year with a list of the things we need to change about ourselves in order to be better, we set off on negative footing. Instead, what if we focused on what is right and invited more of the good stuff into our lives?

This year we encourage you to focus on what you want to invite into your life rather than what you want to eliminate.



NEW TO THE SCHEDULE

LES MILLS BODYFLOW

with Kim in the Group Fitness Studio
Tuesdays, 3:00-4:00pm.

BODYFLOW is a Yoga, Tai Chi and Pilates inspired workout that will leave you long, strong, calm and centered.

FOAM ROLLER CLASS

with Tim in the Yoga Studio
Thursdays, 3:00-4:00pm

Learn self-myofascial release techniques with the foam roller.
Use your own body weight

GENTLE YOGA FOR SNOW SPORTS

with Diane in the Yoga Studio
Fridays, 7:00-8:00am

Emphasis is on opening the back, hips and shoulders, and lengthening the hamstrings and quadriceps.
No standing poses.



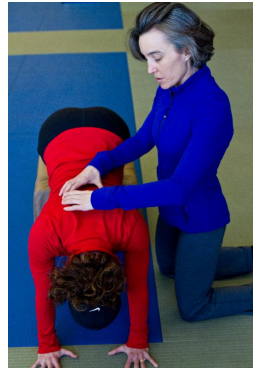
SPECIAL JANUARY CLINICS



PRENATAL YOGA WITH PAIGE REDMAN

1 day per week, 4 week session, January 5-26
Mondays, 12:00-1:15pm, Yoga Studio
Members \$60 | Non-members \$80 | Drop-in rate available.

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



POSTURE CLINIC WITH JESSICA KISIEL

1 day per week, 3 week session, January 6-20
Tuesdays, 1:15-2:15pm, Yoga Studio
Members \$45 | Non-members \$60 | Drop-in rate available.

Feel younger and more energetic in your body when you have less pain, more strength and greater range of motion. This class emphasizes joint mobility and stability using Egoscue Method® exercises.



SKI ENDURANCE INDOOR TRAINING WITH JON ENGEN

3-time Nordic & Biathlon Olympian Jon Engen
1 day per week, 4 week session, January 7-28
Wednesdays, 5:30-6:30pm, Gym
Free to members.

Train with a purpose for comprehensive endurance on all levels with Olympic skier and World Champion endurance athlete Jon Engen.

ENERGY AT ZENERGY WITH ERICA LINSON AND ELOISE CHRISTENSEN **Grounding and Changing Patterns for the the New Year**

1 day per week, 3 week session, January 6-20
Tuesday, 10:30-11:30am, Yoga Studio
Members \$45 | Non-Members \$60 | Drop-in rates available.

Cultivate your capacity to ground and center yourself, and create desired change. Using intention, feeling, and visualization, you will learn simple yet effective techniques to develop a tangible awareness of your personal energy field, connect to your inner wisdom and change patterns.



SMALL GROUP TRAINING

GET FIT WITH FRIENDS!

Zenergy is now offering a NEW way for you to get fit...

CUSTOMIZED SMALL GROUP TRAINING!

Grab three of your buddies and sign up! Customized, affordable and effective workouts with a certified trainer for you and your friends! Non-members welcome.

4 week session
Members \$100 | Non-members \$120



PILATES WALL



Pilates Wall Unit with Emily

1 day per week, 4 or 5 week sessions, January 2-30
Mondays, 9:00-9:55am (4 weeks)
Wednesdays, 9:00-9:55am (4 weeks)
Fridays, 9:00-9:55am (5 weeks)
Members \$100/\$125 | Non-members \$120/\$150

Pilates Wall Unit with Deborah

1 day per week, 4 or 5 week sessions, January 2-30
Tuesday, 9:00-9:55am (4 weeks)
Thursday, 4:00-3:55pm (4 weeks)
Friday, 10:00-10:55am (5 weeks)
Members \$100/\$125 | Non-members \$120/\$150

AQUATICS

Sailfish Swim Club with Ed & Maria

1 day per week, 6 week session,
January 13-February 17
Tuesdays, 4:00-5:00pm, Indoor pool
Members \$90 | Non-members \$105 | Drop-in rate available.

This program is for kids ages 6 to 17 who have taken part in swim team, or are just interested in cross-training in the winter months. Participants must be familiar with all the strokes.



SOO BAHK DO

TIGER TOTS

All Levels, Ages 5-6 years
1 day per week, 10 week session, January 5-March 9
Mondays, 3:00-4:00pm
Early bird rate offered through January 5:
Members \$220 | Non-members \$240

KARATE KIDS

White and Orange Belts, Ages 8-12
2 days per week, 10 week session, January 5-March 12
Mondays and Thursdays, 4:00-5:00pm
Early bird rate offered through January 5:
Members \$380 | Non-members \$420
Option for 1 day per week: Members \$220 | Non-members \$240

ADVANCED SOO BAHK DO

Green Belts & Above, Ages 8 and up
2 days per week, 10 week session, January 5-March 12
Mondays and Thursdays, 5:00-6:00pm
Early bird rate offered through January 5:
Members \$380 | Non-members \$420
Option for 1 day per week: Members \$220 | Non-members \$240

