



ZENERGY
Health Club • Spa • Boutique

Zenergize - July Happenings at Zenergy Exercise Mindfulness

JENNIFER LEVIN CARTER MD, MPH “USING THE NEW SCIENCE OF THE HUMAN GENOME TO PERSONALIZE CANCER CARE”

Tuesday, July 23, 6:00pm, Poolside

Dr. Carter’s presentation will define personalized medicine and explain how recent discoveries made in sequencing the human genome are making it possible for cancer patients and their doctors to have unprecedented access to details about the structure of their cancers.



HELP US RAISE MONEY FOR THE FIGHT AGAINST CANCER AND ENTER TO WIN!

One ticket for \$10 or three for \$25 enters you to win a massage, facial, personal training, private Pilates, swim lesson, manicure, pedicure and more!

Not in town but want to help?
Email us to enter you in the raffle and charge
it to your account.

Raffle will be drawn on the night of the Relay for Life,
Friday, July 12.

SPECIAL EVENTS

“Clean Eating” with Sarah Seppa,

St. Luke’s Registered Dietician



Thursday, July 11, 12:00pm, Zenergy Lobby

Open to the community, free of charge.

“Why Does My Shoulder Hurt?” with Dr. Tony Buoncristiani

Tuesday July 16, 5:15pm, Zenergy Lobby

Open to the community, free of charge.

Dr. Tony will review basic anatomy, shoulder problems,
exercises and prevention.



PILATES

Wall Unit Clinics

Julie:

July 5-26, 4 sessions, one per week
Fridays, 9:00-10:00am
Members \$100 / Non-members \$120

Emily:

July 1-31, 4-5 sessions, one per week
Mondays 9:00-10:00am or 10:00-11:00am (advanced)
Tuesdays, 12:00-1:00pm
Wednesdays, 8:00-9:00am or 9:00-10:00am
Thursdays, 10:00-11:00am (advanced)
Members \$100-\$125 / Non-members \$120-\$150
Core strengthening and stretching!
The tower of power will create long, lean lines.

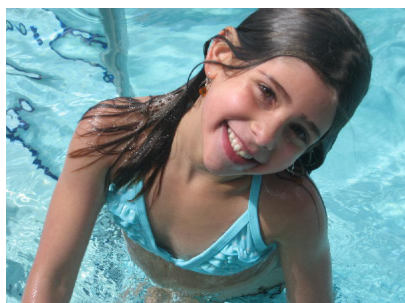


AQUATICS

Junior Sailfish with Ed and Maria

Two days per week / 4-week session /
July 9 - August 1
Tuesdays and Thursdays, 10:15-11:00am
(outdoor pool)
Members \$100 / Non-members \$120

This is a continuation of the 2nd Grade and Under swim program with an option to compete in the Sagebrush Swim League this summer.



GROUP PERSONAL TRAINING

Join one of our group training options and push your fitness to the next level!

Group training clinics are limited to 5-8 participants to ensure personalized attention, address individual needs, and help you achieve your personal goals.

Amplitude Based “Big” Training

Living and Moving with Parkinson's with Erin Finnegan, Physical Therapist
One day per week / 4-week session / July 2-30
Tuesdays, 1:00-2:00pm
Free and open to the community.

Bootcamp with Eric

One day per week / 3-week session / July 11-25
Thursdays, 5:30-6:30pm
Members \$45 / Non-members \$55
Indoor AND Outdoor fun!

The Egoscue Method with Jessica Kisiel

One day per week / 3-week session / July 8-22
Mondays, 5:30-6:30pm
Members \$45 / Non-members \$55
Get “Pain Free” as your performance improves in daily activities and sports.

(HIIT) High Intensity Interval Training with Yvette

One day per week / 4-week session / July 8-29
Mondays, 8:30-9:30am
Members \$60 / Non-members \$70
Enhanced cardio intervals paired with strength training to create a complete workout and a leaner you!

Kettlebell Training with Erin Resko

One day per week / 4-week session / July 9-30
Tuesdays, 5:30-6:30pm
Members \$60 / Non-members \$70

TRX Total Body Training with Yvette

One day per week / 4-week session / July 10-31
Wednesdays, 8:30-9:30am
Members \$60 / Non-members \$70
All core and more

Visit zenergyts.com to sign-up for any of the above clinics.

Zenergy Live

Friday, July 26, 5:30-7:30pm

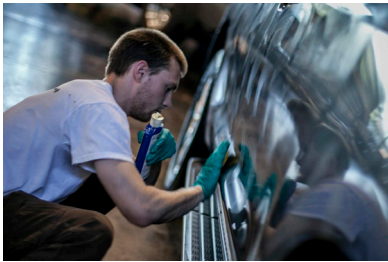


Featuring the jazz stylings of Boise favorite Steve Eaton on keyboard, guitar, and vocals.

Barbeque, drinks, live music, and poolside fun!

Member guests welcome, guest pass not required.

Sun Valley Auto Club Car Detailing



Offered to members at the club on Mondays, Wednesdays, and Fridays • June 3 through August 28
8:30am-2:30pm

Light Detail \$125 • Basic Wash \$55

Schedule appointments directly with Sun Valley Auto Club at 208-578-2323 at least a day prior.

For your convenience, this service may be charged to your account.

GALLERY DE NOVO

Artwork in the Contemporary Spa Space

Zenergy is pleased to partner with Gallery De Novo to display a variety of international artists' work throughout the new spa space.

All artwork is available for purchase. Though Gallery DeNovo will be closing the Ketchum gallery at the end of August, the artwork will be featured and available through the end of the year at the Zenergy Spa.

MEMBER CATERING SERVICES



Spring Bullard, chef and owner of Good Scents, is available to meet all of your catering needs from a causal cocktail setting to a formal sit-down dinner.

Spring has recently relocated to Ketchum after a successful 15-year career, both internationally and in New York City, cooking for numerous high-profile clients and corporations with the utmost discretion.

Email spring.bullard@gmail.com to and set up a consultation for your next gathering.



SUMMER PING PONG

Fridays, 5:15-8:15pm

Ping Pong night has moved to Friday evenings for the summer months. Join us for a fun-filled evening with happy hour specials!

Zenergy Kids Camp

Another fun-filled summer is underway! Drop-off this summer is at the Community School campus, with pick-up poolside at Zenergy.

Camp Hours: 8:30am-1:30pm

Ages 4-8 years, June 10 - August 16

Visit zenergyts.com to learn more or to register online.

