



ZENERGY
Health Club • Spa • Boutique

Zenergize - July 2014 Newsletter

EXERCISE MINDFULNESS

ZENERGY LIVE!

Join the fun at Zenergy Live!

Friday, July 18, 6:00-8:00pm

Featuring the acoustic rhythm & blues sounds of
AK and the 4 Seven's.

If you missed our June kick-off event, be sure to come by for our next evening of live music, casual barbecue dining, drink specials, and poolside fun.

Bring family, friends or a date. No guest pass required!



ENERGY BOOSTING SNACK PACKS

with Precision-Certified

Nutrition Coach Julie Siegel

Friday, July 11, at 10:15am
in the Zenergy lobby

Learn how to make homemade snacks that will speed you up, not slow you down, on your next hike or outdoor adventure!

Open to the community, free of charge.

NEW! TOUCH FOR HEALTH REFLEXOLOGY



Come try our newest spa service designed to help you achieve better health!

Offered by ART Reflexologist Mark Cook, Touch for Health (TFH) is the world's most widely used system of kinesiology.

In TFH, muscle testing is performed as a biofeedback method to identify imbalances in the body's energy system. Once imbalances are pinpointed, a variety of gentle touch techniques can be used to release energy blockages, allowing the body to heal itself.

Mark will be offering TFH as a standalone session and in combination with reflexology. Learn more about Mark or request an appointment at zenergyts.com/spa/page/advanced_reflexology_therapy

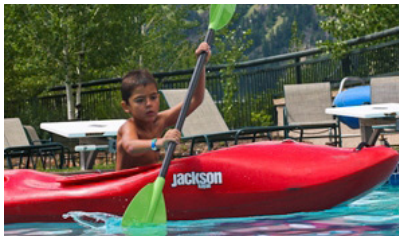
MEMBER PASSPORT PROGRAM

As a Zenergy Member you are entitled to take advantage of the The International Health, Racquet & Sportsclub Association (IHRSA) Passport Program. IHRSA represents health and fitness facilities, gyms, and sports clubs worldwide.

Zenergy is proud to offer this benefit to our members, giving you access and discounted day rates at clubs world-wide. Visit helathclubs.com to learn more.

KIDS SUMMER FUN!

Zenergy's popular Summer Kids Camp is under way! Activities include little tennis, golf, yoga, kayaking, Zumba and swimming, our summer camp line-up will make you wish that you were a kid again.



Camp hours are Monday through Friday
8:30am-1:30pm through August 15.

DAILY RATE: \$55 MEMBERS / \$60 NON-MEMBERS
WEEKLY RATE: \$250 MEMBERS / \$275 NON-MEMBERS
REGISTER NOW AT ZENERGYTS.COM

KIDS CAMP ASSISTED SWIM PROGRAM

Does your 4- to 5-year-old camper need a little extra one-on-one instruction during swim time?

For an additional \$10, you can enroll your child in our assisted swim program. Offered Monday through Friday during our regular swim activity at Zenergy Summer Kids Camp.



CARDIO TENNIS UPDATE

Cardio Tennis fans: Please note that our weekly workout will be taking place an hour earlier for the rest of the summer.

Our summer schedule is
Wednesdays from 8:00-9:00am

If you have yet to experience it, Cardio Tennis is a high-energy group workout featuring drills designed to improve skills while blasting calories and building stamina.

MEMBER REMINDER

Due to increased traffic at the club over the 4th of July holiday, members must be present with their guests during the following black-out dates:

June 29 to July 6, 2014

Visit zenergyts.com to learn more about our guest pass policy.



PILATES WALL UNIT

PILATES WALL UNIT WITH EMILY

One day per week, 4-week (Mondays or Wednesdays)
or

5-week (Thursdays) session, July 2-31

Mondays, 9:00-9:55am

Wednesdays, 9:00-9:55am

Thursdays, 10:00-10:55am

MEMBERS \$100/\$125 / NON-MEMBERS \$120/\$150

PILATES WALL UNIT WITH JULIE

One day per week, 4-week session, July 4-25

Fridays, 9:00-9:55am

Members \$100 / Non-members \$120

PILATES WALL UNIT WITH DEBORAH

One day per week, 5 week-session, July 1-31

Tuesdays, 9:00-9:55am

Thursdays, 9:00-9:55am

MEMBERS \$125 / NON-MEMBERS \$150

Center...stretch...strengthen your back and tighten your abs. Get long and lean on the tower of power!

Register at zenergyts.com/programregistration

SMALL GROUP TRAINING



FLY FISHING BASICS WITH ELIZABETH HENDRIX

Tuesdays, July 1-29, 9:00-10:00am,
Poolside lawn

Learn how to fly fish or improve your fly cast.
Includes fly casting, knot tying, intro to gear,
and fly selection.

OPEN TO MEMBERS, FREE OF CHARGE.

ADULT MARTIAL ARTS WITH OLIVER WHITCOMB

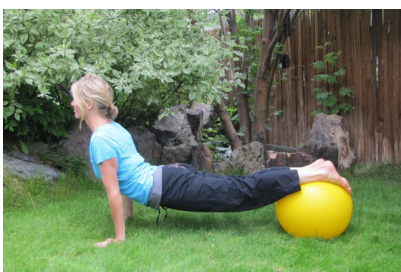
Monday, July 6, 6:00pm, Fitness studio

Learn proper breathing, stretching, conditioning
techniques and practice self-defense tactics.

Oliver will be available

July and August for private
and semi-private sessions.

OPEN TO THE COMMUNITY, FREE OF CHARGE.



INTRODUCTION TO YOGA BALL ON THE GREEN WITH AMY CLIFFORD

Saturday, July 5, 9:00-10:00am, Poolside Lawn

Join Amy for a blend of mindful breathing,
movement and healing sound.

OPEN TO THE COMMUNITY, FREE OF CHARGE.

YOGA BALL ON THE GREEN WITH AMY CLIFFORD

One day per week, 3-week session, July 12-26

Saturdays, 9:00-10:00am, Poolside Lawn

MEMBERS \$45 / NON-MEMBERS \$60

Drop-in rates available.

Join Amy for a blend of mindful breathing,
movement and healing sound.

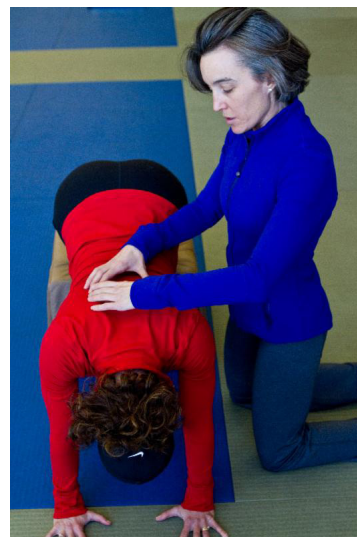
POSTURE CLINIC WITH JESSICA KISIEL

One day per week, 4-week session, July 10-31

Thursdays, 11:45am-12:45pm, Yoga studio

MEMBERS \$60 / NON-MEMBERS \$80

Feel younger and more energetic by reducing pain,
building strength and increasing your range of motion.
This class emphasizes joint mobility and stability using
Egoscue Method® exercises. All levels welcome.



SPORTS-READY BODY WITH JESSICA KISIEL

One day per week, 4-week session, July 8-29

Tuesdays, 10:45-11:45am, Fitness studio

MEMBERS \$60 / NON-MEMBERS \$80

Develop a sports-ready body for any activity. Improve
movement efficiency, use proper muscle function and
reduce your injury risk. This intermediate to advanced
class will challenge strength, balance and flexibility.

Register at zenergyts.com/programregistration
or sign up at the front desk.

DANCE FOR PARKINSON'S WITH LYNN BARCLAY AND ERIN FINNEGAN

Tuesdays, 1:00-2:00pm, Fitness studio

Moving and grooving with Parkinson's.

OPEN TO THE COMMUNITY, FREE OF CHARGE.