

## June 2017 CLINICS & WORKSHOPS

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### **SPECIALTY WORKSHOPS:**

#### **Meet me on a hike with Yvette**

Wednesdays, 8:00am at Zenergy (or 8:30am at the trail head)

June 21: Dollar Mountain

June 28: White Clouds

July 5: Proctor

July 12: Bald Mountain Trail to the Lookout

A fun, social event. We'll build up to a "Special destination" toward the end of the summer! Bring Sun Glasses, Water, Sunscreen etc. We'll meet at Zenergy at 8:00am or ready to hike at the trailhead at 8:30am. Free and open to the community.

#### **TRX Advanced Challenge Workout with Yvette**

One day only.

Tuesday, June 20, 8:15-9:00am

Gym

Members \$20 | Non-Members \$25

Learn some new techniques and test your strength, balance and muscular endurance. This is an **ADVANCED WORKOUT!**

#### **Start Living Pain Free with the MELT Method with Shana Barry**

June 6 – 27

Tuesday, 10:45 – 11:45am

Yoga Studio

Members \$60 | Non-Members \$80

Drop in Members \$20 | Non-Members \$25

Start your self-care practice this June with The MELT Method. MELT is a series of easy and precise techniques that are taught on specialized equipment that is changing the way people care for their bodies. MELT works by treating the connective tissue, which surrounds every joint, muscle, nerve, bone and organ. Connective tissue is the scaffolding that provides the support for your entire body. MELT improves Alignment & Posture, Flexibility and your overall well-being. MELT has cumulative results - so come to as many MELT classes as you like on Tuesdays in June.

#### **Zenergy Cycle Club led by the Zenergy champion cycle staff**

The Zenergy Cycling Club supports locals in realizing their cycling goals while enjoying great camaraderie and increased motivation **throughout the summer.**

Monday evenings at 5:30

Start and end at Zenergy.

Club fees & Indoor cycling class rates:

Pay just the cost of the Zenergy Kit -\$150 (includes Jersey, cycling shorts, Hat and Tee)

In addition to meeting for our weekly group rides, club members will have the option to participate in a special Strength Training for Cyclists clinic with Georgie.

We want you to succeed! This means commitment! Each club member is asked to participate or volunteer in one race of your choice this season.

Membership includes perks; use of the hot tub and discounts at the snack bar on ride days and more! Contact Tim or Yvette for more details.

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## **PILATES:**

### **Pilates Wall with Emily**

June 1-30

Monday, Wednesday or Friday, 9:00-9:55am

4 sessions:

Members \$100 | Non-members \$120

5 sessions:

Members \$125 | Non-members \$150

### **PILATES – The next level of your conditioning!**

Free one-on-one 30 minute consult/practice with Zoe

See Tim to schedule a time that fits your schedule.

- Post Rehab
- Sport Specific Focus
- Full Body Fitness

See What Pilates can do for you.

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## **YOUTH AQUATICS:**

### **Water Babies with Missy Russell**

June 3 - 24

Saturday, 10:00 – 10:30am

Indoor Pool

Members \$50 | Non-Members \$60

Drop-in rate Members \$15 | Non-Members \$20

Calling all babes' ages 1.5 - 2.5 years! Come have some fun in the pool while learning how to swim. Remember to wear your swim diaper and bring an adult to assist you.

### **Beginner Water Fun (Ages 2 - 3) with Jennifer Harper**

June 8 – July 6 (no class July 4)

Tuesday & Thursday, 4:30 – 5:15pm

Indoor pool

Members \$100 | Non-Members \$120

Splashing, bubbles, toys, back floats and a little of everything in the water  
Minimum 3 | Maximum 4

### **Beginner Water Fun (Ages 4 - 5) with Jennifer Harper**

June 8 – July 6 (no class July 4)  
Tuesday & Thursday, 3:00 – 3:40pm  
Indoor pool  
Members \$100 | Non-Members \$120

Water fun, beginning swimming, back floats, intro to strokes, breathe control and water safety.  
Minimum 3 | Maximum 4

### **Kids Stroke Improvement (Ages 6 and up) with Jennifer Harper**

June 7 – July 5 (no class July 3)  
Monday & Wednesday, 11:00 - 11:45am  
Indoor pool  
Members \$100 | Non-Members \$120

For Kids who are water safe and need stroke improvement and conditioning.  
Minimum 4 | Maximum 8

### **Kids Stroke Improvement (Ages 6 and up) with Jennifer Harper**

June 8 – July 6 (no class July 4)  
Tuesday & Thursday, 3:45 – 4:30pm  
Indoor pool  
Members \$100 | Non-Members \$120

For Kids who are water safe and need stroke improvement and conditioning.  
Minimum 4 | Maximum 8.

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## **YOGA:**

### **Deeply Relax with Yoga Nidra with Marney Sullivan**

One evening only!  
Tuesday June 6, 7:00 – 8:15pm  
Yoga Studio  
Members \$20 | Non-Members \$25

Join Marney as she verbally guides you through the practice of Yoga Nidra. It is among the deepest possible states of relaxation while still maintaining full consciousness. Yoga Nidra has been found to reduce tension, high anxiety, and sleep challenges.

### **Funky Flow with Yvette**

June 12 – 26  
Mondays 8:00 – 9:00am  
Members Free | Non-Members \$45 | Drop-in rate: \$20

Add a little rhythm and fun to your practice. Yvette will lead us through a vigorous practice with core strength while keeping it light hearted and funky.

### **Grounded and Embodied Meditation with Erica Linson**

June 8 - 29

Thursdays, 5:30-6:30pm

Yoga Studio

Members \$60 | Non-Members \$80

Drop-in rate: Members \$20 | Non-Members \$25

Cultivate your capacity to create a deeply grounded and embodied seated meditation practice via energetic self-care techniques that help you feel clear, reduce stress, quiet the mind and increase your sense of wellbeing.

### **Yoga Therapy for Hips & Low Back with Lauri Bunting**

June 6 – 27

Tuesdays, 5:30-6:30pm

Yoga Studio

Members \$60 | Non-Members \$80

Drop-in rate: Members \$20 | Non-Members \$25

This class will utilize therapeutic yoga methods to relieve chronic tension in the hips and low back. Each class will incorporate breath work, mudra & meditation, and yoga postures.

### **Yoga Tools to Destress & Recharge with Lauri Bunting**

Saturday, June 3, 3:00-5:00pm

Yoga Studio

Members \$30 | Non-Members \$40

Stress is the underlying factor in countless ailments from fatigue, mind-fog, depression, and weight issues, to life-threatening illness. In this workshop, you will experience breathing techniques, gentle yoga postures and a guided meditation specifically designed to combat stress, leaving you feeling calm, clear, energized, and recharged. You will also be provided with a handout of stress-relief tools to integrate into your daily life.