



ZENERGY

Health Club • Spa • Boutique

Zenergize - May 2014 Newsletter

EXERCISE MINDFULNESS

CINCO DE MAYO ZUMBA PARTY

Enjoy an evening Zumba with Casey!

Monday, May 5 at 6:15pm
in the Fitness Studio

Bring your friends and let's celebrate!
Open to the community, free of charge.
Advance sign-up not required.



KIDS SUMMER CAMP

Zenergy Summer Kids' Camp will be here
before we know it!

June 9 - August 15

Monday - Friday • 8:30am-1:30pm

For kids ages 4 through 8, our camp includes fun
activities such as tennis, golf, yoga, kayaking,
gymnastics, Zumba, arts & crafts, and more!

Early Bird Rate expires May 7th:

DAILY MEMBERS \$50 / NON-MEMBERS \$55
(\$5 daily savings)

WEEKLY MEMBERS \$225 / NON-MEMBERS \$250
(\$25 weekly savings)

Sign-up today.



PILATES

WALL UNIT CLINICS

EMILY:

1 day per week

4-week (Monday or Wednesday) or 5-week (Thursdays)
May 1 - 29

Mondays, 9:00-10:00am • Wednesdays, 9:00-10:00am
Thursdays, 10:00-11:00am

4 Weeks: Members \$100 / Non-members \$120

5 Weeks: Members \$120 / \$150

Sign up for clinics at zenergyts.com



INDULGE THAT SPECIAL MOM IN YOUR LIFE WITH A ZENERGY GIFT CARD.

Be sure to take advantage of our May Spa Specials.

Get any (85-minute) body wrap for the
55-minute massage rate. Service includes 55-minute
wrap followed by a 30-minute massage.

Arctic Berry Illuminating Facial Peel:
45-minutes for \$60 Members / \$75 Non-members

Call the Spa Desk at 208.725.0595 x2 to book today!

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AQUATICS

“I CAN SWIM” (AGES 4-5) WITH MARGIE

2 days per week / 2-week session / May 5 - 14
Mondays and Wednesdays / 4:00-4:45 pm
Members \$60 / Non-members \$70
Get an early jump on summer swim skills.
If your child can float, they can swim, learn skills
to be water safe and prepare for summer camp.
Maximum 4 children.



STROKE IMPROVEMENT (AGES 6-7) WITH MARGIE

2 days per week / 2-week session / May 6 - 15
Tuesdays and Thursdays / 3:45-4:30pm
MEMBERS \$60 / NON-MEMBERS \$70
Stroke improvement. Kids will learn proper
technique in a fun, encouraging environment with
a low student-coach ratio.

Visit zenergyts.com to reserve your spot today!

SPECIALTY WORKSHOPS

SPORTS-READY BODY WITH JESSICA KISIEL

2-day session / In the yoga studio
Tuesday, May 27 / 5:30-6:30pm
Thursday, May 29 / 12:00-1:00pm

MEMBERS \$30 / NON-MEMBERS \$40

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



CIRCUIT TRAINING WITH TIM

1 day per week / 4-week session / May 8 - 29
Thursdays / 8:30am / In the gym

MEMBERS \$60 / NON-MEMBERS \$80

This high-intensity circuit training will literally keep you on your toes from start to finish. We will mix it up with bodyweight exercises, kettlebells, stability work, and more. Come change up your routine!



TRX CHALLENGE WITH DIANE POBOCIK

Fridays / 9:00am / In the gym

MEMBERS \$75 / NON-MEMBERS \$100

All core, total-body training that will get you strong and toned from head to toe.

TABATA AND HIGH-INTENSITY INTERVAL TRAINING WITH DIANE

1 day per week / 4-week session / May 6 - 26
Tuesdays / 9:00am / In the gym

MEMBERS \$60 / NON-MEMBERS \$80

Drop-in rate available. Come train with Tabata intervals as well as other HIIT sessions.

Gain anaerobic capacity and create a stronger leaner you in LESS TIME!

15-MINUTE FLASH WORKOUTS WITH TIM

Every Wednesday for the month of May
12:30pm / In the gym

Who needs coffee?!? Come and experience an intense 15-minute burn. This is what you need to jolt your adrenaline in the middle of the day!

FREE OF CHARGE

Compliments of your personal training team.

AMPLITUDE-BASED “BIG” TRAINING

1 day per week / 4-week session / May 3-31
Tuesdays / 1:00-2:00pm / Fitness Studio

OPEN TO THE COMMUNITY, FREE OF CHARGE.

CHECK YOUR ANTIOXIDANT LEVELS

Are you eating enough fruits and vegetables?
Or, if you supplement, do you want to know
if they are working in your body?

Come try out the Pharmanex Bio Photonic
Scanner (as seen on the Dr. Oz show), the
world's first measuring tool that gives you a
skin carotenoid score in seconds.

Thursday, May 8 & Tuesday, May 22
9:00-11:00am (both days)
In the Zenergy lobby

OPEN TO THE PUBLIC, FREE OF CHARGE.



ZENERGY BOISE

NEW!

Part-time 30 & 60 Day annual memberships
at Zenergy Boise now available!

Turn your next Boise trip into a spa weekend with a trip
to our new downtown Boise location.

One-hour spa service is only \$70 and
includes use of the club for the day.

Visit ZenergyBoise.com to learn more.



RAFFLE TO BENEFIT ONE OF OUR OWN

Dear Zenergy Members:

One of our staff members, Nail Technician Shannon
Bourn, is in need of our help. Shannon had emergency
surgery prior to her insurance kicking in, and is in need
of our support and generosity.

ENTER TO WIN ONE OF THE FOLLOWING RAFFLE
ITEMS - \$10 PER TICKET OR THREE FOR \$25.
All proceeds go directly to Shannon.

We are happy to charge the raffle ticket(s) to your
account.

Stop by the spa desk to enter the raffle!

55-Minute Massage with Jan Williams
55-Minute Private Pilates or personal training session
with Emily Knowles
55-Minute personal training session with Tim Hanna
55-Minute personal training or spin session with Geor-
gie Montgomery
Group Active Isolated Stretching or Pilates Wall Unit
Class with Deborah (for up to four people)
55-Minute Private Yoga Class (up to four people) with
Dana Henry
55-Minute Private Pilates Session with Julie Sargent
55-Minute Massage with Sandy Shepard
Private Yoga Session with Danielle Carruth
55-Minute Ashiatsu Massage with Mary Robinson
One-hour Dream Analysis session with Diane Crist
Your consideration is appreciated!

MAY MASTERS SWIMMING

We are pleased to welcome Ed Flory into the role of
Master's Swim Coach.



ALL MASTERS SWIMMERS are
invited to bring in one non-mem-
ber each week during the month
of May to try out one of our ten
masters classes offered weekly.

Bring one guest per week to a
masters swim class,
one guest per masters member, one visit per
guest with this offer.