

May 2017 CLINICS & WORKSHOPS

SPECIALTY WORKSHOPS:

Bikini (and Bermuda) BootCamp with Yvette

May 1 – June 8

Monday & Wednesday, 9:00-9:45am

Or Tuesday & Thursday, 7:15-8:00am

Or Tuesday & Thursday, 8:15 – 9:00am

Members \$180 | Non-Members 240

6 week program to transform our bodies into summer ready machines! Includes 2 workouts per week, nutrition guidelines, weekly assignments and pre/post body composition testing.

Contact Yvette at yhubbard@zenergysv.com to set your pre/post bodycomp test as well as get some goals together.

Free your Sole with Sean Patrick Parnell

May 9 – 18

Tuesday & Thursday, 10:30 – 11:25am

Fitness Studio

Members \$60 | Non-Members \$80

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

Mind ::: Body ::: Sole learning dance and the freedom of movement through fun and easy repetitions.

Grounded and Embodied Meditation with Erica Linson

May 9 – 30

Tuesdays, 5:30-6:30pm

Yoga Studio

Members \$60 | Non-Members \$80

Drop-in 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.

Spring Super Strength with Brenda Powell

April 14 – June 1

Tuesday & Friday, 10:00-10:55pm

Members \$300 | Non-Members \$350

Spring is a great time to tackle the project of you. A safe, effective cleanse an effective nutrition program and a well- rounded fitness routine are all included in this package

TRX- The Basics with Yvette

One day only!

Tuesday, May 23, 9:15 – 10:00am

Members \$20 | Non-Members \$25

All Levels welcome.

Join Yvette for a safe, effective total body workout. Get comfortable with the TRX!

Join the Zenergy Cycle Club with Joel Brazil and our champion cycle staff!

The Zenergy Cycling Club supports locals in realizing their cycling goals while enjoying great camaraderie and increased motivation!

April, 2017 – September, 2017.

Zenergy Cycle Club membership includes:

- Exclusive indoor cycling classes that focus on getting race-ready. Wednesday and Friday mornings at 7:00am with Joel and Georgie. Classes will move outside when weather permits.
- A limited edition Zenergy Kit!
(Includes Jersey, cycling shorts, Hat and Tee)
- Exclusive Strength Training for Cyclists clinic with Georgie.
- Use of the hot tub and sauna after group rides and classes.
- Discounts at the snack bar on ride days.

Zenergy Members:

\$150 (Covers the cost of the kit).

\$12/session fee for Strength training clinics

Non-Members:

\$150 (Covers the cost of the Kit)

\$12/indoor cycling class. No fee for outside rides.

\$12/session fee for Strength training clinics

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

Contact Tim or Yvette for more details.

PILATES:

Pilates Wall with Emily

May 1 - 31

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.