



ZENERGY

Health Club • Spa • Boutique

Zenergize - November 2013 Happenings at Zenergy EXERCISE MINDFULNESS

SPA SPECIALS

RELAX, REJUVENATE, ENJOY....



ACUPUNCTURE

Three sessions for the price of two.
Must be redeemed by December 15.

REFLEXOLOGY KNEE MONTH WITH MARK COOK

Six 25-minute sessions for the price of five.
Consecutive Tuesday & Thursday sessions recommended.
Must be redeemed by December 15.

MASSAGE

85-minute massage for the 55-minute rate
(includes Ashiatsu).

FACIAL

40-Minute Yam & Pumpkin Enzyme Peel
Members \$50 / Non-Members \$60

MANICURES/PEDICURES

\$35 Express Pedicure
Free paraffin with Spa Manicure/Pedicure

Massage, facial and nail offers expire November 30th.
Call the spa desk to book your appointment today!
208.725.0595 x2.

DRUMS ALIVE WITH TIM HANNA

Friday, November 22, 5:30-6:30pm

Open to the Community, Free of charge.

Held in the Fitness Studio.

Heat up the body and soul at Drums ALIVE!

A spicy dance class composed of hip-hop
and African dance moves for all ability levels.

Dance led by Yvette Hubbard. Live music provided by
Tim Hanna and friends.

ZENERGY SKI CONDITIONING

Join Ski/Snowboard Conditioning with Muffy Ritz, SVSEF
Gold Team member and Zenergy Staff
2 days per week, 7-week program,
Runs through November 21
Tuesdays and Thursdays, 5:30-6:30pm
Members FREE. Indoor and outdoor fun.

TAPPING INTO YOUR INTUITION

with Alex Laws,

Intuitive Consultant & Creator of
"Rythmatic Meditation"



Wednesday, November 20, 6:00pm
Yoga Studio

Join us for an eventful evening with
Alex as he talks

about ways to open your own intuition and hear from
those who have had one-on-one readings with Alex.

Afterwards, enjoy a libation and light fare while
Alex mingles with you and answers questions.

Open to all for \$25 per person. Includes light fare & wine.

SET UP AUTOMATIC WITHDRAWAL FOR YOUR ZENERGY ACCOUNT AND ENTER TO WIN PRIZES!

Change your account payment method to
automatic withdrawal and be entered for a chance to
win one of three Zenergy Gift Certificates valued at

\$1,000, \$500, or \$250.

To participate, please drop a VOIDED check at the front
desk or log in to your Zenergy account and update
online. To have a login set up, please email
karial@thunderspring.com and include your
first and last name.

PILATES

Wall Unit Clinics

Experience the many benefits of Pilates

New Client Introductory Rate:

55-Minute Private \$60

55-Minute DUO \$40 per person

Expires December 15

Ongoing member options as low as:

Wall Unit Clinics - \$25 session

55-Minute Privates - \$85 session

And much more!

“In 10 sessions you will feel the difference,
in 20 you will see the difference,
and in 30 you will have a whole new body.”

-Joseph Pilates

Contact Health & Wellness Manager Tim Hanna to
schedule your session and give Pilates a try.



EMILY

One day per week, 3- or 4-week session,

November 4-27

Mondays, 9:00-10:00am or 10:00-11:00am (Advanced)

Wednesdays, 9:00-10:00am

Thursdays, 10:00-11:00am (Advanced)

*No class 11/28

Members \$75-\$100 / Non-members \$90-\$120

DEBORAH

One day per week, 4-week session, November 5-26

Tuesdays, 9:00-10:00am

Members \$100 / Non-members \$120

Center...stretch...strengthen your back and tighten your
abs! The tower of power will create long, lean lines.

TRAINING

Join one of our group training classes
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

with Lynn Barclay

One day per week, 4-week session, November 5-26

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

Open to the community, free of charge.

Moving and living with Parkinsons.

FORM & FLOW

with Alexa Turzian

One day per week, 4-week session, November 5-26

Tuesdays, 11:00am-12:00pm

Members \$60 / Non-members \$80

A flow of stretching and postural sequences combined
with weights, core work and short
bursts of cardio.

TWO-FOR-ONE PERSONAL TRAINING

with Alexa Turzian!



Zenergy is proud to welcome former US Cross Country
Ski Team member Alexa Turzian to our team of certified
personal trainers. Book your two-for-one now and let
Alexa help you get in shape and ready for ski season.

Offer expires December 15, 2013.

Contact Health & Wellness Manager Tim Hanna to
schedule your sessions today.

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

AQUATICS

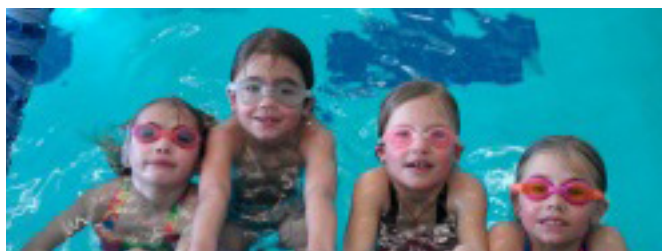
KAREN'S KIDS LEVEL 2 SESSION #2 (ages 7-9 years*)

One day per week, 6-week session
November 14-January 9, Thursdays, 4:15-5:00pm
(no holiday week classes: 11/28, 12/26, 1/2)
Members \$100 / Non-members \$120
*depending upon ability

Held in the indoor pool. Returning pre-team kids from last year; Karen will make group placements. Participants must be able to swim 25 yards freestyle and backstroke without fins.

TODDLERS "LEARN TO SWIM" with Margie (ages 2-3 years)

One day per week, 3-week session
October 29-November 12, Tuesdays, 4:35-5:15pm
Members \$50 / Non-members \$60



SUNFISH

with Margie (ages 4-5 years)
One day per week, 3-week session
October 29-November 12, Tuesdays, 3:50-4:30pm
Members \$40 / Non-members \$45
Kids will enjoy swim improvement including breathing and deep water skills.

JUNIOR SAILFISH

with Maria and Margie (ages 6-7 years)
One day per week, 4-week session
October 22-November 12, Tuesdays, 3:00-3:45pm
Members \$50 / Non-members \$60
A fun swim clinic focusing on stroke technique, diving, snorkeling, and more.

SAILFISH SWIM CLUB

with Maria
One day per week, 6-week session
November 1-December 13, Fridays, 4:00-5:00pm
(No class November 29)
Members \$75 / Non-members \$90
For kids who have taken part in swim team or are just interested in cross-training in the winter months. Participants must be familiar with all of the strokes.

SPECIAL TRIPLE YOGA WORKSHOP

with Jodeen Revere

Saturday, November 23 and Sunday, November 24

1) MAKING PEACE WITH YOUR WARRIOR Saturday, 12:00-2:00pm

We will bring ourselves face to face with the magnificence of each aspect of the warrior poses, finding the fierce vulnerability and the strength in the softness.
For warriors of all genders and experience levels.

2) THAI MASSAGE PARTNER WORKSHOP Saturday, 3:00-5:00pm

Open to anyone who is interested in exploring this ancient healing system of body work.
No massage experience needed. Bring a partner or just show up and see what happens.

3) HONEYED YIN PRACTICE Sunday, 12:00-2:00pm

A slow, deep-flowing restorative practice, using the very nature of honey as our guide.
Hip openers, pranayama, guided meditation, and a delicious shavasana.

\$75 for all three sessions or \$30 each.



COMING IN DECEMBER - SAVE THE DATE

"MIGRATIONS: A SKIER'S JOURNEY"
A Slideshow Presentation with Reggie Crist
Tuesday, December 10, 6:00pm
Zenergy Yoga Studio
Look for details in the December newsletter.

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