

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

OCTOBER NEWS & EVENTS



Breast Cancer Awareness Fundraiser

**In the spirit of Breast Cancer Awareness Month,
help us support our local Women's Imaging Center!**

From October 17-23, Zenergy will offer non-members a \$20 day pass with all proceeds donated to the Women's Imaging Center Fund in the St. Luke's Wood River Foundation. The center offers state-of-the-art technology for breast cancer detection.



Tennis Events & Specials



Tennis Member & Guest Mixed Doubles Social Tournament (A & B Divisions)

October 20 & 21 beginning at 4:30pm

[Email](#) or call Rob (208) 725-0595

Fall Tennis Lesson Specials!

Private and group lesson savings from 9:00 – 1:00PM and after 6:00PM

Tennis Members \$75
Health Members \$80
Non-Members \$85

1-Hour Lesson for 3 to 4 players
Tennis Members \$95
Health Members \$105
Non-Members \$115

Fall Youth Programs

Soo Bahk Do with Oliver Whitcomb
Space available. Click [here](#) to learn more!



Junior Tennis Clinics
Click [here](#) to view weekly offerings!



Zenergy Signature Spa

Your favorite Zenergy shampoo, conditioner, body wash, lotion, deodorant and after-shave lotion are now available for purchase at the Zenergy Spa.



It is important to Zenergy that our trainers and therapists continue to stay on the cutting edge in their fields through continuing education. In September, both Health & Wellness Manager/Personal Trainer Tim Hanna and Physical Therapist Karoline Droege attended exciting certification workshops, and our members are feeling the



Zenergy's Health and Wellness Manager, Tim Hanna, recently had the honor of attending Paul Chek's live workshop entitled "CHEK 4 Quadrant Coaching Mastery Program" in San Diego, CA. Paul is one of the most sought after holistic health practitioners in the world, working within the advanced rehabilitation and professional sports fields. In the workshop, Tim joined the nation's top trainers to learn directly from the master himself about keys to coaching success. Tim will be applying this new approach to his talents as an ACE Certified Health Coach and NASM Personal Trainer.

Ask Tim for more details and learn how you can apply these inspiring techniques to your own workout. Contact Tim today to book a session. Call (208) 725-0595 or send an [email](#).



Karoline Droege, Zenergy Sports Rehab Clinic physical therapist, recently became a certified [ASTYM](#) provider. Astym (A-stim) treatment sets the standard for soft tissue therapy, regenerating healthy soft tissues (muscles, tendons, etc) and removing unwanted scar tissue that may be causing pain or movement restriction. Karoline has been using Astym with patients for the past month, and is having great success treating chronic overuse issues and helping remodel scar tissue in post-op patients. Astym has been shown to be effective in treating everything from plantar fasciitis and "tennis elbow" to achilles tendonitis and post-op joint stiffness. Astym is non-invasive, and more importantly, it allows you to stay active while you are undergoing treatment (stretching and exercise is actually required). It remodels tissue, so the pain relief is permanent. Treatment generally lasts 4-6 weeks (8-10 treatments). Click here to read more about [Astym in the news](#).