

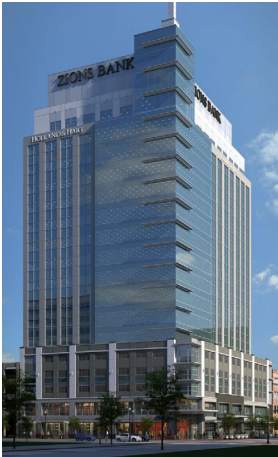


ZENERGY

Health Club • Spa • Boutique

Zenergize - September 2013 Happenings at Zenergy Exercise Mindfulness

ZENERGY IS COMING TO BOISE!



We are excited to announce the opening of Zenergy Boise in the beautiful 8th & Main Street Building in the heart of downtown Boise. This will be a 9,000-square-foot urban club with a luxurious and contemporary design, that will embody Zenergy's five-star approach to service.

Zenergy Members will receive seven complimentary day passes to Zenergy Boise, with discounted daily passes available as well. The club will feature a state-of-the-art gym, offer a full array of group training options, as well as a relaxing spa and a sophisticated boutique.

Learn more at zenergyboise.com.

RAW FOOD WITH LAURI BUNTING



Learn about the merits and alkalizing effects of sprouted, raw, and plant-based foods. Class will include a brief discussion, demo & nibbles, and Q&A.

Vegetable Pasta

Thursday, September 12, 1:00-2:00pm

Try this fabulous recipe and learn how to make gluten-free, dairy-free, plant-based foods.

Per Class Rate: \$20 Members / \$25 Non-members
Held in the yoga studio.



Zenergy Wine Lovers

Thursday, September 19, 6:00-8:00pm

Hosted by Zou 75

Join us for an evening of socializing, appetizers, education, and wine. Includes appetizers and wines. Featured wine of the evening may be purchased by the case at 10% above cost. Reserve your spot at zenergyts.com. Advanced sign-up required.

\$40 Members / \$45 Non-Members

Nutritional Therapy with Jessica Soine

Tuesday, September 17, 12:00pm

Zenergy Lobby

Learn how Nutritional Therapy can work for your unique bio-individuality.

Open to the community, free of charge



PILATES

Wall Unit Clinics

Deborah:

One day per week, 4-week session, September 4-25
Tuesdays, 9:00-10:00am or Thursdays, 9:00-10:00am
Members \$100 / Non-members \$120

Emily:

One day per week, 4- or 5-week session,
September 2-30
Mondays, 9:00-10:00am or 10:00-11:00am (Advanced)
Tuesdays, noon-1:00pm, Wednesdays, 9:00-10:00,
Thursdays, 10:00-11:00am (Advanced)
Members \$100-\$125 / Non-members \$120-\$150

Julie:

One day per week, 4-week session, September 4-25
Wednesdays, 8:00-9:00am
Members \$100 / Non-members \$120

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

Reserve your spot at zenergyts.com



GROUP PERSONAL TRAINING

Join one of our group training options
and push your fitness to the next level!

90-Day Challenge “Fitness for the Mountain” with Brenda Powell

Two days per week, 12-week session
September 14-December 15
Days/dates to be determined at info meeting
Members \$450 / Non-members \$500
Informational Meeting: Friday, September 13, 11:00am

Posture Therapy with Jessica

Two days per week, 3-week session, Postponed until
October

Mondays and Thursdays, 12:00pm, Yoga Studio
Members \$90 / Non-members \$105

Get “pain free” as your performance improves in daily
activities and sports.

Stretch and Balance 1 with Lynn Barclay

One day per week, 4-week session, September 4-25
Wednesdays, 11:00am-12:00pm, Fitness Studio

Free and open to the community.

All levels are welcome especially those over 60;
a perfect introduction to yoga.

Stretch and Balance II (Bosu training) with Lynn Barclay

One day per week, 4-week session, September 5-26
Thursdays, 11:00am-12:00pm

Free and open to the community
(through September only)

Use a variety of techniques and tools to create balance,
flexibility and strength.

Created especially for those over 60.



TRX Challenge with Yvette

One day per week, 4-week session, September 4-25
Wednesdays, 9:00am

Members \$60 / Non-members \$70
All core, total body training.

HIIT with Yvette

One day per week, 5-week session, September 2-30
Mondays, 9:00-10:00am or Fridays, 8:30-9:30am
Members \$75 / Non-members \$90
Enhanced cardio intervals paired with strength to create
a complete workout and a leaner you!

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

SOO BAHK DO WITH OLIVER WHITCOMB

Tiger Tots

All Levels, Ages 5 to 6 years

Mondays, 3:00-4:00pm

One day per week, 10-week session

October 7-December 19 (no class Thanksgiving week)

Early Bird Rate (by September 27)

Members \$200 / Non-members \$220

Develop discipline, respect, eye focus, flexibility, strength & coordination as well as a foundation for learning martial arts.

Beginner Karate Kids

White and Orange Belts, Ages 7 and up

Mondays and Thursdays, 4:00-5:00pm

Two days per week, 10-week session

October 7-December 19 (no class Thanksgiving week)

Mondays and Thursdays, 4:00-5:00pm

Early Bird Rate (by September 27):

Members \$360 / Non-members \$375

Option for 1 day per week

Members \$200 / Non-members \$220

This class systematically hones basic stances, blocks, punches, and kicks for a good foundation with all techniques. Form training and partner activities are introduced at this level as well. This class will improve discipline, respect, eye focus, flexibility, strength, and coordination in all facets of life.



Advanced Soo Bahk Do Green Belts and above

Mondays and Thursdays, 5:00-6:00pm

Two days per week, 10-week session

(no class Thanksgiving week)

October 7-December 19

Early Bird Rate (by September 27):

Members \$360 / Non-members \$375

This class emphasizes all areas of training needed to become a Dan. This level is about refining technique, improving strength, and flexibility, and developing character through hard training. Free sparring & board breaking is emphasized at this level.

AQUATICS

Mom/Dad & Me with Margie Cooper

One day per week, 3-week session

September 14-28, Saturdays, 10:30-11:00am

Members \$35 / Non-members \$45

Ages 18 months to 2 years

Make the water fun as you enhance your child's skill and comfort levels.

Junior Sailfish with Ed and Maria

One day per week, 6-week session

September 10-October 15, Tuesday, 3:00-3:45pm

Members \$75 / Non-members \$90

A continuation of the 2nd grade and under swim clinic.

Learn proper technique for all strokes. Must be able to swim full length of pool to participate.

Karen's Kids Level 1 (ages 5-8 years)

One session per week, 6-week session

September 9-October 14, Mondays, 4:00-4:45pm

Members \$100 / Non-members \$120

Held in the indoor pool. Participants must be able to swim 25 yards freestyle and backstroke with fins.

Karen's Kids Level 2 (ages 7-9 years*)

One day per week, 6-week session

September 12-October 24, Thursdays, 4:15-5:00pm

(no class September 26)

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.

Must be able to swim 25 yards freestyle and backstroke without fins.

Adult Swim Clinic with Karen

One day per week, 4-week session

September 10-October 11, Tuesdays, 9:30-10:15am

or Fridays, 7:00-7:45am (no clinic September 27)

Members \$100 / Non-members \$120

Shallow H2O Core & Balance with Margie

One day per week, 3-week session

September 11-25, Wednesdays, 10:00-10:45am

Members \$40 / Non-members \$50

Gain strength and mobility in an alternative and supportive environment.

Sign up for any of the clinics at zenergyts.com

YOGA

Prenatal Yoga with Paige Redman

One day per week, 4-week session

Mondays, 12:00-1:15pm

September 17-October 8

Members \$60 / Non-members \$70

Connect and listen deeply to your bodies and growing babies during this time of rapid physical and emotional change.

Yoga for Kids with Jamie

One day per week, 4-week session

Thursdays, 3:00-3:45pm

September 12-October 3

Grades 1-5 (ages 6-10)

Members \$50 / Non-members \$60

Sign up for either of the above clinics at zenergyts.com

ASHLEY KOFF, CELEBRITY REGISTERED DIETICIAN



“A Case for Quality”

Thursday, September 19, 1:00pm

Zenergy and the Sun Valley Harvest Festival are proud to host a free talk with Ashley Koff RD, - Qualitarian, Nutritional Expert, Health Advocate, and internationally renowned registered dietitian who regularly appears as an expert on TV, print, radio, and online including “The Dr. Oz Show,” “The Doctors”, ABC 7, The New York Times, O! The Oprah Magazine, and more.

Free and open to the community.

Visit Ashley’s blog or her website to learn more. Make sure to get your tickets early for this years Sun Valley Harvest Festival.



ACTIVE AGING WEEK

Older adults in the community are invited join us for the 2013 Active Aging Week®, from Sunday, September 22 through Saturday, September 28, 2013.

Zenergy will be offering a number of specialty classes free and open to the community. Look for details to come. Active Aging Week is an annual national event organized by the International Council on Active Aging®.

MEMBER REFERRALS

Members, refer a friend who joins as a part-time or full-health member and receive either one month of free dues or a \$150 Zenergy Gift Card.

GIVING BACK

Zenergy is proud to have raised nearly \$1,750 during the “Get out of the Smoke” Day Pass Fundraiser. These funds were split equally and donated to the Wood River Firefighters Association and Ketchum/SV Firefighters Association.

NEW ONLINE PROGRAM REGISTRATION

Zenergy has create a new one-stop button to making viewing and registering for both kids and adults programs as well as events as easy as possible. The button is located in the upper right hand corner of the website, zenergyts.com.