



ZENERGY
Health Club • Spa • Boutique

Zenergize - September 2014 Newsletter

EXERCISE MINDFULNESS



LABOR DAY WEEKEND

Zenergy will be OPEN with extended summer hours through Sunday, August 31st.

Weekdays, 6:00am-9:00pm

Saturday, 7:00am-8:30pm / Sunday 8:00am-8:30pm

LABOR DAY SCHEDULE:

All group training sessions will take place as scheduled.
Check our online calendar for times.

Ladies Day & Junior Intermediate Tennis are cancelled.

Adult Tennis Clinic 1:30-3:00pm will take place as scheduled.

*Effective on Labor Day, the club will revert back to Fall hours:

Weekdays, 6:00am-8:30pm

Saturday, 7:00am-8:00pm / Sunday, 8:00am-8:00pm

NUTRITION

For those of you who missed Precision-Certified Nutrition Coach Julie Siegel's last two nutrition discussions; please visit the Zenergy blog for more information.

Our recent nutrition post features ideas and recipes for nutritious homemade snacks.



ENERGY AT ZENERGY: GROUNDING

With Erica Linson & Eloise Christenson

1 day per week, 3-week session, September 9-23

Tuesdays, 5:30-6:45pm, Yoga Studio

MEMBERS \$45 / NON-MEMBERS \$60

Drop-in available for the first class only.

An offering of self-care techniques to deeply enhance your ability to ground and center yourself. Using visualization and intention, you will develop a tangible awareness of your personal energy field and capacity to "clear your space" and connect to yourself and the earth.

Benefits commonly include an increased sense of well-being physically, emotionally, and spiritually; a substantial quieting of internal noise; and a sense of coming home to yourself.

Please feel free to call with questions:
Erica 415.378.3804 / Eloise 415.577.1052.

PILATES WALL UNIT

PILATES WALL UNIT WITH EMILY

1 day per week, September 1-29

5-week session:

Mondays, 9:00-9:55am

MEMBERS \$125 / NON-MEMBERS \$150

4-week session:

Wednesdays, 9:00-9:55am

Thursdays, 10:00-10:55am

MEMBERS \$100 /NON-MEMBERS \$120

PILATES WALL UNIT WITH JULIE

1 day per week, September 5-26

4-week session:

Friday, 9:00-9:55am

MEMBERS \$100 / NON-MEMBERS \$125

PILATES WALL UNIT WITH DEBORAH

One day per week, 5 week-session, August 5-26

Tuesdays, 9:00-9:55am

Thursdays, 9:00-9:55am

MEMBERS \$125 / NON-MEMBERS \$150

Center...stretch...strengthen your back and tighten your abs. Get long and lean on the tower of power!

Register at zenergyts.com/programregistration



TENNIS

Our fall tennis schedule is in effect as of Monday, September 1.

MONDAY

Ladies Day** : 9:00-11:00am

Adult Clinic: 1:30-3:00pm

Intermediate Junior Clinic** (ages 8-12): 3:00-4:30pm

TUESDAY

Little Tennis (ages 5-7): 2:45-3:30pm

Advanced Junior Clinic (ages 12+): 4:30-6:00pm

WEDNESDAY Cardio Tennis: 9:00-10:00am

THURSDAY Adult Clinic: 2:00-3:30pm

FRIDAY Men's Day: 11:00-12:30pm

**Ladies Day and Intermediate Junior Clinic are cancelled on Labor Day.

The Adult Tennis Clinic will take place as scheduled, 1:30-3:00pm.

To learn more, contact Rob Kolb at 208.725.0595, ext. 108.

NOTE: All Kids Tennis Clinics and Cardio Tennis are cancelled the week of August 25th.

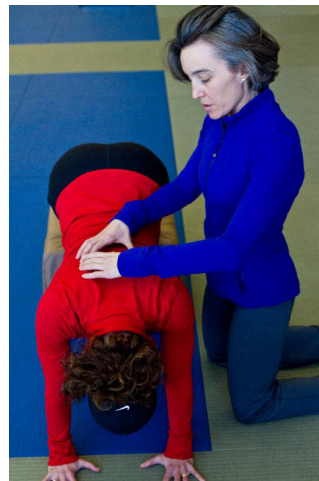
SMALL GROUP TRAINING

DANCE FOR PARKINSON'S WITH LYNN BARCLAY AND ERIN FINNEGAN

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

Moving and grooving with Parkinson's.

OPEN TO THE COMMUNITY, FREE VIOF CHARGE.



POSTURE CLINIC WITH JESSICA KISIEL

One day per week / 4-week session / September 7-28

Thursdays, 11:45am-

12:45pm, in the Yoga Studio

MEMBERS \$60 /

NON-MEMBERS \$80

Feel younger and more energetic in your body when you have less pain, more strength and greater range of motion. This class emphasizes joint mobility and stability using Egoscue Method® exercises. All levels welcome.

SOO BAHK DO **with Oliver Whitcomb**

INTRO WEEK - COME GIVE SOO BAHK A TRY!

September 29-October 2

Oliver will be offering an intro/welcome back to Soo Bahk evening.

Open to the community, free of charge.

Beginning Kids, Any Age Intro:

Monday or Thursday 4:00-5:00pm

Orange Belt and Above, Any Age:

Monday or Thursday 5:00-6:00pm

TIGER TOTS

All Levels, Ages 5-6 years

Mondays, 3:00-4:00pm

One day per week, 10-week session

October 6-December 15 (no class Thanksgiving week)

Early Bird Rate (by October 3):

MEMBERS \$220 / NON-MEMBERS \$240

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, 20 sessions

October 6-December 18 (no class Thanksgiving week)

Mondays and Thursdays, 4:00-5:00pm Early Bird Rate

(by October 3):

MEMBERS \$380 / NON-MEMBERS \$420

Option for 1 day per week:

MEMBERS \$220 / NON-MEMBERS \$240

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-weeks, 20-sessions

(no class Thanksgiving week)

October 6-December 18

Early Bird Rate (by October 3):

Members \$380/ Non-members \$420

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 more at this level.



KEY MOVEMENT - ADULT INTRO TO MARTIAL ARTS

Mondays, 6:00-7:00pm

1 day per week, 10-week session

(no class Thanksgiving week)

October 9-December 18

MEMBERS \$150 / NON MEMBERS \$175

SOO BAHK DO with Oliver Whitcomb



ZENERGY IS PROUD TO WELCOME Professional Freestyle Skier and SVSEF Alum Shanny Cohen to our team of certified personal trainers.

Book an appointment with Shanny today and get TWO personal training sessions for the price of ONE.

Contact Health & Wellness Manager Tim Hanna at 208.725.0595, x106 to take advantage of this special offer. Limited time offer, one per client.

SPECIAL ASHIATSU MASSAGE THREE-PACK

Three 85-minute treatments, each at the 55-minute rate.

Members \$315 (\$135 savings)
Non-members \$360 (\$180 savings)

Valid with Mary or Diane.
One per client, may not be shared.
All sessions must be redeemed by November 30th.

Call the Spa Desk at 208.725.0595 x2 today!

NEW TO OUR SEPTEMBER SCHEDULE

BODY ATTACK WITH KIM BOURGETTE

Mondays, 8:15-9:00am

The high-energy, sports-inspired cardio workout that builds strength and stamina. This class is a massive calorie burner!

FOAM ROLLER WITH TIM HANNA

Mondays, 12:40-1:10pm

Foam rolling soothes and lengthens your muscles, and breaks up adhesions and scar tissue. It also helps your muscles relax by activating the sensory receptors connecting your muscle fibers to your tendons. The net effect is better blood circulation, which, in turn, speeds up workout recovery and boosts performance.

INDOOR CYCLING WITH BRENDA POWELL

Wednesdays, 5:30-6:30pm

Be in control while learning more about indoor cycling as it relates to outdoor training. This class involves group visualization, emphasis on individual technique and great music.

YIN YOGA WITH CATHIE CACCIA

Thursdays, 12:00-1:00pm

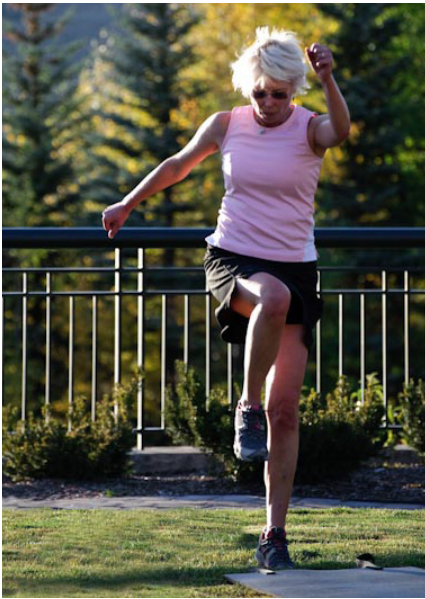
Yin Yoga offers a meditative approach with a physical focus much deeper than Yang-like practices. Benefits include a reduction in stress and anxiety, increased mobility in the joints and hips, calming and balancing of the mind and body, and an improved flow of energy throughout the body.

CLASS SWITCH

Friday, 7:00am-8:00am Foam Roller
with Tim MOVES to
Wednesday, 7:00-8:00am

Wednesday, 7:00-8:00am
Gentle Yoga with Diane MOVES to
Friday, 7:00-8:00am

NATIONAL ACTIVE AGING WEEK is September 21-27!



We are offering a special line-up of classes to those 60 years of age and older. All classes are complimentary to members, non-members are asked to donate a \$10 daily fee. All proceeds will be donated directly to Meals on Wheels. Those on a fixed income are welcome to attend free of charge.

Class options included are listed below.

SUNDAY, SEPTEMBER 21

5:00-6:15pm Restorative Yoga with Katherine,
Yoga Studio

MONDAY, SEPTEMBER 22

7:00-8:00am Gentle Yoga Stretch with Diane,
Yoga Studio

11:00am-12:00pm Deep Water Hydro Fit
with Suzanne or Jennifer

TUESDAY, SEPTEMBER 23

10:45-11:45am Chair Aerobics with Diane Olson,
Fitness Studio

11:00am-12:00pm Deep Water Hydro Fit
with Suzanne

12:00-12:30pm Hydration Talk
with Julie Siegel, Zenergy Lobby

1:00-2:00pm Dance for Parkinson's
with Erin or Lynne

WEDNESDAY, SEPTEMBER 24

11:00am-12:00pm Deep Water Hydro Fit
with Suzanne or Jennifer

THURSDAY, SEPTEMBER 25

10:15-11:00am Active-Aging Gentle Spin
with Jennifer Hubbard,
Indoor Cycling Studio

11:00-11:45am Lecture on the powerful ways
music & dance influence health
with Jennifer Hubbard

FRIDAY, SEPTEMBER 26

7:00-8:00am Gentle Yoga Stretch with Diane,
Yoga Studio

11:00am-12:00pm Deep Water Hydro Fit
with Suzanne or Jennifer

5:00-6:15pm Restorative Yoga with Katherine,
Yoga Studio



ZENERGY ART REFLEXOLOGIST

Mark Cook is now offering a special service called TOUCH FOR HEALTH (TFH) that uses the world's leading system of kinesiology to help restore energy and muscular balance and promote healing of the body and mind.

In TFH, muscle testing is performed as a biofeedback method to identify imbalances in the body's energy system. Once imbalances are pinpointed, a variety of gentle touch techniques can be used to release blockages, allowing the body to heal itself and making it less vulnerable to injury and disease.

Mark is offering TFH as a standalone session and in combination with reflexology. Visit zenergyts.com to learn more about reflexology or request an appointment today.