

Z E N E R G Y

JULY CLASS CHANGES

DAY	TIME	CLASS	INSTRUCTOR
GROUP FITNESS			
Thursday	8:30-9:30am	Indoor Cycling	Suzanne, previously Claudia
Friday	9:00-10:00am	Rump Roast, previously Cardio Blast	Eva, previously Natalia/Kim
Saturday	9:00-10:00am	Pilates Mat	Deborah, previously Mitra
YOGA			
Thursday	4:00-5:15pm	All Levels Yoga, previously at 3:00pm	Ryan
NEW CLASSES			
Friday	9:00-10:00am	Rump Roast	Eva
Sunday	9:00-10:30am	Int/Adv Yoga Flow, Ashtanga based	Bay Berteau
Sunday	9:00-10:00am	Water Polo*	Karen
*Offered every other week, next class July 11 & 25			
CANCELLATIONS			
Wednesday	5:30-6:30pm	Indoor Cycling, cancelled for summer season	Brenda

NOTE:

Kettlebells, Wednesday, 11:00am-12:00pm

Kettlebell Basics, Friday, 11:00am-12:00pm

Two basics classes are required prior to joining the Wednesday class

**\$10 per class, 8 participants per class maximum

Z E N E R G Y

JULY 2010 ZENERGY GROUP FITNESS SCHEDULE

208-725-0595

FITNESS STUDIO

INDOOR CYCLING STUDIO

MONDAY

6:30-7:30am	Bodypump (Emily)	12:00-1:00pm	Indoor Cycling (Julie)
9:00-10:00am	Bootcamp (Kim)		Outdoor MTN Biking once a month - July 12
10:05-11:00am	Pilates Mat Advanced (Mitra)	5:00-6:00pm	Beg/Int Riders with the Mud Honeys

TUESDAY

8:15-9:15am	BodyPump (Suzanne)	6:30-7:30am	Indoor Cycling H.Z.T. (Eva)
9:30-10:30am	BodyPump (Emily)	8:30-9:30am	Indoor Cycling (Claudia)
4:30-5:25pm	Pilates Mat Beg/Int (Teresa)		

WEDNESDAY

6:30-7:30am	BodyPump (Kim)	8:00-9:00am	Indoor Cycling (Julie)
9:00-10:00am	Zumba (Lory)		
10:05-11:00am	Pilates Mat Advanced (Dhwani)		
11:00-12:00pm	Kettlebells* (Eric)		

*\$10 drop-in fee, must complete two basics to attend. Cancelled first two weeks of July.

THURSDAY

9:00-10:00am	BodyPump (Kim)	6:30-7:30am	Indoor Cycling H.Z.T. (Eva)
4:30-5:25pm	Pilates Mat Beg/Int (Teresa)	8:30-9:30am	Indoor Cycling (Suzanne)
5:30-6:30pm	BodyPump (Suzanne)		

FRIDAY

6:30-7:30am	Pilates Mat Int. (Deborah)	8:00-9:00am	Indoor Cycling H.Z.T. (Brenda)
9:00-10:00am	Rump Roast (Eva)		
10:05-11:00am	Pilates Mat Advanced (Mitra)		
11:00-12:00pm	Kettlebell Basics** (Eric)		

**\$10 drop-in fee, two basics are required prior to joining the Kettlebell Class. Cancelled first two weeks of July.

SATURDAY

9:00-10:00am	Pilates Mat Beg/Int (Deborah)	8:30-9:30am	Indoor Cycling (Julie)*
10:00-11:00am	BodyPump (Kim)		* July 10, 8:00-9:00am Indoor Cycling (Eva) - Suunto Anniversary Class. Advanced sign-up required.

SUNDAY

8:30-10:30am Indoor Cycling (Julie/Claudia)

Suunto Program Offered in all Indoor Cycling Classes.

Z E N E R G Y

JULY 2010 ZENERGY YOGA SCHEDULE

208-725-0595

YOGA STUDIO

MONDAY

8:00-9:00am Gentle Yoga (Danielle C)
9:15-10:30am All Levels Yoga (Danielle C)
5:45-7:15pm Hot Yoga (Brenda)

TUESDAY

7:30-8:45am Hot Yoga (Brenda)
9:15-10:30am Intermediate/Advanced Yoga (Pilar)
12:00-1:15pm Hot Yoga (Brenda)
4:00-5:15pm All Levels Yoga (Ryan)
5:45-7:00pm Intermediate Flow (Danielle Fuller)

WEDNESDAY

8:00-9:00am Gentle Yoga (Shannon)
9:15-10:30am Guided Meditation/All Levels Yoga (Ryan)
5:30-6:30pm Gentle Yoga (Amy)

THURSDAY

7:30-8:45am Hot Yoga (Brenda)
9:15-10:30am All Levels Yoga (Danielle C)
4:00-5:15pm All Levels Yoga (Ryan)

FRIDAY

8:00-9:00am Gentle Yoga (Shannon)
9:15-10:30am Intermediate Yoga (Eryn/Danielle F)
12:00-1:15pm Hot Yoga (Sandi H)
5:00-6:15pm Restorative Yoga (Katherine)

SATURDAY

8:00-9:30am Hot Yoga (Brenda)
10:00-11:30am Guided Meditation/All Levels Yoga (Ryan)

SUNDAY

9:00-10:30am Int/Adv Yoga Flow, Ashtanga based (Bay Berteau)
5:00-6:15pm Restorative Yoga (Katherine)

Z E N E R G Y

JULY 2010 TENNIS & AQUATIC SCHEDULE

Outdoor Pool Hours: Monday-Friday 6:00am - 8:15pm
 Saturday 7:15am - 7:45pm · Sunday 8:00am - 7:45pm

208-725-0595

TENNIS		POOLS	
MONDAY			
1:30-3:00pm	Kids Adv. (12 yrs & up)	8:00-9:00am	Masters (Karen) (outdoor pool)
3:00-4:30pm	Adult Clinic	9:00-11:00am	Atkinsons Park (both pools)
		11:00-12:00am	Aqua Fit (Margie) (outdoor pool)
		11:00-12:00pm	Kids Camp (indoor pool)
		12:00-1:00pm	Masters (Karen) (outdoor pool)
TUESDAY			
1:30-3:00pm	Kids Int. (8-10 yrs)	8:00-9:00am	Masters (Karen) (outdoor pool)
		9:00-11:00am	Atkinsons Park (both pools)
		11:00-12:00pm	Kids Camp (outdoor pool)
		5:00-6:00pm	Masters (Karen)
WEDNESDAY			
1:30-2:15pm	Kids Beg./Int. (6-8 yrs)	8:00-9:00am	Masters (Karen) (outdoor pool)
2:15-4:15pm	Ladies Day	9:00-11:00am	Atkinsons Park (both pools)
		11:00-12:00pm	Aqua Fit (Margie) (outdoor pool)
		11:00-12:00pm	Kids Camp (indoor pool)
		12:00-1:00pm	Masters (Karen) (outdoor pool)
THURSDAY			
12:00-1:30pm	Kids Adv. (10-12 yrs)	8:00-9:00am	Masters (Karen) (outdoor pool)
1:30-2:00pm	Kids Intro to tennis (4-6 yrs)	9:00-11:00am	Atkinsons Park (both pools)
2:00-3:30pm	Adult Clinic	11:30-12:15pm	Kids Camp (outdoor pool)
		5:00-6:00pm	Masters (Karen) (outdoor pool)
FRIDAY			
11:30-1:00pm	Men's Advanced Day! Private Lessons Available	8:00-9:00am	Masters (Karen) (outdoor pool)
		9:00-10:00am	Atkinsons Park (outdoor pool)
		11:00-12:00pm	Aqua Fit (Margie) (outdoor pool)
		12:00-1:00pm	Masters (Karen) (outdoor pool)
SATURDAY			
Open Play	Private Lessons Available	10:00-11:00am	Aqua Motion (Margie)*
			*Cancelled July 17
SUNDAY			
Open Play	Private Lessons Available	9:00-10:00am	Water Polo (Karen)*
			*Offered every other week, next class July 11 & 25
			Advanced sign-up required.