

Z E N E R G Y

FEBRUARY 2012 ZENERGY DAILY SCHEDULE

Please Note: All paid clinics will now appear on the Daily Clinic Schedule.
Tennis and Aquatic clinics will be listed on both the Daily Class and Clinic Schedules.

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30-7:30am	BodyPump	Kim	Fitness Studio	
7:00-8:00am	Gentle Yoga Stretch	Yvette	Yoga Studio	
8:00-9:00am	Masters Swim	Karen	Outdoor Pool	
8:10-8:55am	Zumba Express	Calysta	Fitness Studio	
8:15-9:15am	Soul Flow Yoga	Sandi	Yoga Studio	
8:30-9:30am	Indoor Cycling	Claudia	Cycling Studio	
9:00-10:00am	BodyAttack	Kim	Fitness Studio	
9:30-10:45am	Intermediate/Advanced Yoga	Phoebe	Yoga Studio	
10:05-11:00am	Pilates Mat Intermediate/Adv	Emily	Fitness Studio	
11:00-12:00pm	Aqua Fit	Margie	Outdoor Pool	
12:00-1:00pm	Masters Swim	Karen	Outdoor Pool	
2:00-3:30pm	Tennis Adult Clinic		Tennis	TM Free/HM \$35
3:50-4:35pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
5:15-6:15pm	BodyPump	Kendall	Fitness Studio	
5:45-7:15pm	Hot Yoga	Brenda	Yoga Studio	

HM=Health Member M=Member TM=Tennis Member NM=Non-Member

Club Hours: Weekdays: 6:00am – 8:30pm · Saturday: 7:00am – 7:30pm · Sunday: 8:00 – 7:30pm

Outdoor Pool Hours: Weekdays: 7:45am – 7:45pm · Weekends: 9:30am – 6:00pm

Severe weather closure: If the temperature is 10° or below, the outdoor pool will close directly after the 8:00am Masters Swim. It will reopen when the temp is above 10°.

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FEBRUARY 2012 ZENERGY DAILY SCHEDULE

Sports Conditioning - Every Tuesday, 5:30 – 6:30pm. Circuit, drills, balance and agility, all set to fun music with Yvette or Georgie. Come give it a try!

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30-7:30am	Indoor Cycling	Erin	Cycling Studio	
7:30-8:45am	Hot Yoga	Brenda	Yoga Studio	
7:40- 8:30am	Indoor Cycling Express	Erin	Cycling Studio	
8:00-9:00am	Masters Swim	Karen	Outdoor Pool	
8:10-8:55am	BodyAttack Express	Kendall	Fitness Studio	
8:40-9:30am	Indoor Cycling	Julie	Cycling Studio	
9:00-10:00am	BodyPump	Emily	Fitness Studio	
9:00-11:00am	Ladies Tennis Day 4.0+	Rob	Tennis	TM Free/HM \$35
9:30-10:45am	All Levels Yoga	Danielle C	Yoga Studio	
11:00-12:00pm	Aqua Fit	Kira	Outdoor Pool	
12:00-1:00pm	Adult Beginner Swim Clinic	Karen	Indoor Pool	4-weeks, Fee *ends 2/9
3:00-4:30pm	Tennis Jr. Intermediate (7-11 yrs)	Rob	Tennis	TM Free/HM \$35
4:00-5:15pm	Guided Meditation/All Levels Yoga	Ryan	Yoga Studio	
4:00-5:00pm	AquAbility Swim Program	Karen	Indoor Pool	
4:30-5:25pm	Pilates Mat Beg/Int	Rotating	Fitness Studio	
5:15-6:15pm	Masters Swim	Karen	Outdoor Pool	
5:30-6:30pm	Sports Conditioning	Yvette/Georgie	Fitness Studio	

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FEBRUARY 2012 ZENERGY DAILY SCHEDULE

Come get your groove on with Calysta in Zumba - Wednesdays, 9:00 – 10:00am

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30-7:30am	BodyPump	Kendall	Fitness Studio	
7:00-8:00am	Gentle Yoga Stretch	Yvette	Yoga Studio	
8:00-9:00am	Masters Swim	Karen	Outdoor Pool	
8:15-9:15am	Soul Flow Yoga	Sandi	Yoga Studio	
9:00-10:00am	Zumba	Calysta	Fitness Studio	
9:00-10:00am	Cardio Tennis	Rob	Tennis	HM \$15/NM \$20
9:30-10:45am	Intermediate/Advanced Yoga	Erin	Yoga Studio	
10:05-11:00am	Pilates Mat Int/Advanced	Emily	Fitness Studio	
11:00-12:00pm	Aqua Fit	Margie	Outdoor Pool	
12:00-1:00pm	Masters Swim	Karen	Outdoor Pool	
12:00-1:15pm	Hot Yoga	Jess	Yoga Studio	
12:00-1:00pm	Adult Soo Bahk Do	Oliver	Fitness Studio	5-weeks, Fee
2:45-3:30pm	Little Tennis (4-7 yrs)	Rob	Tennis	HM\$12/NM\$15
3:10-4:10pm	Intro Soo Bahk Do, Ages 5-6	Oliver	Fitness Studio	5-weeks, Fee *Feb 15-March 14
4:20-5:20pm	Soo Bahk Do, Ages 7-9	Oliver	Fitness Studio	10-weeks, Fee
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
5:30-6:30pm	Soo Bahk Do, Int. Green Belt+	Oliver	Fitness Studio	10-weeks, Fee
5:30-6:30pm	Gentle Yoga	Diane	Yoga Studio	
5:30-6:30pm	Indoor Cycling	Brenda	Cycling Studio	

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FEBRUARY 2012 ZENERGY DAILY SCHEDULE

"Rainier to Everest," A slideshow presentation with Peter Whittaker
 Thursday, February 16, 2012, Community School Auditorium
 Proceeds benefit Camp Rainbow Gold

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30-7:30am	Indoor Cycling H.Z.T.	Brenda	Cycling Studio	
7:15-8:00am	Sports Balance/Tai Chi	Michael*	Fitness Studio	*2/2, 2/23 only
7:30-8:45am	Hot Yoga	Brenda	Yoga Studio	
7:40- 8:30am	Indoor Cycling Express	Erin	Cycling Studio	
8:00-9:00am	Masters	Karen	Outdoor Pool	
8:00-9:00am	Athletic Step	Kendall	Fitness Studio	
8:40-9:40am	Indoor Cycling	Grady	Cycling Studio	
9:00-10:00am	BodyPump	Kim	Fitness Studio	
9:30-10:45am	All Levels Yoga	Danielle	Yoga Studio	
11:00-12:00pm	Aqua Fit	Kira	Outdoor Pool	
12:00-1:00pm	Adult Beginner Swim	Karen	Indoor Pool *ends 2/9	4-weeks, Fee
12:00-1:00pm	Indoor Cycling	Suzanne	Cycling Studio	
1:30-3:00pm	Adult Tennis Clinic	Rob	Tennis	TM Free/HM \$35
3:00-4:30pm	Jr. Advanced Tennis (11 yrs+)	Rob	Tennis	TM Free/HM \$35
3:10-4:10pm	Soo Bahk Do, Ages 5-6	Oliver	Fitness Studio	10-weeks, Fee
3:50-4:35pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee
4:00-5:15pm	Guided Meditation/All Levels Yoga	Ryan	Yoga Studio	
4:20-5:20pm	Soo Bahk Do, Ages 7-9	Oliver	Fitness Studio	10-weeks, Fee
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
4:30-5:30pm	Pilates Mat Beg/Int	Maureen	Cycling Studio	
5:30-6:30pm	Soo Bahk Do, Int. Green Belt+	Oliver	Fitness Studio	10-weeks, Fee
6:40-7:40pm	Adult Soo Bahk Do	Oliver	Fitness Studio	5-weeks, Fee

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FEBRUARY 2012 ZENERGY DAILY SCHEDULE

Chi Gong with Cal Millar - now 8:30 – 9:15, Friday. Calm the mind while enhancing energy and building strength and balance. Class incorporate both movement and meditation.

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30-7:30am	Pilates Mat, Intermediate	Deborah	Fitness Studio	
7:00-8:00am	Gentle Yoga Stretch	Yvette	Yoga Studio	
8:00-9:00am	Masters Swim	Karen	Outdoor Pool	
8:30-9:15am	Chi Gong	Cal Millar	Yoga Studio	
8:15-9:00am	Sports Balance/Tai Chi	Michael*	Fitness Studio	2/3 & 2/24 only
8:30-9:30am	Indoor Cycling	Yvette	Cycling Studio	
9:00-10:00am	BodyAttack	Kendall	Fitness Studio	
9:00-10:00am	Cardio Tennis	Rob	Tennis	HM \$15/NM \$20
9:30-10:45am	Intermediate/Advanced Yoga	Eryn	Yoga Studio	
10:05-11:00am	Pilates Mat Int/Advanced	Deborah	Fitness Studio	
11:00-12:00pm	Aqua Fit	Margie	Outdoor Pool	
11:30-1:15pm	Men's Advanced Tennis Day 4.0+	Rob	Tennis	
12:00-1:00pm	Masters Swim	Karen	Outdoor Pool	
12:00-1:15pm	Hot Yoga Flow	Sandi H	Yoga Studio	
2:45-3:30pm	Little Tennis (4-7 yrs)	Rob	Tennis	HM\$12/NM\$15
3:00-3:45pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee
5:00-6:15pm	Restorative Yoga	Katherine	Yoga Studio	

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FEBRUARY 2012 ZENERGY DAILY SCHEDULE

Space still available! Skill in Vinyasa Yoga Workshop with guest instructor Theresa Elliot.
Saturday, February 11, 12:00 – 5:00pm

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00-9:30am	Hot Yoga	Brenda	Yoga Studio	
8:30-9:30am	Indoor Cycling	Neil	Cycling Studio	
9:00-9:55am	Pilates Mat Beg/Int	Maureen	Fitness Studio	
9:45-10:45am	Aquability	Karen	Indoor Pool	
10:00-11:00am	BodyPump	Kim	Fitness Studio	
10:00-11:30am	Guided Meditation/All Levels Yoga	Ryan	Yoga Studio	

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30-10:00am	Indoor Cycling	Julie	Cycling Studio	
9:30-10:45am	Intermediate/Advanced Yoga	Dana	Yoga Studio	
5:00-6:15pm	Restorative Yoga	Katherine	Yoga Studio	

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Z E N E R G Y

FEBRUARY 2012 ZENERGY DAILY CLINIC SCHEDULE

NOTE: Advance sign up required for all group fitness, Pilates, and aquatic clinics.
A discounted rate is available with the clinic series. Drop-in rate only available if clinic is not full.
Clinics subject to cancellation if the minimum participant number is not met.

MONDAY

				Drop-in rate
8:30-9:30am	Cross Training Clinic	Yvette	Gym	M \$20/NM \$25
9:00-10:00am	Pilates Wall Unit Clinic	Emily	Pilates Studio	M \$35/NM \$40
11:00-12:00pm	Pilates Reformer Clinic	Emily	Pilates Studio	M \$45/NM \$55
12:00-1:00pm	90 Day Challenge	Brenda	Gym/Fitness	3 Mos., Fee
2:00-3:30pm	Tennis Adult Clinic	Rob	Tennis	TM Free/HM \$35
3:50-4:35pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee
4:00-5:00pm	Pilates Wall Unit Clinic	Deborah	Pilates Studio	M \$35/NM \$40
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
5:15-6:00pm	TRX Total Body Training Clinic	Yvette	Cycling Studio	M \$20/NM \$25
5:30-6:30pm	Boot Camp Clinic	Eric	Gym/Outdoor	M \$20/NM \$25
5:30-6:30pm	Pilates Wall Unit Clinic	Maureen	Pilates Studio	M \$35/NM \$40

TUESDAY

9:00-11:00am	Ladies Tennis Day 4.0+	Rob	Tennis	TM Free/HM \$35
10:05-11:00am	Pilates Wall Unit Clinic	Emily	Pilates Studio	M \$35/NM \$40
12:00-1:00pm	Adult Beginner Swim Clinic	Karen	Indoor Pool	4-weeks, Fee *ends 2/9
12:00-1:00pm	Egoscue Method Posture Clinic	Jessica	Yoga Studio	3-weeks, Fee *1/31-2/16
3:00-4:30pm	Tennis Jr. Intermediate (7-11 yrs)		Tennis	TM Free/HM \$35
3:30-4:30pm	Pilates Wall Unit Clinic	Deborah	Pilates Studio	M \$45/NM \$55
5:30-6:30pm	Intermediate Squash Clinic		Squash	M Free/NM \$15 *Feb 7
6:00-8:00pm	Partner Dancing with Dale & Peggy Bates #1 Fundamentals, #2 Beyond the Basics		Yoga Studio	2-week sessions/Fee #1: 1/31- 2/9 #2: 2/21 - 3/1

WEDNESDAY

6:30-7:30am	Winter Cardio	Erin	Gym	M \$12.50/NM \$15
9:00-10:00am	Cardio Tennis	Rob	Tennis	HM \$15/NM \$20
9:00-9:45am	TRX Total Body Training Clinic	Yvette	Cycling Studio	M \$20/NM \$25
9:00-10:00am	Pilates Wall Unit Clinic	Emily	Pilates Studio	M \$35/NM \$40
12:00-12:25pm	TRX Ab Attack Clinic	Yvette	Cycling Studio	M \$10/NM \$12
12:00-1:00pm	Adult Soo Bahk Do	Oliver	Fitness Studio	5-weeks, Fee
2:45-3:30pm	Little Tennis (4-7 yrs)	Rob	Tennis	HM\$12/NM \$15
3:10-4:10pm	Intro Soo Bahk Do, Ages 5-6	Oliver	Fitness Studio	5-weeks, Fee *Feb 15-March 14
4:00-5:00pm	Pilates Wall Unit Clinic	Deborah	Pilates Studio	M \$35/NM \$40
4:20-5:20pm	Soo Bahk Do, Ages 7-9	Oliver	Fitness Studio	10-weeks, Fee
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
5:30-6:30pm	Soo Bahk Do, Int. Green Belt+	Oliver	Fitness Studio	10-weeks, Fee
5:30-6:30pm	Boot Camp	Eric	Gym/Outdoor	HM \$20/NM \$25

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NOTE: Advance sign up required for all group fitness, Pilates, and aquatic clinics.
 A discounted rate is available with the clinic series. Drop-in rate only available if clinic is not full.
 Clinics subject to cancellation if the minimum participant number is not met.

THURSDAY

				Drop-in rate
10:00-11:00am	Pilates Wall Unit	Deborah	Pilates Studio	M \$35/NM \$40
12:00-1:00pm	Adult Beginner Swim	Karen	Indoor Pool	4-weeks, Fee *ends 2/9
12:00-1:00pm	90 Day Challenge	Brenda	Gym/Fitness	3 Mos., Fee
12:00-1:00pm	Egoscue Method Posture Clinic	Jessica	Yoga Studio	3-weeks, Fee *1/31-2/16
1:30-3:00pm	Adult Tennis Clinic	Rob	Tennis	TM Free/HM \$35
1:30-2:00pm	Spinal Clinic	Dr. Aaron Stern	Fitness Studio	M \$15/NM \$20 *2/2
3:00-4:30pm	Jr. Advanced Tennis (11 yrs+)	Rob	Tennis	TM Free/HM \$35
3:10-4:10pm	Intro Soo Bahk Do, Ages 5-6	Oliver	Fitness Studio	5-weeks, Fee *Feb 15-March 14
3:50-4:35pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee
4:00-5:00pm	Pilates Wall Unit Clinic	Deborah	Pilates Studio	M \$45/NM \$55
4:30-5:30pm	Coach Select Kids Swim	Ed/Maria	Indoor Pool	3-weeks, Fee
5:30-6:30pm	Winter Cardio	Erin	Gym	M \$12.50/NM \$15
5:30-6:30pm	Soo Bahk Do, Int. Green Belt+	Oliver	Fitness Studio	10-weeks, Fee
5:30-6:30pm	Pilates Wall Unit Clinic	Maureen	Pilates Studio	M \$35/NM \$40
6:00-8:00pm	Partner Dancing with Dale & Peggy Bates #1 Fundamentals, #2 Beyond the Basics		Yoga Studio	2-week sessions/Fee #1: 1/31- 2/9 #2: 2/21 - 3/1
6:40-7:40pm	Adult Soo Bahk Do	Oliver	Fitness Studio	5-weeks, Fee

FRIDAY

9:00-10:00am	Cardio Tennis	Rob	Tennis	HM \$15/NM \$20
11:30-1:15pm	Men's Advanced Tennis Day 4.0+	Rob	Tennis	
2:45-3:30pm	Little Tennis (4-7 yrs)	Rob	Tennis	HM\$12/NM \$15
3:00-3:45pm	Little Minnows Swim Clinic	Karen	Indoor Pool	4-weeks, Fee

SATURDAY

12:00-5:00pm	Skill in Vinyasa	Teresa Elliot	Yoga Studio	M & NM \$115 *2/11
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NOTE: Discounted rate available on all clinics with a commitment to the series.
 See Yvette or stop by the front desk for more information.