

HEALTH MEETS VISION



zūm

EXPERTISE experience earns trust

ACTION fun demands sweat

INSIGHT motion finds stillness

ATMOSPHERE innovation expresses style

OUTCOME effort claims results



ZŪM members prefer to step out of the fitness mainstream toward balance, vitality, awareness, and unabashed enjoyment of the physical being. ZŪM's underlying principle is to support each member's desire to genuinely live better.

Instruction at ZŪM ranges from the fundamentals to the experimental, and the competitive to the serene. Service is customized to each individual. Benefits last a lifetime.

EXPERTISE

ZŪM was founded by Peter Shmock, a two-time track and field Olympian, and former Director of Strength and Conditioning for the Seattle Mariners. He has been recognized as the region's foremost trainer and fitness educator for over 20 years.

Peter chose his staff with care – the wealth of knowledge under ZŪM's roof is extraordinary. Each team member has a passionate commitment to learning, teaching, and giving attentive service. They genuinely love what they do, and you feel it when you walk in the door.

ZŪM's team includes experts in massage, naturopathy, nutrition, yoga, Asian healing arts, sports chiropractic medicine, martial arts, and Pilates. Fitness trainers bring experience from many fields – physical therapy and rehabilitation, functional fitness, dance, women's health, athletic performance, body/mind awareness, and more. ZŪM attracts exceptional people, and members benefit directly.

ACTION

At ZŪM it's not just about exercising – it's about moving with fluidity and efficiency. Attention is placed on the quality of action, not the quantity of work.

To this end, all activities at ZŪM are designed to enhance your performance – keeping you strong, agile, supple, and free from injury. There are many options to choose from. Enlist a personal trainer. Join a training club. Or, enjoy the camaraderie of group classes – all carefully designed for a broad spectrum of fitness levels.

Programming is changed and customized according to members' requests. There are training clubs for runners, cyclists, walkers, and triathletes, plus back health workshops, and classes to move you from physical therapy or rehab to a sports training regimen. All that ZŪM offers is in support of members' long-term health and enjoyment. You'll have a body you can count on.



INSIGHT

ZŪM acknowledges that good health means more than just being physically active. It encourages each member to develop their own personal insight about what it means to live in balance.

ZŪM encourages an attitude of wholeness where physical and inner awareness come together. To this end, the club offers a variety of integrative services that work in concert with its acclaimed fitness programming.

SERVICES AT ZUM	Extensive Base Line evaluations and monthly Tune-Ups for all members	
	The Loft – a quiet area set aside for stretching, repose, and the fine arts of tuning-in	
	Massage	Nutrition consultation
	Physical Therapy	Naturopathic Medicine
	Pilates	Sports Chiropractic Medicine
	Yoga	Healthy take-out food
	Meditation	

ATMOSPHERE

Pass through ZŪM's doors and you are in an atmosphere unlike any other health club's – it's part refuge and part playground. This results from the winning combination of ZŪM's friendly, professional attitude, appealing design, and expert choice of equipment.

ZŪM is housed in an historic building with rustic bricks and beams that evoke an urban warehouse. The space is modernized by a great audio system playing eclectic music, a projection system with large screen, beautiful locker rooms with saunas, lots of natural light, and a lounge area with a computer for members' use.

ZŪM goes beyond great cardio and weightlifting equipment. Creative exercise is encouraged through innovative training features – weightballs, balance beams, bungee cords, climbing ropes, boxes for plyometric training, and even an indoor sandpit for balance, jumping, agility training, and rehabilitation.

OUTCOME

Ultimately, ZŪM is about results – the realization of improved fitness, increased vitality, and downright fun. It all starts with genuine care for each individual, and extends throughout your experience at ZŪM – personalized instruction of the highest quality, camaraderie with like-minded people, and support for enjoying life to its fullest – all brought together in an attractive, invigorating, and restorative setting.

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FOCUS, INNOVATION AND EXPERT GUIDANCE ARE
PRESENT. AT ZŪM, YOU MOVE BEYOND WHERE YOU
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