

SEPTEMBER 2025

# TAMARACK LIFE

THE CLUB AT TAMARACK MEMBER GUIDE



THE CLUB AT  
**TAMARACK**

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# A WORD FROM THE DIRECTOR

I love the crisp mornings and warm afternoons—knowing the leaves will soon turn, and before long, snow will be falling! But I'm getting ahead of myself...

Exciting changes are coming to the Club in the form of new wellness team members! With classes now offered seven days a week, we're thrilled to introduce Kristina Dobler and Liz Morgan—two talented Yoga and Fitness Instructors whose expertise and energy will inspire your wellness journey. Welcome to the family!

Time to plan your week at the Club. Tacos & Touchdowns combines member favorite taco bar and Thursday Night Football, every Thursday from 6pm-8pm. It will be a fiesta in the endzone!

Join us in the Club Lounge for Après Hour, every Monday through Wednesday from 4–6pm. Enjoy an elevated member experience with special discounts on favorite drinks. Après Hour is when kindred spirits gather — sharing stories, toasting adventures, and savoring the mountain lifestyle together.

Don't forget the weekends with paella on the patio, music in the lounge, Oktoberfest and Top of Tam. Something for everyone during September! Now serving your favorite bites in the Club Member Lounge! Come check out our menu, discover the ease of ordering and enjoying your favorites in the comfort of the Club Lounge.

And as the crowds begin to thin, join us for Club Breakfast every Friday, Saturday and Sunday, 8–11am. Starting September 2, enjoy warm flavors, crisp mornings, and good company—the perfect way to start a fall day.

Make the most of these shorter days and lingering warm weather while they last. See you at the Club and out enjoying all the beauty the resort has to offer this fall!

CLUB DIRECTOR  
TERRI MAYNARD



# MARK YOUR CALENDAR

A

s golden autumn hues sweep across the mountains, Tamarack offers curated experiences to delight the senses, inspire connection, and celebrate the art of living well.

The return of Thursday Night Football sets the stage for evenings of convivial charm. Gather with fellow members in an inviting atmosphere where the glow of the screen is matched only by the warmth of friendship. Savor perfectly paired appetizers and signature cocktails as you cheer on your team, turning every Thursday into an occasion worth marking.

On September 6th, embark on a Wine Tasting Excursion that promises to be nothing short of exquisite. While the details remain a carefully kept secret, expect an immersive journey into the world of fine vintages—an afternoon where exceptional pours, thoughtful pairings, and the first hints of autumn create a truly memorable indulgence.







October unfolds with the Superintendent's Challenge on the 11th—a day when the pristine fairways of our course become a stage for both skill and spirited camaraderie. Whether competing for top honors or simply reveling in the beauty of the game, guests will find themselves swept up in the pure joy of play.

As the month draws to a close, the air tingles with the anticipation of Halloween. On October 30th, the Club is transformed for our Costume and Jazz Speakeasy Night—an evening of sophisticated revelry where velvety saxophone notes mingle with the soft clink of glasses. Arrive in your most imaginative attire, ready to dance beneath the low lights of our elegantly reimagined venue. The celebration continues the next evening with the Seven Devils Halloween Party, a spirited gathering where energy runs high and memories are made.

On September 27th, the new season kicks off with purpose and excitement as we host the Top of Tamarack Race for Mental Health, an inspiring event that combines fitness, community, and a cause that truly matters. Once the race is complete, the celebration continues right in the Village Plaza, where our Oktoberfest festivities will be in full swing. Expect Bavarian-inspired bites, an excellent selection of brews, traditional games, and live music that will keep the plaza buzzing with energy and good cheer.

The season culminates on November 29th with our Annual Member Art Gallery, an intimate showcase of the extraordinary creativity within our own community. Surrounded by an atmosphere of elegance, members and guests are invited to stroll, sip, and immerse themselves in works that capture beauty, emotion, and inspiration in every brushstroke and frame.

At Tamarack, autumn is not simply a season—it is a celebration of life's finer moments, wrapped in the unmatched beauty of our mountain setting. Every event is an invitation to savor, to connect, and to create memories that linger long after the leaves have fallen. Championship, or the simple joy of gathering with friends, the Club is ready to make this season unforgettable.

# THIS MONTH AT A GLANCE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

|  |  |   |   |
|--|--|---|---|
|  | <b>1</b><br>Club Breakfast<br>8:00 AM - 10:00 AM<br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Après Hour<br>4:00 PM - 6:00 PM | <b>2</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Trivia at 7D's<br>5:30 PM - 7:00 PM    | <b>3</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM  |
| <b>7</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>HIIT Class<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Full Moon Yoga<br>12:00 PM - 1:00 PM | <b>8</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Après Hour<br>4:00 PM - 6:00 PM   | <b>9</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Trivia at 7D's<br>5:30 PM - 7:00 PM    | <b>10</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM |
| <b>14</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>HIIT Class<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Yin Restore<br>12:15 PM - 1:00 PM   | <b>15</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Après Hour<br>4:00 PM - 6:00 PM  | <b>16</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM<br>Wine Down Yoga<br>5:00 PM - 6:30 PM<br>Trivia at 7D's<br>5:30 PM - 7:00 PM | <b>17</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM |
| <b>21</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>HIIT Class<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Yin Restore<br>12:15 PM - 1:00 PM   | <b>22</b><br>Fall Equinox<br>Meditation & Soundbath<br>9:30 AM - 10:30 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Après Hour<br>4:00 PM - 6:00 PM            | <b>23</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Trivia at 7D's<br>5:30 PM - 7:00 PM   | <b>24</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM |
| <b>28</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>HIIT Class<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Yin Restore<br>12:15 PM - 1:00 PM   | <b>29</b><br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Après Hour<br>4:00 PM - 6:00 PM  | <b>30</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Après Hour<br>4:00 PM - 6:00 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Trivia at 7D's<br>5:30 PM - 7:00 PM   |   |



# SEPTEMBER 2025

THURSDAY

FRIDAY

SATURDAY

|  |   |  |
|--|---|--|
| <b>4</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Tacos and Touchdowns<br>6:00 PM - 8:00 PM  | <b>5</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Barre<br>9:00 AM - 9:50 AM<br>Mobility Yoga<br>10:00 AM - 11:00 AM<br>Machine Circuit<br>12:15 PM - 1:00 PM<br>Karaoke at 7D's<br>8:00 PM - 10:00 PM  | <b>6</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM  |
| <b>11</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Tacos and Touchdowns<br>6:00 PM - 8:00 PM | <b>12</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Barre<br>9:00 AM - 9:50 AM<br>Mobility Yoga<br>10:00 AM - 11:00 AM<br>Machine Circuit<br>12:15 PM - 1:00 PM<br>Karaoke at 7D's<br>8:00 PM - 10:00 PM | <b>13</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM   |
| <b>18</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Tacos and Touchdowns<br>6:00 PM - 8:00 PM | <b>19</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Barre<br>9:00 AM - 9:50 AM<br>Mobility Yoga<br>10:00 AM - 11:00 AM<br>Machine Circuit<br>12:15 PM - 1:00 PM<br>Karaoke at 7D's<br>8:00 PM - 10:00 PM | <b>20</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Music & Charcuterie<br>5:00 PM - 7:00 PM                                     |
| <b>25</b><br>Yoga Flow<br>9:00 AM - 9:50 AM<br>Weight Circuit<br>10:00 AM - 11:00 AM<br>Nine & Dine<br>4:00 PM - 5:30 PM<br>Vinyasa Yoga<br>5:00 PM - 6:00 PM<br>Tacos and Touchdowns<br>6:00 PM - 8:00 PM | <b>26</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Barre<br>9:00 AM - 9:50 AM<br>Mobility Yoga<br>10:00 AM - 11:00 AM<br>Machine Circuit<br>12:15 PM - 1:00 PM<br>Karaoke at 7D's<br>8:00 PM - 10:00 PM | <b>27</b><br>Club Breakfast<br>8:00 AM - 11:00 AM<br>Top of Tam<br>8:00 AM Start<br>Mat Pilates<br>9:00 AM - 9:50 AM<br>Vinyasa Yoga<br>10:00 AM - 11:00 AM<br>Oktoberfest in the club<br>12:00 PM - 5:00 PM |



Member's Lounge



The Arling Center



Fitness Center



Waterfront



Osprey Meadows



Mid-Mountain Patio



Fern &amp; Feather



School House



Off-Site Excursion

Osprey Meadows  
Grass Front

Village Event Lawn



Seven Devils



Art Gallery



Event Fee

Events may be subject to change,  
Visit your Member Portal for event details



# FALL HAPPENINGS



## NINE AND DINE

Join us for Nine and Dine every Monday and Thursday from 4:00–5:30PM at Osprey Meadows, where a round of golf meets an evening of great food and connection. This weekly event is designed for golfers of all abilities, offering nine holes of relaxed play paired with a rotating lighthearted golf jam that brings fresh energy and fun to the course each week. Whether you're sharpening your game or just out to enjoy the views, it's the perfect way to spend a summer evening.

After finishing your round, the experience continues at The Reserve, where you'll enjoy a specially prepared pre-fixe dinner alongside fellow players. Share stories from the course, unwind with friends old and new, and savor a menu crafted to make the evening feel special. The cost is \$70 per person, which includes both your 9-hole round and a dinner voucher at The Reserve (menu available below).

Blending play, dining, and community, Nine and Dine is more than just a round of golf—it's a weekly tradition that makes Mondays and Thursdays something to look forward to

## TACOS & TOUCHDOWNS

Get ready to kick off the season with Tacos & Touchdowns every Thursday at the Members Club at Tamarack! This spirited weekly gathering is all about bringing our community together to celebrate two of our favorite things—great food and football. Enjoy a festive taco bar loaded with all the fixings while you settle in to watch the big games on the big screens. It's the perfect chance to connect with fellow members, share a few laughs, and cheer on your favorite teams in a lively, welcoming atmosphere. Whether you're a die-hard fan or just in it for the tacos, these Thursday evenings promise plenty of flavor, fun, and camaraderie. Don't miss the chance to make game day even better—join us each week for a touchdown-worthy night at the club!







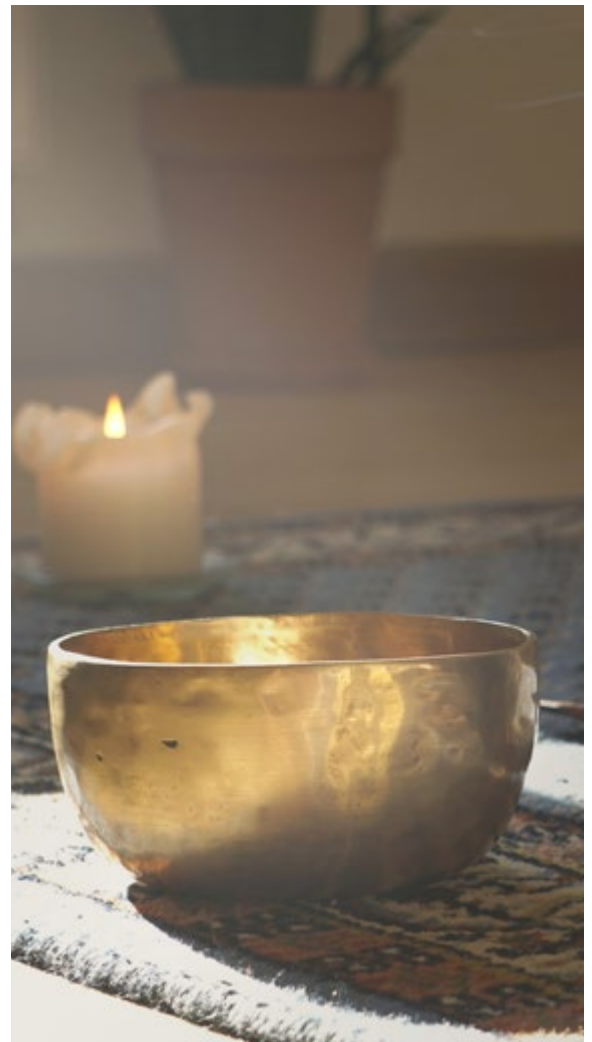
## APRÈS HOUR

Unwind and embrace the mountain lifestyle at Après Hour in the Club at Tamarack, offered every Monday through Wednesday from 4:00 PM – 6:00 PM. Après Hour is the perfect opportunity to slow down after an adventurous day on the slopes, trails, or golf course. Gather with friends and fellow members in the inviting atmosphere of the club, where you can sip on handcrafted cocktails, enjoy local beers and fine wines, and indulge in a thoughtful selection of small bites prepared to complement the experience.

Whether you're swapping stories from the day's adventures, making new connections, or simply taking in the stunning views as the sun sets over the mountains, Après Hour is designed to bring the community together in comfort and style. It's the ideal way to relax, recharge, and savor the beauty of Tamarack during the week.

## FALL EQUINOX MEDITATION & SOUNDBATH

Step into the new season with balance, renewal, and intention at Tamarack's Fall Equinox Meditation & Soundbath. As summer fades and autumn begins, this unique gathering offers the perfect opportunity to pause, reflect, and realign with the rhythms of nature. Surrounded by the beauty of the mountains, you'll be guided through a grounding meditation and immersed in the healing vibrations of a live soundbath, designed to release stress and restore harmony. Whether you're seeking deeper mindfulness, inner peace, or simply a chance to celebrate the shift of the seasons, this experience is a meaningful way to honor the equinox and connect with yourself and your community.





# FROM TEE TO GREEN

SHARPEN YOUR  
GOLF SKILLS AT  
OSPREY MEADOWS

**A**t Tamarack Resort, fall is more than just another season—it's an experience. As the leaves turn to fiery shades of gold and crimson, the air grows crisp, and the mountains take on a serene stillness, golfers here enjoy a truly unique advantage: our greens remain smooth and uninterrupted right through closing day on October 12th. Unlike many courses in the region, Tamarack does not aerify the greens in the fall. For you, that means consistent, flawless putting surfaces from your first September round to your last swing of the season.

## **A Season Made for Golf**

September always seems to arrive quickly, and before long, mornings bring the kind of refreshing chill that makes a hot coffee on the first tee especially satisfying. The rhythm of fall golf is different. Gone are the long, hot afternoons of midsummer. In their place come shorter days, cooler temperatures, and a peaceful quiet that makes every round feel more personal, more present, and more connected to the beauty around you.







The aspens around the course begin their colorful transformation, turning fairways into winding paths of yellow and orange. The sound of a golf ball echoing against the still air feels crisper, the views of Lake Cascade more vivid. And as you make your way from hole to hole, it's not uncommon to catch the faint hum of college football broadcasts drifting from nearby patios—a gentle reminder of another cherished autumn tradition.

### **Tips for Maximizing Your Fall Rounds**

With undulating green complexes and subtle mountain breaks, the putting surfaces at Osprey Meadows are a great training ground for honing your short game and reading greens.

To ensure you're ready to fully embrace fall golf at Tamarack, we've put together a few simple yet effective tips to help you stay comfortable, sharp, and confident on the course.

**Prepare your golf bag:** Fall conditions call for a few extra items—think hand warmers, a beanie, and winter gloves. It's always better to have them and not need them than to wish you had packed them.

**Warm up longer:** As the temperature drops, your muscles take more time to loosen up. Give yourself extra swings before your first tee shot—it can make a big difference in your performance.

**Switch to a softer ball:** In colder weather, a softer golf ball like the Titleist TruFeel can help you maintain feel, control, and distance consistency.

**Layer your clothing:** Early mornings may feel brisk, but afternoons often warm up. Dressing in layers ensures you can adapt comfortably as the day unfolds.

**Keep your extremities warm:** Cold hands and feet can take the joy out of your round quickly. Invest in rechargeable hand warmers and make sure your socks and gloves are suited for the season.

**Club up when needed:** Cold, dense air reduces ball flight. When in doubt, grab an extra club (or even two) for your approach shots—you'll thank yourself later.

Fall at Tamarack is truly special—golden aspens, crisp air, and perfect greens create the ideal setting for your rounds. Join us in savoring the season before closing day on October 12th!

# TEAM MEMBER SPOTLIGHT

Q&A WITH CHELSEA CRAKER

**Q:** In a few sentences tell us a little bit about yourself.

**Chelsea:** *I'm originally from Washington State born and raised. Traveled quite a bit to McCall over the years and fell in love. Decided to make the move and landed in Donnelly. I've been living the outdoor mountain life here in Donnelly for the past 4 years and I couldn't love it anymore. I'm a single mama of 1. My daughter Katrina is the light of my life and being a mom is hands down my favorite job. Katrina is currently in Bozeman attending her second years of college at MSU! She worked this last summer at the marina at Tamarack and it was wonderful to have her back home!*

**Q:** Where would we find your favorite view point in Tamarack?

**Chelsea:** *My favorite view point from Tamarack would have to be all the random spots on the zip line. My mom and I did the zip line a few years and it was so cool to see all the different angles of the mountain and looking down on Cascade Lake.*

**Q:** If you won the lottery, what is something you would do?

**Chelsea:** *If I were to win the lottery I'd without doubt make sure my mom's home and bills were taken care of. My mom is one of the most important people in my life and it would make my heart so happy to know she was taken care of.*

**Q:** Donnelly is known as the crossroads to recreation, what would you say is your favorite way to recreate?

**Chelsea:** *My favorite way to recreate is hands down anything water related. I grew up living on the water and no mater the sport from water skiing, surfing, paddle boarding, or kayaking I'm a happy girl!*

**Q:** What is your favorite part about leading yoga classes at Tamarack?

**Chelsea:** *My favorite part about leading yoga classes at Tamarack or any yoga class is to be able to connect with people. At the end of classes you get to see your students leave feeling more rested, energized, relaxed, and overall a sense of peace.*

**Q:** Fall is underway, so what are some of your favorite (and least favorite) Fall traditions?

**Chelsea:** *Some of my favorite things about Fall is starting to slow down from the summer chaos. Getting back into cooking my favorite soups and stews, decorating the house with pumpkins and fall colors, and breaking out the rain boots and fall sweaters. Pretty typical for the PNW but I love it all the same!*

**Q:** What are your top 5 movies in no particular order?

**Chelsea:** *When I was little I was always cuddling up with my siblings and cousins watching family movies some of my favorite were The Goonies, My Girl, Father of the Bride I and II. Three Men and a Little Baby and probably and absolute classic Pretty Woman.*

**Q:** If you had to eat one meal, every day for the rest of your life, what would it be?

**Chelsea:** *It is so hard to think of have 1 meal for the rest of my life because I'm a HUGE foodie! I don't think I could ever live without a good ole grass fed med rare steak!*





# CLUB LIFESTYLE

CLUB WELLNESS MANAGER  
BAILEY DOST





**A**s the mountains shift into a new rhythm. The golden edge of autumn begins to soften the landscape, the air carries a crisp clarity, and the season beckons us toward experiences that ground the spirit while elevating the senses. At Tamarack, this month is curated with intention—inviting members to align with nature, embrace community, and discover renewal through extraordinary moments both serene and powerful.

The journey begins on September 7 beneath a rare celestial phenomenon. Our Full Moon Yoga Flow, coinciding with a total lunar eclipse, offers more than movement—it is an immersion in reflection and cosmic connection. Bathed in moonlight, participants are guided into stillness and presence, channeling the rare energy of the night into harmony of body and mind.

On September 16, the art of balance finds a playful expression with Wine Down Yoga. Here, gentle restorative movement gives way to curated post-class pours—an indulgent pairing of wellness and pleasure. It's a gathering where flow meets flavor, creating space for both inner restoration and refined connection with fellow members.

The turning of the season is honored on September 22, the Fall Equinox, with a Meditation and Sound Bath inside the Idaho Impressions Art Gallery. Surrounded by evocative works of art, guests are enveloped in the resonant tones of singing bowls, guided reflection, and equinox intention-setting. This experience is designed as both sanctuary and ceremony, a perfect balance of artistry and stillness to welcome autumn's arrival.

September culminates with purpose and power on September 27 at Top of Tam—a signature event where the physical climb becomes a metaphor for resilience. Whether hiking, biking, or walking to the summit, participants rise together in a collective pursuit of strength, spirit, and support. With proceeds dedicated to mental health and suicide prevention, this tradition exemplifies Tamarack's commitment to elevating both individual wellness and the wellbeing of the wider community.

This September, Tamarack offers more than a calendar of events—it delivers a season of transformation. From luminous evenings beneath the full moon to summit-top triumphs that awaken strength and resilience, each gathering is an invitation to live with intention, to savor meaningful connection, and to embrace wellness as a refined art of living.



# CLUB LIFESTYLE

## WELCOME TO THE WELLNESS TEAM

Help us welcome Kristina and Liz to the Club Wellness Team. Their classes are designed to move your body, uplift your spirit, and connect you with the joy of movement—indoors and out.

**LIZ MORGAN:** Liz fell in love with yoga and Pilates during college, using both as tools to stretch and cross-train between full days of school and outdoor adventures. What began as a way to support her active lifestyle quickly turned into a lifelong passion for movement that strengthens not just the body, but also the mind and soul. She's a certified Inferno Hot Pilates instructor (trained under Gabi Walters in Bali, Indonesia) and is currently working toward her mat Pilates certification through BASI in Faro, Portugal. Liz is also a Level 1 CIYT (Certified Iyengar Yoga Teacher), trained through the Iyengar Yoga National Association of the United States in Milwaukee, WI. In her classes, you can expect an energizing, full-body workout that focuses on core strength, flexibility, balance, and body awareness. Liz will guide you through movement that sculpts, strengthens, and increases your range of motion—all while keeping things fun, fierce, and just the right amount of sweaty. Her classes are all-levels friendly. As a lifelong student, Liz is constantly learning and evolving. She believes movement is one of the greatest gifts we can give ourselves, and she's here to remind you that it can be joyful, playful, and deeply empowering. Outside the studio? You'll find Liz hiking, trail running, backpacking, mountain biking, snowboarding, summiting peaks, identifying wildflowers, or swimming in alpine lakes. Simply put: if it's outside, she's in.







**KRISTINA DOBLER:** Kristina has a BS in Physical Therapy and has lived in McCall for 5 years, moving from the Reno/Tahoe area. Kristina has taught Group Exercise classes for over 25 years. She is an ACE certified personal trainer, Yoga, Group Fitness, Spin and Pilates Instructor. Certified Pelvic Floor Specialist and has expertise in Women's health and hormonal care. Kristina is passionate about helping others feel strong, confident, and energized in their bodies. She also runs her own health and wellness business, where she provides nutritional coaching and is a top leader in her field. Her mission is to empower clients to move with purpose, build sustainable habits, and have fun along the way.

# HOMEOWNER AND RESORT UPDATES



## NEW ASPEN TOWNHOMES

Construction is underway on Aspen Townhomes, the newest signature neighborhood at Tamarack Resort. With the road being paved and a gated entrance for added privacy, this exclusive community offers spacious 2-4 bedroom layouts, true maintenance-free living, and access to a private neighborhood pool. Designed for both owners and guests, these townhomes are rental-program ready for those interested in generating income while enjoying year-round recreation and relaxation.

Availability is limited—secure your priority position today!

## LIFT UP IDAHO

Saturday, September 20, 2025

Close out the summer on a high at Tamarack Resort, where Tamarack homeowners and their friends come together for a great cause, to feed Idaho's kids. Enjoy a jam packed day with a golf tournament, reception, and live auction all for a cause!

### 100% LIFTING UP IDAHO CHILDREN!

Thanks to the generous support of Tamarack Resort and our incredible sponsors, 100% of all proceeds will go directly to The Idaho Foodbank to help children facing hunger in our communities.

[Learn More & Purchase Your Tickets Here](#)







## RESORT FALL EVENTS

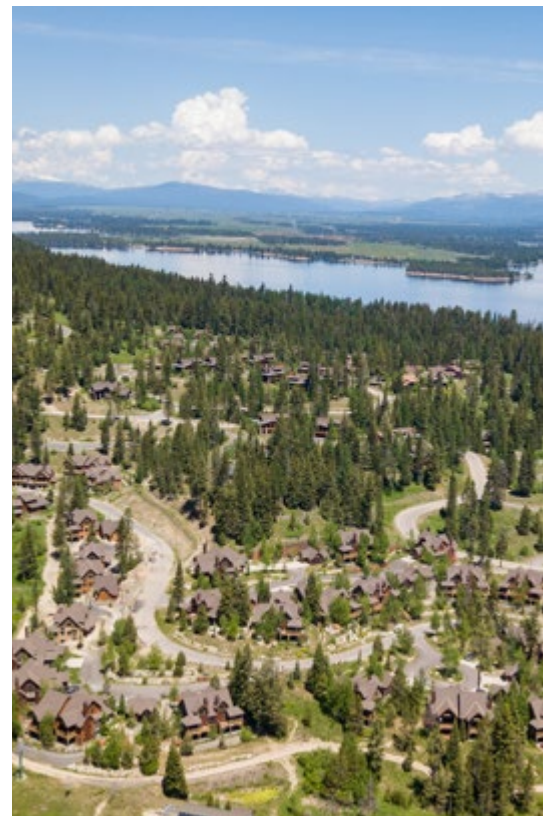
Sep 27 - Top of Tam & Oktoberfest  
 Oct 12 - Superintendent's Challenge  
 Oct 18 - Concert & Movie with McCall Arts  
 & Humanities Counsel  
 Oct 25 - 2nd Annual Hilloween Fun Run  
 Oct 25 - Kid Halloween Movie with Donnelly  
 Library & Basecamp  
 Oct 31 - Seven Devils Halloween Party  
 Nov 27 - Thanksgiving Dinner at The Reserve  
 Nov 29 - Village Tree Lighting

## TAMARACK PROPERTY MANAGEMENT

Tamarack Property Management operates the largest property and rental management company at Tamarack Resort.

We pride ourselves on taking exceptional care of your home while consistently delivering the maximum return on your investment. Our team represents all property types at the resort, from studio, 1-, 2-, and 3-bedroom condominiums to cottages, chalets, townhomes, and estate homes. You can rest assured that both you and your guests will receive the highest standard of service and a high-touch experience every step of the way.

If you are ready to learn more about working with us, contact our Property Management Team: [CLICK HERE](#)





# CLUB PHOTO GALLERY









TAMARACK LIFE | SEPTEMBER



— THE CLUB AT —  
TAMARACK™