

THE WELLNESS CENTER AT MISSION HILLS COUNTRY CLUB

PERSONAL TRAINING AND FITNESS



PERSONAL TRAINING

Personal Training, Private Pilates Reformer,
Private Yoga & Kinesis Certification

25 min Session	\$55 Each
55 min Session	\$75 Each
Package of 5 for 25 min = \$250	\$50 each
Package of 5 for 55 min = \$350	\$70 each
Package of 10 for 25 min = \$400	\$48 each
Package of 10 for 55 min = \$660	\$66 each
Kinesis Certification 3 for 25 min = \$150	\$50 each

Group Training available upon request.

MEET OUR TRAINERS

Personal Trainer	Donna Bray
Personal Trainer/ TP Certified	Ryan Douglass
Personal Trainer	Michelle Evans
Personal Trainer	Don Jansen
Personal Trainer	Tom Mallet
Personal Trainer	Nadia Popova
Personal Trainer/ TRX	Joey Sowell
Golf Fitness/ Nutrition/ TP Certified	Dr. Mark Smith
Pilates Instructor/ TRX	Ashley Newton

MEET OUR STAFF

Wellness Center Director	Maggie Bainter
Fitness & Spa Manager	Mike Ferguson
Group Fitness Coordinator	Donna Bray
Floor Supervisor	Inti Salgado
Member Services	Cindy Nelson
Member Services	Aleyna Vasquez
Member Services	Marques Prior

**THE WELLNESS CENTER
AT MISSION HILLS COUNTRY CLUB**
3 Racquet Club Drive, South
Rancho Mirage Ca 92270
Phone: 760-324-6232

SPECIALITY TRAINING

Dr. Mark Smith's HITT Circuit Class
\$11 for a Single Session
\$80 Per Month
(Non- Members are permitted to participate in the group training sessions.)

Pilates Reformer Group Training Sessions
60 minute Single Sessions \$30, Package of 10 sessions for 60 minute at \$25 totaling \$250
(Maximum of 5 participants with a minimum of 2

GROUP EXERCISE

Aqua Sculpt	Cardio Sculpt
Yoga	Chair Sculpt
Body Fusion	Spin
TABATA	Circuits
PDebX	Stretch

ABOUT THE WELLNESS CENTER

The Wellness Center complex covers over 17,000 square feet. We utilize Matrix, Cybex and Technogym equipment. We have over 25 group fitness classes year round with over 30 during season, a Pilates Studio, WEXER Virtual classes, a Kinesis Wall and an outdoor Pool.

WELLNESS CENTER TEMPORARY HOURS

Monday – Friday 7:00 a.m. – 7:00 p.m.
Saturday – Sunday 7:00 a.m. – 2:00 p.m.



mission hills
Country Club