

THE SPORTS CLUB AT MISSION HILLS

PERSONAL TRAINING AND FITNESS



PERSONAL TRAINING

Personal Training, Stretch Sessions, 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 = \$480 | \$48 each |
| Package of 10 for 55 min = \$660 | \$66 each |

Group Training Available Upon Request.

MEET OUR TRAINERS

| | |
|----------------|-----------------------------|
| Marques Prior | Marques.Prior@clubcorp.com |
| Nadia Popova | Nadia.Popova@clubcorp.com |
| Michelle Evans | Michelle.Evans@clubcorp.com |
| Joey Sowell | Joey.Sowell@clubcorp.com |
| Don Jansen | Don.Jansen@clubcorp.com |
| Donna Bray | Donna.Bray@clubcorp.com |
| Tom Mallet | Tom.Mallet@clubcorp.com |
| Dr. Mark Smith | mjs@docsmith.org |

MEET OUR STAFF

| | |
|--------------------------------|------------------|
| Sports Club Director | Craig Purcell |
| Tennis Director | Patrick Guion |
| Sports Club Supervisor | Marques Prior |
| Sports Club Merchandiser | Aleyna Velasquez |
| Sports Club League Coordinator | Brooke Ramos |
| Sports Club Events Coordinator | Mellisa Flores |
| Sports Club Member Services | Westin Lynch |

SPECIALITY TRAINING

Dr. Mark Smith's HITT Circuit Class

\$11 for a Single Session / \$80 Per Month
Non-Members can participate in the
group training sessions.
Contact mjs@docsmith.org

Private TRX Training with Joey Sowell

\$15/Session (Limited to 6 per class)
Contact Joey.Sowell@clubcorp.com

GROUP EXERCISE

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

ABOUT THE SPORTS CLUB

The Sports Club's Fitness Center covers over 17,000 square feet. We utilize Matrix, Cybex and Technogym equipment and offer over 35 weekly indoor and outdoor Group Fitness Classes, a Pilates Studio, WEXER Virtual classes, a Kinesis Wall and an outdoor Heated Pool.

DAILY HOURS OF OPERATION

Monday to Friday – 6:30am to 7pm
Saturday & Sunday - 7am to 5pm

THE SPORTS CLUB
AT MISSION HILLS COUNTRY CLUB
3 Racquet Club Drive, South
Rancho Mirage Ca 92270
Phone: 760-328-5800



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