



THE SPORTS CLUB AT MISSION HILLS

PERSONAL TRAINING & FITNESS

PERSONAL TRAINING

**Personal Training, Small Group Training
Stretch Sessions, & Private Yoga**

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

Private Small Group Training Available Upon Request.

SPECIALITY TRAINING

Dr. Mark Smith's HIIT Circuit Class

\$11 for a Single Session / \$80 Per Month
Non-Members can participate in the Group
Training Sessions.

Contact Dr. Smith at mjs@docsmith.org

Private TRX Training with Joey Sowell

\$15/Session (Limited to 6 per class)

Contact - Joey.Sowell@clubcorp.com

MEET OUR TRAINERS

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
Marques Prior	Marques.Prior@clubcorp.com

GROUP EXERCISE CLASSES

Cardio Sculpt	Aqua Sculpt	Mat Pilates
Chair Sculpt	Yoga	Stretch & Strength
Spin	Body Fusion	TRX Total Fitness
HIIT Circuits	TABATA	Gentle Yoga
Stretch	PDebX	Tai Chi

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

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
Sports Club Member Services	Parker Williams

DAILY HOURS OF OPERATION

Monday to Friday - 6am to 7pm

Saturday & Sunday - 7am to 5pm

Fitness Desk (760) 324-6232

