



WELLNESS PORTFOLIO

SPA
Bella Vita



SPA BELLA VITA HOURS OF OPERATION

Open Daily, November - May: 9:00 am – 6:00 pm

All services by appointment only, delivering personalized, dedicated service.

76.009 Via Club Villa • Indian Wells, California 92210 • 760.404.1589 - Spa • 760.404.1590 - Sports Club • www.toscanacc.com



AN IMMERSION INTO THE ART OF SPA



Spa Bella Vita is a transcendental physical and sensory experience in a setting that is both magnificent and supremely private. Spa Bella Vita is a place of spiritual tranquility that invigorates mind, body and soul. Physically, it is true to its Italian heritage and ethos – authentic, expansive, lavishly appointed and attended by a professional staff as accomplished in their craft as they are gracious. It is the essence of Toscana.

Spa Bella Vita's collection of treatments and products are an expression of well-being and restoration. Refresh and revitalize through the use of eucalyptus infused steam, dry sauna and outdoor hydrotherapy spas. Retreat to ladies' and gentlemen's luxuriously appointed relaxation lounges with cozy fireplaces and spa conscious teas and tastings. Surround yourself with privacy in intimate treatment suites that easily transform into relaxation spaces for extra time following a treatment, or for the day. The elements of natural stone, warm woods and the gentle flow of water amid private relaxation gardens evoke solace and healing.

SURELY ONE OF THE MOST ROMANTIC SPAS IN ALL THE WORLD, Spa Bella Vita is an ultimate sanctuary where treatments and products are expressions of well being and restoration. Steam baths are infused with eucalyptus. Dry sauna and outdoor hydrotherapy pools invigorate. Painted tiles and stone, warm woods and the gentle splash of water evoke solace and healing.

The menu of services invites one to explore a selection of treatments and venues that can change every day, and never repeat. Massage, body wraps, scrubs, soaks and salon treatments are all blissful journeys. There are therapeutic treatments to condition, restore and rejuvenate. It is a place of untold luxury, and foremost is the luxury of choice.

FIVE LUXURY SUITES aptly named the Amalfi, Bellagio, Capri, Dolce and Emilia embody classic Italian splendor with indoor and outdoor showers and lush private garden courtyards complete with peaceful fountains and chaise longues for relaxing after a treatment.

THE GRAND SUITES are the ultimate private retreats for several hours or a day of spa indulgence. Both the Venezia and Firenze Suites are the embodiment of luxury for the purpose of togetherness. These suites feature a sitting room with fireplace, a treatment room with dual massage tables for enjoying side-by-side treatments, a hydrotherapy tub for two, indoor shower, powder room and an enchanting private garden courtyard complete with a tranquil fountain, comfortable chaise longues and a romantic outdoor shower.







LUXURY AND GRAND SUITE EXPERIENCES

Advance reservations are required to ensure the availability of the suite butlers for service during your custom spa experience.

SUITE TIME

A sweet accentuation to any treatment to enjoy in solitude or in togetherness. By adding additional time to an existing treatment or purchasing it separately, one is afforded time to relax in the serenity of the peaceful gardens for as long as needed.

LUXURY SUITE EXPERIENCES

Decompression time after a treatment • 30 Minutes

Reprieve time after a treatment • 60 Minutes

GRAND SUITE EXPERIENCES

Decompression time after a treatment • 30 Minutes

Reprieve time after a treatment • 60 Minutes

Champagne will be served with all reservations of an hour or more of extended suite time or upon request.

Healthy spa cuisine is available upon request.



MASSAGE

All Massage services include choice of one or all of the following: Body Bliss scented massage oils, Invigorating Foot Scrub, Warm Stones to be added within the time of service.

THERAPEUTIC • 30 / 60 / 90 MINUTES

Breathe and become present. A firm full body massage combining a blend of Western massage strokes – from Swedish to Deep Tissue.

BAMBOO GINGER FUSION • 60 / 90 MINUTES

Organic ginger body oil is used in conjunction with bamboo stalks that are warmed and glided over the body. These techniques can be soothing strokes and can also be accommodated in a deep fashion to provide relief of tension to the underlying layers of tissue.

FLOOR THAI • 60 / 90 MINUTES

Thai massage relieves stress and optimizes flexibility and circulation to the joints and to muscle tissue. This service takes place on the floor on a traditional Thai mat wearing loose cotton clothing. A great way to relieve tightness after a day of golf.

POST GOLF FITNESS THERAPY • 45 / 60 MINUTES

The perfect ending to a round of golf or a workout. This therapy assists in recovery by focusing on tired forearms, neck, lower back and hips. This is especially beneficial when planning to play the following day or if lactic acid has accumulated from physical exertion.

RESCUE REFLEXOLOGY • 45 / 60 MINUTES

Reflexology improves entire body circulation, posture and sense of wellness achieved through work on the grounding agent of the body—our feet.

TOSCANA RX FOR WORKOUT WARRIORS • 90 / 120 MINUTES

This service highlights all aspects of therapy for any “Toscana Warrior” who has worked and/or played hard in any capacity. Warm herbal pouches are firmly pressed into muscles and smoothed over skin for exfoliation to ease and melt aches and pains. Deep tissue massage with ginger oil, combined with other massage techniques including Thai stretching will release any lingering tension.

All massages can be simultaneously orchestrated in a couples setting.

MASSAGE ENHANCEMENTS

Mini Facial Therapy • 15 Minutes - Cleansing, Mask and Massage.

Intensive Hair Repair • 15 minutes

The scalp has much to do with the overall health of the hair. A healthy scalp can contribute to lustrous hair. To achieve and maintain healthy hair, it must be nourished and cared for on a consistent basis through massage and hydration.



FACIALS

All facials include the choice of an invigorating foot scrub to be added within the time of service.

TRANSFORMATION CLINICAL PEEL • 30 MINUTES

Advanced formulas adjusted to the needs of the client, work to smooth the texture of the skin, lighten and brighten, remove superficial blemishes, minimize fine lines and wrinkles, while restoring the skin's youthful appearance. Appropriate chemical peels such as: TCA 7/2, M. Jessner and resurfacers Pumpkin, Lactic, Glycolic with Stem Cells will be selected upon consultation for desired results.

STEM CELL • 60 MINUTES

As we get older, our own stem cell production deteriorates and time starts to leave its mark in the form of fine lines and wrinkles. Let the latest breakthrough in Stem Cell technology stimulate new cells and restore visible signs of youthfulness - radiantly bringing your skin back to life. Incorporates resurfacing, extractions and stem cell treatment.

BELLA CLASSIC • 60 MINUTES

A purifying treatment for all skin types. With each visit, a careful analysis will be done focusing on the needs of ever-changing skin types. Numerous skin changes based on climate, hormones and environment will be considered to treat the skin with the best approach. Proper product selection and steps will be customized to soothe even the most fragile skin and extract impurities.

BELLA CLASSIC PLUS • 90 MINUTES

Added to the Bella Classic 90 is a superb alginate (sea derived) masque, a skin peel, hand and foot treatment and massage boosting this facial to the next level.

BRIGHTENING FACIAL • 60 / 90 MINUTES

This specific treatment delivers brightening and clarity for immediate luminosity. Within this results-driven facial the hands, face, neck and décolleté are treated to even out skin texture and tone. Using a powerful blend of skin illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C ampoule, and a unique cooling mask with luminous rice, skin appears lighter and more refined. In the 90-minute facial, an acupuncture foot massage and Rose Quartz stone eye massage is performed.

GENTLEMEN'S HOT TOWEL • 30 / 60 MINUTES

A deep-cleansing, therapeutic facial specifically designed for the skin care needs of men. A luxurious facial massage, deep-cleansing mask and numerous satisfying hot-towel wraps are administered. Specifically addresses sensitivity and razor burn. The 30-minute facial is a wonderful first time experience touching upon the essence of the steps. The 60-minute treatment involves detailed work addressing all needs.

FACIALS

All facials include the choice of an invigorating foot scrub to be added within the time of service.

K-LIFT AGE MANAGEMENT • 60 / 90 MINUTES

A customized Kerstin Florian facial treatment enhanced with the use of the K-Lift Age Management System delivers improved muscle tone, smoother skin and a lifted facial contour. Utilizing a unique multi-phase approach, it combines Red LED Light, advanced Impulse Micro Current and a Transdermal Delivery System to achieve a more youthful, smooth, lifted appearance. The 90-minute K-Lift includes extra customization to areas of concern with advanced lifting techniques.

K-Lift is ideal for a complete revitalization of the epidermis, dermis and muscle tissue to be experienced in a series of 6 – 12 treatments performed weekly.

FACIAL ENHANCEMENTS

Chitosan Masque • 15 minutes

This super soothing peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color.

Eye Rescue • 15 minutes

Designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes and improve clarity.

Cell Vitale Ampoule • 10 minutes

The perfect skin rescue remedy. Super hydrating sodium hyaluronate, soy protein, caviar and rose deeply hydrate and leave skin glowing. Ampoules are absorbed using cutting edge technology of the K-Lift machine which increases penetration and effectiveness by 60 – 80%.

Vitamin C Ampoule • 10 minutes

This antioxidant treatment improves the quality and appearance of the skin, strengthening skin elasticity and helps prevent premature aging caused by UV exposure. Ampoules are absorbed using cutting edge technology of the K-Lift machine which increases penetration and effectiveness by 60 – 80%.

Intensive Repair Ampoule • 10 minutes

A healing and soothing treatment for cell rejuvenation. Lending elasticity and firmness to skin tissue, this treatment achieves a visibly smoother and more youthful appearance. Ampoules are absorbed using cutting edge technology of the K-Lift machine which increases penetration and effectiveness by 60 – 80%.

FACIAL ENHANCEMENTS (cont).

Intensive Hair Repair • 15 minutes

The scalp has much to do with the overall health of the hair. A healthy scalp can contribute to lustrous hair. To achieve and maintain healthy hair, nourishment and care of the scalp and hair on a consistent basis through massage and hydration.

K-Lift Express Lips • 20 Minutes

Lip lines, lower cheeks and jaws are lifted, toned and smoothed with this treatment specifically designed for the lip area and lower portion of the face. Fine feathery lines around the lips are smoothed and jaw muscles lifted to help achieve a more youthful looking appearance.

K-Lift Express Eyes • 20 Minutes

Designed to help strengthen the muscles, brighten the eye area and assist in increased circulation. Ideal for targeting the first signs of aging around the eye area helping with fine lines and wrinkles.

Marine Biomatrix Mask • 15 Minutes

A unique freeze-dried algae mask that is rich in vitamins to rejuvenate and revitalize the skin while reducing fine lines.





BODY TREATMENTS

BODY SCRUBS

ENERGIZING GINGER SALT GLOW • 30 MINUTES

An invigorating thermal mineral salt exfoliation infused with ginger is applied. This thermal salt, rich in minerals and trace elements leaves the skin glowing, vibrant and replenished.

CHAMOMILE POLISH • 30 MINUTES

A two-step, gentle body exfoliation utilizing granulated pumice stone in a crème-base followed by a loofah scrub with Chamomile Shower/Bath Gel, rich in botanicals. The ultimate polishing for sensitive skin.

BRIGHTENING SCRUB 30 • MINUTES

Illuminate and exfoliate from head-to-toe with this results driven treatment. The body is retexturized with a foaming and brightening scrub containing bamboo, jojoba beadlets and stimulating fruit enzymes. Rich emollients hydrate and protect the skin.



BODY WRAPS

ESSENTIAL OIL • 30 MINUTES

A luxurious application of aromatherapy oils mixed with remineralizing body crème to relieve tension, promote detoxification and hydration. This treatment is recommended a la carte or with an optional Turkish Salt Scrub preceding it. After a relaxing application of crème and oils, the body is wrapped in a cocoon for a short period before the conclusion. This is a wonderful treatment for hydration and after any significant sun exposure.

ORGANIC MOOR MUD WRAP • 90 MINUTES

Based on a centuries-old European tradition of using medicinal mud, healing waters and light massage therapy, this deluxe treatment has a detoxifying and totally relaxing effect. Three treatments in one, starting off with a 100% organic Moor Mud body wrap. A hydrobath in water laden with therapeutic thermal mineral crystals is followed by a full body application of remineralizing body crème rich in thermal minerals mixed with remineralizing body oil.

BODY SOAKS

READY FOR ROMANCE • 15 MINUTES

This bath contains sensuous blends of rose, patchouli and ylang ylang. The act of soaking in this blend recalls luxury and indulgence.

PRICKLY PEAR MINERAL SOAK • 15 MINUTES

The prickly pear extract has similar benefits to aloe vera. This decadent soak will infuse minerals and calm sensitivity.

MINERAL WELLNESS • 15 MINUTES

High in magnesium, remineralizing Celtic French salts contain active minerals and trace elements. Absorbed into the skin during bathing, detoxification occurs and equilibrium is restored. This is a great soak for golfers or sports enthusiasts after a day of exertion.



BODY JOURNEYS AND SOLUTIONS

A journey transports the spa participant into another realm with a body service and massage all in one. A solution addresses specific concerns through focused treatment.

LAVENDER FUSION JOURNEY • 90 MINUTES

Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience. A two-step invigorating body scrub, a warm wrap, and a full body massage are included. A head and neck massage and energizing rose quartz stones are finishing touches to this memorable spa experience.

BODY FIRMING DETOX SOLUTION • 60 MINUTES

Refine and firm body contours and promote detoxification. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage, circulation and promote the absorption of clinically-tested slimming actives. Nutrient rich algae is applied to the body followed by a deeply relaxing head massage. A slimming massage and serum help to stimulate circulation and activate with ginger and caffeine.

BRIGHTENING SCRUB-MASSAGE SOLUTION • 60 MINUTES

Illuminate from head-to-toe with this results-driven treatment. A multi-active experience provides the ultimate in body exfoliation with a brightening scrub. A full body pampering using ginger oil and a multi-vitamin firming crème delivers flawless results.

GENTLEMEN'S FAVORITES

THERAPEUTIC MASSAGE • 30 / 60 / 90 MINUTES

Breathe and become present. A customized full-body massage that combines a blend of Western massage strokes – from Swedish to Deep Tissue.

GENTLEMEN'S HOT TOWEL FACIAL • 30 / 60 MINUTES

A deep-cleansing, therapeutic facial specifically designed for the skin care needs of men. A luxurious facial massage, deep cleansing mask and a number of satisfying hot towel wraps will be administered. Specifically addresses sensitivity and razor burn. The 30-minute facial is a wonderful first time experience to be introduced to facials. The 60-minute treatment involves detailed work addressing all needs.

GENTLEMEN'S BEERFEST PEDICURE • 45 MINUTES

Enjoy drinking a frosty mug of beer while the enzymes in beer soften calluses and exfoliate skin. An invigorating salt exfoliation abrades the most built up male foot armor. The macho man will realize the absolute necessity of this ultimate masculine grooming experience.

FOR THE GOLFER

POST GOLF FITNESS THERAPY • 45 / 60 MINUTES

This perfect ending to a round of golf or a workout assists in recovery by focusing on tired forearms, neck, lower back and hips. Especially beneficial if you plan to play the next day or if lactic acid has accumulated from physical exertion.

THE HARMON COMBO • APPROX 120 MINUTES

Start with 60 minutes of golf conditioning with a personal trainer to assess how functional movement can accentuate and optimize the golf game. After this work with a sports focused massage therapist for 45 minutes to target areas that experience tension from flexion, extension and rotation.

"I can't emphasize enough the importance fitness and wellness play in improving your golf game. Better conditioning, more strength and increased flexibility lead to a better game. Having an incredible Sports Club and Spa onsite is a real advantage to our Members looking for an extra edge. I encourage you to consult with a trainer to learn more."

- Bill Harmon, Director of Instruction at Toscana



THE SALON

MAKE UP

Professional Make-up Application • 45 Minutes

Professional Make-up Lesson • 60 Minutes

Lash Application

Brow Maintenance

Brow Architecture

HAIR SERVICES

Intensive Hair Repair • 15 Minutes

Women's Cut and Style

Women's Cut with Shampoo Only

Gentlemen's Cut

Children's Cut and Style

Shampoo and Blow Dry

Brazilian Blowout

COLOR SERVICES

Men's Color with Wet Style

Color and Style

Full Highlights / Low Lights

Partial Highlights / Low Lights

BRIDAL SERVICES

Trial Bridal Make-up

Day of Wedding Make-up

Trial Bridal Updo

Day of Wedding Bridal Updo

*Waxing services available. Please inquire with the
Spa Concierge for prices and types.*

NAIL SERVICES

French Polish is Complimentary during any service.

FRESH START MANICURE • 30 MINUTES

Focusing on the necessities of proper nail and cuticle care. During this introductory session nails are soaked, filed, shaped, buffed and polished. Cuticles are conditioned and nipped. A well-manicured result for nails in need of express treatment. (For shellac color or intensive treatment of cuticles; a 45 minute manicure is advised.)

FRESH START SPA PEDICURE • 30 MINUTES

The essential needs of foot care are addressed in an express fashion. Feet will be soaked and tended to with a buffing at the end for a natural look. (The addition of color on nails requires more time after cleaning and conditioning, a 45 or 60 minute pedicure is advised.)

SHELLAC MANICURE • 45 MINUTES

Experience all the essential steps of a traditional manicure with the addition of an award winning finishing lacquer that guarantees approximately 14 days of long lasting wear. This "power polish" does not result in any dry time and nails look immaculate.

SHELLAC PEDICURE • 60 MINUTES

Experience all the essential and pampering steps of a traditional pedicure with the addition of an award winning finishing lacquer that guarantees approximately 14 days of long lasting wear. This "power polish" does not result in any dry time and toenails look immaculate. Putting shoes on right after this service does not result in any damage. Great if you are on the go!



GENTLEMEN'S BEERFEST PEDICURE • 45 MINUTES

Enjoy drinking a frosty mug of beer while the enzymes in beer soften calluses and exfoliate skin. An invigorating salt exfoliation abrades the most built up male foot armor. The macho man will realize the absolute necessity of this ultimate masculine grooming experience.

CHAMPAGNE AND CAVIAR MANICURE • 45 MINUTES

Capturing the special healing properties found in caviar, green tea and rose, we have created a hand treatment to relax and renew. This manicure affords the recipient all the best in hand care through caviar, while enjoying a glass of bubbly.

CHAMPAGNE AND CAVIAR PEDICURE • 45 MINUTES

Through the special healing properties found in caviar, green tea and rose, this marvelous pedicure cares for the feet in a royal way. All the steps of refinement of a pedicure with the finest in product procurement. Enjoy a glass of bubbly while soaking.

BRIGHTENING PEDICURE • 60 MINUTES

This results driven pedicure delivers brightening and clarity to the skin for immediate luminosity. Using a powerful blend of skin illuminating botanicals along with a multi-acid peel, and other active products, skin appears lighter and more refined. An acupuncture foot massage adds a deluxe touch.

NAIL ENHANCEMENTS

Paraffin Hands or Feet • 15 minutes

Polish Change

Brightening Hand Mask • 15 minutes



SPA INFORMATION & ETIQUETTE

The Spa is an oasis of serenity and relaxation. Each guest is granted personal permission to create a freedom zone—freedom from smoking, cell phones and stress.

SPA ATTIRE

Members and guests are provided robes and slippers to wear while experiencing the Spa. A locker to store your personal belongings will be assigned. Bathing attire is optional for gender specific whirlpools and wet areas.

ARRIVAL TIME

It is recommended you arrive at least 30 minutes prior to your treatment allowing for relaxation and time to use the shower, sauna, steam and whirlpool facilities. To receive the optimal benefits from your spa treatment, decompression time is essential before your service begins.

SPA CANCELLATION POLICY

Should you need to cancel your appointment, please notify the Spa Concierge 24 hours in advance. A full treatment charge will be applied to your account for less than 24 hours cancellation notice.

SPA SERVICE CHARGE

Our spa staff is dedicated to exceeding your expectations and creating a memorable experience. For your convenience a 20% service charge will be applied to your account for each service.

AGE MINIMUM

Children between the ages of 14 and 16 must experience services with a parent or guardian, or be accompanied by them. Services must be with same gender.

Salon services such as hair and nails are offered to Members and guests of all ages, however, children under the age of 13 must be accompanied by a parent.

Children under the age of 16 are not permitted to use the whirlpool, sauna or steam rooms as these high heat areas are not advised.

GIFT CARDS

Gift Cards for the Spa may be purchased for a specified dollar amount.

MEDICAL CONSIDERATIONS

Spa treatments sometimes involve heat applications, exotic botanicals, or other catalysts for change in the body's metabolism. Please inform your Spa Technician of any allergies, high blood pressure, or other medical condition of concern. Consult your physician before service is performed if in doubt.



Toscana
SPORTS CLUB

WELLNESS PORTFOLIO





SPORTS CLUB HOURS OF OPERATION: Open Daily, Year-Round 6:00 am – 8:00 pm

A STATE OF BEING WELL



At the Toscana Sports Club, there are endless options for improving one's health and well being. The invigorating repertoire includes strength and mobility training, nutrition and movement classes, yoga and Pilates. The high-spirited camaraderie continues on adventures further afield that take Members into the mountains on foot and on stirring Cicilio di Toscana loops by bike.

What is notable is the sheer depth of the personal training staff. While some facilities might offer one or two specialists, the Toscana team numbers more than two dozen experts in all aspects of physical conditioning and wellness. In their hands, turning back the hands of time just might be possible.





TOSCANA SPORTS SERVICES

GROUP EXERCISE CLASSES

At Toscana, there is a wide variety of exercise classes designed for all fitness levels. From the high intensity strength building of BodyPump® and TRX to a fast paced Spin class to a calm yoga class, Members enjoy a great work-out while having fun. As the schedule of classes varies each month, please check the Group Exercise Schedule for our current offerings. The schedule is available online or at the Sports Club front desk.

PERSONAL TRAINING

Personal training is 100% about you. Whether you're interested in improving your golf game, boosting your overall conditioning or maintaining a healthy bodyweight, we have the perfect personal trainer to help you reach your goals.


We want to know what motivates you, what your goals are and then match you with the perfect trainer to help you meet them. Our trainers provide one-on-one consultation and assessment before creating a customized program to help you achieve your fitness goals.

Private Sessions • 30 or 60 Minutes

Assisted Stretching • 30 Minutes

Semi Private Session • 60 Minutes

Sessions can also be purchased in groups of 6 or 12 sessions.





PILATES PRIVATE INSTRUCTION

Find harmony and inner peace and enjoy private and group instruction in the beautiful Toscana Pilates Studio that features a full complement of Pilates equipment including four Cadillac reformers. Certified instructors will work with the ergonomics of the body, keeping form and function in mind with all exercises.

Private Sessions • 30 or 60 Minutes

Semi Private • 60 Minutes

Group Reformer Sessions

NUTRITION

A variety of individualized consultations and testings are available to identify and work towards key concerns and goals. Identifying one's Omega 3 levels for nutritional health or a general lifestyle plan are just a few of the options. A Sports Club Concierge staff can introduce these options and identify the best approach for you.

GROUP HIKE AND CICILIO DI TOSCANA

Tired of the same old routine? Try our new and exciting programs perfect for getting an invigorating work-out while enjoying time with other Members in an outdoor setting. Taking advantage of the multitude of beautiful trails in the Coachella Valley, join us for our monthly hikes that include a power hike and a scenic hike. Our Bike Club—Cicilio di Toscana—is perfect for Members interested in group rides.

GOLF FITNESS PRESCRIPTION

A certified personal trainer with specific knowledge of the game of golf can offer a wealth of information in prescribed movement to enhance one's golf game. Range of motion, strength, cardiovascular conditioning and flexibility are all key wellness measurements that directly equate to the success out on the course. Numerous options are available to create a personalized program to measure the results of overall wellness and golf game success.

THE HARMON COMBO • APPROXIMATELY 120 MINUTES

Start with 60 minutes of golf conditioning with a personal trainer to assess how functional movement can accentuate and optimize the golf game. After this session work with a sports focused massage therapist for 45 minutes to target areas that experience tension from flexion, extension and rotation.

TENNIS PROGRAM

The Tennis Program at Toscana is filled with clinics, league play, club championships, individual lessons and fun mixers for Members and guests.

Dedicated to Charlie Pasarell, who has been instrumental in keeping Indian Wells and the Coachella Valley in the forefront of tennis, the Charlie Pasarell Tennis Center features a beautiful stadium court and three additional lighted tennis courts, including one clay court, delivering the highest caliber playing experience. Toscana's full time Director of Tennis is a member of USPTA and USTA with years of experience, offering a wealth of tennis knowledge in the foundation and strategy of the game.

Group and private lessons are available for all levels:

Director of Tennis Private Lessons • 30 or 60 Minutes

Assistant Tennis Pro Private Lessons • 30 Minutes

Semi-Private Lessons • 30 or 60 Minutes

3 and Me (Director of Tennis + 3)

Group 4 or More

Enjoy complimentary court time for practice and matches including use of a ball machine.





SPORTS CLUB INFORMATION & ETIQUETTE

CHECK IN

All Members are requested to check in with the Sports Club Concierge for court time or fitness access.

EQUIPMENT AND ATTIRE

Work out attire (excluding street clothes, swimwear and cut-offs) is required. Closed toed sport shoes are required for safety.

Court shoes with non-marking soles are required for tennis courts. Appropriate tennis attire is required for game play.

Demo racquets and practice balls are available on a complimentary basis.

ARRIVAL TIME

Please plan to arrive at the time of noted group exercise classes. Arriving late disturbs the flow of the class and may not guarantee participation.

It is essential to arrive on time for personal training and private tennis instruction to ensure full reservation time.

CANCELLATION POLICY

Should you need to cancel your training appointment or tennis lesson, please notify the Sports Club Concierge 24 hours in advance to avoid a cancellation charge.

AGE MINIMUM

Members and guests must be at least 13 years of age to use the fitness facility unless certified by the Sports Club Director. Children under 13 must be accompanied by an adult at all times.

MEDICAL CONSIDERATIONS

Before all first time personal training appointments an evaluation will be performed with a questionnaire and assessment. Please consult your physician if any medical or physical conditions exist.





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