

TOSCANA SPORTS CLUB PORTFOLIO



TOSCANA SPORTS SERVICES

Group Exercise Classes

Group Hikes

Cicilio de Toscana Bike Rides

On Site Physical Therapist

PRIVATE PILATES INSTRUCTION

Private One-On-One Sessions

25/50 Min • \$76/\$115

Semi-Private • 50 Min • \$82 per person

Private Group Reformer • 3-5 People • \$200

Group Reformer • 50 Min • \$45 per person or
25 Sessions for \$875 per person (\$35 per session). *Package expires one year from date of purchase.*

Clinical Pilates Private Instruction

50 Min • \$130

PERSONAL TRAINING

Private Sessions • 25/50 Min • \$76/\$115

Private Package Training • 50 Min/session

10 Sessions • \$1,050 (\$105 per session).

Package expires one year from date of purchase.

Semi-Private • 50 Min • \$82 per person

Clinical/Golf Fitness Training • 50 Min • \$130

Stretch Therapy • 50 Min • \$154

Private Group Exercise • 50 Min • \$120 (\$15 for each extra participant)

Team Spartan (Up To 6 People)

50 Min • 8-Session Packages \$400 (\$50 per session).

Bespoke Fitness • 50 Min • 1-2 People \$130

3-4 People \$165 • 5 People and up \$200

Truly unique private group classes such as glide fit, aerial yoga, bounce, boxing, and bespoke pilates.

Private Group Sound Bath • 60 Min • 1-4 People \$200 • 5 People and up \$50 per person

A treatment that includes ambient sounds to create healing through vibrations, concluding with guided meditation.

SoulCollage Individual Session • 60 Min \$85 •

Couples Session \$155 • Group Session 3-20

People \$250-\$500

Using images made into a collage, participants are led through a process to create personal meaning. This facilitates a process for self-exploration. A wellness tool to help with goals, direction, and strategy to deepen relationships with self and others.

POOL & BOCCE

Private Bocce Lessons • 50 Min • \$75

TENNIS & PICKLEBALL PROGRAM

All Clinics are \$30/person for 60 Min & \$45 per person for 90 Min.

	Minutes	Rate
Private Lesson	30	\$55
Private Lesson	60	\$100
Private Lesson	90	\$150
Semi-Private	60	\$60 per person
Semi-Private	90	\$90 per person
Group-3 Players	60	\$45 per person
Group-3 Players	90	\$60 per person
Group-4+ Players	60	\$35 per person
Group-4+ Players	90	\$50 per person



HOURS OF OPERATION

Sports Club, Tennis, Pickleball & Bocce

Open Daily, Year-Round 6:00 am – 7:00 pm

Pool

Open Daily, Year-Round 7:00 am – Dusk

Cancellation Policy

Should you need to cancel your training appointment or tennis or Pickleball lesson, please notify the Sports Club Concierge 24 hours in advance by verbal phone call to avoid a full service cancellation charge.

Guest Policy

Daily from 6:00 -10:00 am the Fitness Floor is limited to Members only. Guests are welcome to enter the fitness facility for workouts between 10:00 am - 7:00 pm. Guests are welcome to use the pool and take part in Group Exercise classes at any time.



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