

TOSCANA



Sports Club

PORTFOLIO



# TOSCANA SPORTS SERVICES

Group Exercise Classes

Group Hikes

Cicilio de Toscana Bike Rides

Monthly Yoga & Pilates Workshops • \$40

See Event Calendar.



## PILATES INSTRUCTION

**Private One-On-One Sessions • 25/50/80 Min**

\$80/\$115/\$190

**Semi-Private • 50 Min**

\$82 per person

**Group Reformer • 50 Min**

\$40 per person

**Private Group Reformer • 50 Min**

\$50 per person (3-5 People)

**Clinical Pilates Private Instruction • 50 Min**

\$130

## BOCCE

**Private Bocce Lessons • 30 Min**

\$45

**Private Bocce Coordinator • \$100 per hour**



## PERSONAL TRAINING

**Private Sessions** • 25/50 Min • \$80/\$110

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

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

**Fascial Stretch Therapy** • 25/50/80 Min  
\$95/\$160/\$260

**Active Release Techniques** • 25/50 Min  
\$145/\$210

**Active Release Techniques & Fascial Therapy  
Combo** • 80 Min • \$340

Cupping add-on \$30

**Private Group Exercise** • 25/50 Min

\$80/\$130 (\$15 for each extra participant)

**Team Spartan** • 50 Min

\$60 per session (Up to 4 People)

**TPI Group Golf Fitness** • 50 Min

\$50 per person (Up to 6 People)

**Bespoke Fitness** • 50 Min

1-2 People \$150

3-4 People \$200

5 People and up \$250

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

**Private Group Sound Bath** • 60 Min

Minimum of four people for a private experience.

\$65 per person grounded

\$75 per person suspended

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







## **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 -11:00 am the Fitness Floor is limited to Members only. Guests are welcome to enter the fitness facility for workouts between 11:00 am - 7:00 pm. Guest Spa Locker and wet area usage is available with the purchase of a Spa service on the day of use.

**76009 Via Club Villa**

**Indian Wells, California 92210**

**Sports Club 760.404.1590 | ToscanaCC.com**