

Toscana SPORTS PORTFOLIO COUNTRY CLUB



CAMP
Toscana

SPORTS CLUB
SERVICES

Monthly Schedules are available at the Sports Concierge Desk for Group Exercise Classes, Hikes & Bike Rides.

PILATES INSTRUCTION

- Private Session** 25/50/80 Min
- Semi-Private** 25/50/80 Min
- Group Reformer Class** 50 Min \$85/\$120/\$210
(6 available spaces) \$70/90/\$130
- *See online schedule for class times.* \$45 per person

BOCCE

- Private Bocce Lessons** 30 Min \$52
- Private Bocce Coordinator** 60 Min \$125

PERSONAL TRAINING

- Private Sessions** 25/50/80 Min \$85/\$120/\$210
- Semi-Private** 25/50/80 Min \$70/\$90/\$130
- Fascial Stretch Therapy** 25/50/80 Min \$80/\$135/\$220
- Spartan Group Exercise** \$65 per person
(4 available spaces)
- Private Group Exercise** 25/50 Min
 - 1-2 people \$136
 - 3-5 people \$210
 - 6 or more people \$275

- Water and Air Fitness Experiences** 50 Min
 - Glide & Aerial Yoga
 - 1-2 people \$175
 - 3-5 people \$225
 - 6 or more people \$275
- Private Group Sound Bath** 60 Min
(4-person minimum)

\$75 per person - grounded
\$85 per person - suspended



Take Your Performance to the Next Level

- See your body in a whole new way with **advanced 3D visuals**
- Objective data that allows you to **track your progress over time**
- A personalized Movement Health Report customized to **YOU**



kinotek

KINOTEK MOVEMENT HEALTH ASSESSMENT

New to Toscana, Kinotek is an advanced, camera-based movement assessment system that uses LiDAR technology to capture a series of movements in seconds, generating detailed data on flexibility, joint stability, posture, and overall movement quality. It's fast, non-invasive, and requires no physical contact.

All Members are invited to schedule a complimentary overhead squat assessment to start the Kinotek journey. This assessment will provide information on a core daily movement and uncovers mobility, stability and movement compensations and the right exercise approach.

OFFERINGS

Kinotek Seven Movement Snapshot

25 Min

\$75

Precise data in real time with seven core movements necessary for daily health. A crystal-clear view of inherent strengths and opportunities provided in report form. This is the first step to link data with a plan for enhanced physical performance.

Kinotek Customized Movement Assessment

50/80 Min

\$120/\$210

There are 65 movements in the Kinotek portfolio. In this devoted time a fitness professional performs mobility analysis based on needs and then creates a custom-built movement game plan. In the 80-min, a prescriptive workout is included on the fitness floor.

A Customized Assessment can be tailored for items such as post-injury improvement, Court Sports Mobility or Golf Performance.

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 any fitness appointments, 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.



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