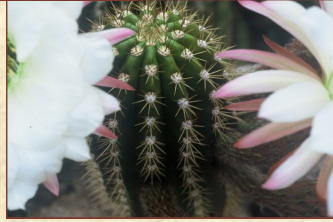




DESERT HIGHLANDS



Fitness & Wellness Center



DESERT HIGHLANDS

Fitness and Wellness Center



Monday - Sunday
5:00 am - 9:00 pm
~ Closed Christmas Day ~

Fitness Center Phone: 480-419-3775

www.deserthighlandsscottsdale.com



*Explore Mind, Body & Spirit
within your own Desert Oasis...*



Dress Code: Appropriate athletic attire is required in the fitness center. Closed toed shoes are required on the fitness center floor. Individuals using the spa services will be given a robe and a locker for their personal belongings.

Reservations: Please note all Desert Highlands instructors and therapists are independent contractors. Therefore, they are not employees and are in control of their own schedule and booking of appointments. You may call the Fitness Pavilion to book an appointment or contact the person directly to schedule your service. All phone numbers are listed below each service.

~ Appointment Phone Line ~ **480-419-3775**

Punctuality: Please arrive at least 10 minutes prior to your service to allow time for check-in and preparation for your treatment. Clients who arrive late will receive the remaining appointment time as to not delay the next guest.

Cancellation Policy: If you must cancel an appointment, we require a full 24-hour notice. The full service charge will apply on any late cancellations or no-show appointments.

Service Charges: All services are billed directly to the Member's account. If a Member wants to provide a service for someone other than themselves, the Member must make the appointment and authorize that the service can be billed to their account. Gratuities are not included in any of the prices. Cash payments are not accepted for any service rendered.



Initial Nutrition Consultation:

This 60 minute consultation is to discuss and educate the client on current nutritional needs and to create goals to be implemented by the client. **\$125**

Personalized Nutrition Plan:

This plan is used in conjunction with the initial consultation. You will receive a metabolic typing test, a personalized daily food plan, personalized grocery shopping list, personalized example meals and a 45 minute consultation to implement the program. **\$150**

Follow Up Consultation:

This 45 minute consultation is to review your current nutrition plan and to modify the program if necessary. **\$90**

Follow Up Phone Consultation:

This 45 minute consultation can be utilized no matter where you live in the United States. You will review your current nutrition plan and modify the program as necessary. **\$70**

Online Nutrition Consultation:

This service is designed to provide online internet support in addition to a weight loss or health plan. Clients like the accountability that this service provides without having to make an appointment. **\$45**

Heal from the Inside Out

Do you suffer from the following?

- Excess Weight - Body Fat
- Digestive Issues
- Hormone Imbalances
- Depression
- ADD/ADHD
- Autistic Behaviors
- Food Allergies - Intolerances
- Skin Disorders
- Unexplained Fatigue

Our Nutrition Services are here to help! You will work directly with our on staff nutritionist who will give you a holistic based health program designed specifically for you. Long-term success is our goal; that is why your program will become part of your lifestyle and not just a quick fix to your health issues.



~ Nutrition Services are offered by ~
Via Gibson, CNC, CPT
480-250-2218

vgibson@deserthighlandsscottsdale.com

Cardio Machines: Our 7,000 square feet Fitness Center is extensively equipped with Precor ellipticals and treadmills, a Precor adaptive motion trainer, Cybex arch trainers, Cybex recumbent and upright bikes, a Matrix krank cycle and the world class Lemond spin bikes.

Weight Area: Our broad spectrum of equipment includes Cybex and Matrix weight machines, a free weight area with dumbbells from 3lbs-65lbs, a Pilates Reformer and balance aids (Bosu, dyno discs, Bogo board, Step 360, and foam rollers).

Specialized Equipment: The Power Plate (vibrational platform) and Isawall system are available for Member use. Please note: a demonstration class is required prior to their use.

Fitness Class Room: The private fitness room is designed to suit all of Desert Highlands' classes, including Body Blast, Deep Stretch, Fat Burn 45, Power 30, Restorative Yoga, Spin, T'ai Chi, Total Body, Zumbacise, TPI Titleist Golf Fitness workshops, Health/Nutrition lectures, and features an incredible view.

Locker Rooms: We offer steam rooms in each male and female locker room, along with private showers, dressing area, daily lockers, full amenities and two private massage rooms.

Swimming Pool: Enjoy our shallow lap pool that is heated to 82 degrees in the winter months overlooking gorgeous valley and golf course views. Outside restrooms/changing area and shower are available for your convenience.

Sunset Patio Bar: Prior to or after your workout, enjoy coffee, beverages, spirits and/or freshly baked pastries at the SW Patio Bar located above the pool. Coffee and water are available in the Fitness Center. Please do not bring outside food, sports drinks, or beverages into the Fitness facility. A light Pool menu is available poolside and can be ordered via the SW Patio Bar or the phone located in the Fitness Center.





Escape into relaxation and rejuvenation

Personalized Therapeutic Massage: Custom designed for your body, this massage integrates a variety of massage techniques to produce optimum results for you. The massage can be as light or as deep as you desire. Your body will feel rested, rejuvenated and full of life.

Restorative Massage: This deep massage focuses on healing the body and providing relief from TMJ, chronic pain, sports injuries, and the aches/pains of everyday life. You will feel more energetic and have greater vitality and harmony in the body.

Reiki: Reiki is a Japanese word meaning "Universal Life Energy Force". This energy is directed into the body either with "hands on" or "hands above the body". Reiki works with the body's physical, mental, emotional and spiritual levels. It promotes greater compassion, trust, peace and serenity from within by restoring balance and tapping into your natural energy fields.

All massages include a peppermint essential oil foot wrap free of charge.



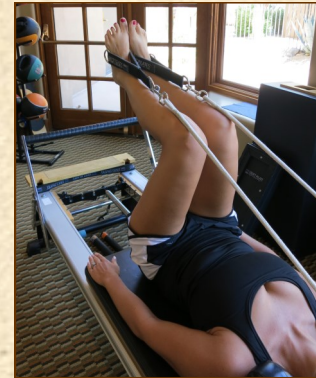
~ These three services are offered by
Judy Parrish, LMT & Reiki Master ~ 480-694-2500

~ **All massages are available in the following increments ~**
30 minutes = \$50 60 minutes = \$85 90 minutes = \$115



Specialty Fitness Services

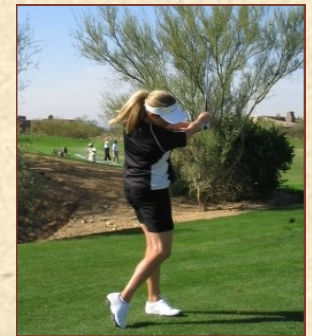
Pilates: Pilates is a system of activating your muscles that takes both physical and mental control, resulting in long, lean muscles, increased flexibility, improved posture and balance. "Core" is the primary focus of pilates, allowing you numerous benefits to your golf and tennis game. Whatever your gender, age, fitness level or physical challenge, anyone can practice this method of exercise. Techniques specific to your needs will be taught with and without equipment by our highly trained Pilates Instructors. Come and feel the



difference Pilates can make in your body! ~ **45 min \$65-75**

~ These services are offered by ~
Roseann Zaff 602-717-4771
Penny Wright 602-361-6616

TPI Instruction: Want to hit the ball further, straighter and with less pain? Learn how to improve your stability, mobility, flexibility, and strength with proven methods from the Titleist Golf Performance Institute. Our certified TPI Golf Fitness Instructor will create a routine specific to your needs as it relates to the biomechanics of your golf swing. Try TPI Golf Fitness, because your body doesn't get another mulligan!



TPI Golf Assessment: **\$195** Follow Up Session: **\$85**

~ This service is offered by our
TPI Instructor Roseann Zaff ~ **602-717-4771**

* **Optional** Golf Swing Video Analysis (before & after)
with Director of Instruction Karen Nannen **\$75**



248-302-3012

Marcie Eberle has been in the health industry for over 23 years. She is a triathlete with the combination of MSW, ACSW, and AFAA certifications. Her focus and background include Senior Fitness, Jonny G Spin®, Peleton RevCycling, deep athletic stretch, yoga, ultimate conditioning, swim instruction, water aerobics, and individual and group training to provide an all around strong mind/body combination. She specializes in eating disorders and body image issues and has an undergraduate degree from DePauw University and a Masters Degree from the University of Michigan Ann Arbor.



602-361-6616

Penny Wright, B.S., continues at D.H. for her 9th year with 27 years experience in the health and fitness industry. Her certifications include ACE, AFAA, Step Reebok®, Schwinn Cycling, Senior Fitness, Arthritis Foundation Water Program, Reebok Body Walk® and STOTT™ Pilates Reformer and Mat training. She has also worked for AFAA over 25 years examining prospective instructors for group exercise certification. A competitive cyclist and professional inline speed skater, Penny promotes the value of reaching personal goals in achieving realistic functional movement for everyday living. Her college studies include Sport Psychology, Exercise Science, Advanced Nutrition, Anatomy & Physiology, Biomechanics and has worked with post injury rehab for several orthopedic surgeons.



602-717-4771

Roseann Zaff has been with us at DH since 2001. As a full-time certified fitness professional, she offers one-to-one and group personal training, and teaches Yoga, Pilates, Golf Fitness (TPI), Spin, and Body Sculpting. She is a Certified Living on Live Foods Educator and this year she has furthered her education to become a Certified Holistic Wellness Coach through The Institute of Integrated Nutrition. Roseann recently became a Detox Specialist under the guidance of Dr. Christina Tondora, NMD and Green Smoothie Girl Senior Apprentice through Robyn Openshaw's Green Smoothie Girl training program. In spring 2014, she will become a Certified Yoga Therapist with a total of 500 hours of yoga/therapy training. She continues to advance her training to help her clients to achieve optimal health & find balance of fitness and nutrition in their life. She lives with her husband Gary & 3 kids (with 12 paws), Dharmia, Degan and Dirk in Fountain Hills, AZ in season and Chagrin Falls, OH off season.

Deep Tissue Massage: Working through the surface muscle layers, to the deeper layers, this technique helps with chronic muscular pain and injury rehabilitation and reduces inflammation related pain caused by arthritis, tendonitis and other ailments.

Sports Massage: This massage tends to be a deeper and more intense session. It combines acupressure techniques, along with stretching, compression and friction. Perfect for the active golfer or tennis player!

~ These two services are offered by
Carey Moxley, LMT ~ 602-538-2672



~ **All massages are available in the following increments ~**
30 minutes = \$50 60 minutes = \$85 90 minutes = \$115



Swedish-Relaxation-Stress Relief Massage: This gentle to firm massage is a very relaxing and therapeutic style of bodywork. This massage restores balance and well-being, releases muscular tension, enhances mental clarity, and allows your body to move more freely. It counters the effect of stress and anxiety and facilitates the flow of vital energy.

Deep Tissue - Sports Massage: Deep Tissue Massage works through tension layer by layer, reaching the deeper muscles. This massage is a highly effective method for releasing chronic stress in areas due to misalignment, repetitive motions, and past injuries. Firm pressure throughout with deep work in areas indicated. Sports Massage enhances your performance by helping to prevent injury, reduce pain, relax the mind, increase flexibility, and dramatically improve your recovery rate. This massage is great for the athlete in all of us!

These two services are offered by
Sue Swantko, LMT, NCBTMB - 480-652-2519



~ **All massages are available in the following increments ~**
30 minutes = \$50 60 minutes = \$85 90 minutes = \$115



Personal Training: Do you need a program designed specifically for you? Would you like to see results quickly? All of our personal trainers have over 15 years each of experience and hold numerous national certifications. We are available any time of day, seven days a week.

~ 45 minute sessions = \$60-\$75 ~

Buddy training/special 30 and 60 minute sessions/ personalized exercise program designs are available; Please contact the Fitness Center.

Call the Fitness Center at **480-419-3775** to have our Fitness Director schedule an appointment with one of our trainers or feel free to contact them directly.

Via Gibson	480-250-2218
Steve Jarzabek	480-390-7987
Michael Anderson	480-236-8927
Marcie Eberle	248-302-3012
Penny Wright	602-361-6616
Roseann Zaft	602-717-4771



Aerobic Class Schedule

Fitness Classes are also offered year round at the Fitness Center. We offer Spin, Total Body, Yoga, Restorative Yoga, Fat Burn 45, Body Blast, Deep Stretch, Power 30, T'ai Chi, and Zumbacise. Please check online for our current aerobic schedule or call the center directly at **480-419-3775**.



If you take several DH fitness classes a week, consider paying the **Special Monthly Group Class Fee** which offers unlimited group training classes for a monthly fee. Please see Via in the Fitness Center for all the details. Sign up by the 22nd of the month for the following month of classes.



480-250-2218

Via Gibson, Fitness Director, has been in the health industry for over 20 years. She specializes in Athletic Fitness, Women's Wellness Programs, Sports Nutrition, Functional Endocrinology, Metabolic Typing, Applied Nutritional Therapy, Vitamin and Supplement Analysis, Muscle Response Testing and Hair Tissue Analysis. Via holds certifications with ACE, AFPA, Freddie Ulan Systems, Dr. Lang Corporation and AMS, is well known for her corporate health seminars and has published numerous health articles for local and national newspapers.



480-390-7987

Steve Jarzabek, Assistant Fitness Manager, has been in the fitness industry for 12-years. After time in the Army and Finance field, he realized his true calling was to follow his passion for fitness. Steve also holds a Masters of Exercise Science and is certified by ACE as a Personal Trainer, Group Fitness and Health Coach. Additionally, he is certified by NASM as a Performance Enhancement and Corrective Exercise Specialist. Steve's primary focus is corrective exercise, utilizing the Functional Movement Screening System (FMS). He has also participated in Titleist Performance Institute Seminar holds a TRX certification and is a Black Belt in karate. The rest of his time is devoted to volunteering at various charities throughout the year, such as Phoenix Children's Hospital, Leukemia, and Diabetes. In his free time, he also loves running, cycling, hiking, golf and tennis.



480-236-8927

Michael Anderson has been in the fitness industry for 10 years. He is ACE and BOSU certified, with a Business Degree from W.P. Carey. "Many people are goal-orientated; whether that's to shed a few pounds, gain some muscle, or to live a healthier life style. To achieve these goals or any others you may have, is to take it one step at a time. His objective as a personal trainer is to help you take that first step, spark your interest in exercise, but more importantly reach your ultimate, yet realistic exercise goals.

