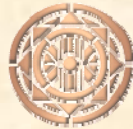



DESERT HIGHLANDS



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

Fitness Center  *Day Spa*

Escape into relaxation, well-being and rejuvenation

- **Therapeutic Massage:** Custom designed for you with pressure dictated by your body, this massage uses trigger point therapy, myofascial release, craniosacral therapy along with therapeutic massage therapy and Reiki energy to assist your body in feeling the best it has ever felt.
- **Cranial Sacral Balancing Therapy:** This accesses the craniosacral rhythm which is the pulse of your energetic body, the oldest rhythm in the body and the primary conductor of life energy in the body. The deepest part of your inner being is touched and healing is allowed to occur, offering increased physical vitality and resiliency, relief from TMJ pain, reduction of stress symptoms, chronic pain relief and more.
- **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.

~ These three services are offered by Judy Parrish, LMT & Reiki Master ~

~ All massages are available in the following increments ~

30 minutes = \$50 60 minutes = \$85 75 minutes = \$100 90 minutes = \$115



Relaxation

Massage

Massage



Relaxation

Escape into relaxation, well-being and rejuvenation



- **Anti Stress Massage:** As our body gets more and more stressed, our muscles tense up and cause much pain and discomfort. In this massage, the receiver feels an immense feeling of satisfaction and relaxation as the therapist slowly melts away minor muscle aches and pains caused by the stresses of everyday life.
- **Medical Massage:** This medium to deep pressure massage effectively addresses various injuries, conditions, and surgeries like: knee, hip and shoulder replacements, sciatica, acute to chronic lower back and neck pain, headaches, sports injuries and more. It can be a full body massage or applied to one or two specific areas. Benefits include increased circulation, reduced muscle spasms, restores joint motion/ flexibility and helps muscles recover quicker from strenuous activities.

~ These two services are offered by Sofie Palermo, LMT ~

~ All massages are available in the following increments ~

30 minutes = \$50 60 minutes = \$85 75 minutes = \$100 90 minutes = \$115



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 golf or tennis player!

~ These two services are offered by Carey Lougheed, LMT ~

~ All massages are available in the following increments ~

30 minutes = \$50 60 minutes = \$85 75 minutes = \$100 90 minutes = \$115



*Enjoy soothing sounds
of the desert*



Pool Side Massage: Enjoy the beautiful surroundings of Desert Highlands by relaxing in nature. A private, secluded patio is available for your delight! Feel free to stay and enjoy lunch or have a special champagne brunch awaiting you after your journey to relaxation. Reservations must be made 48 hours in advance for this service and it is required that you wear swimsuit attire for this massage. This is great for couples or a “girls day”. **\$115 for a 60 minute massage**

~ This service is offered by all of our massage therapists ~



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 = \$55-\$65 ~

Buddy training/special 30 minutes sessions are available; contact the Fitness Center.

Call the Fitness Center at **480-419-3771** to have our Fitness Manager schedule an appointment with one of our trainers or feel free to contact them directly.



Aerobic Class Schedule

Fitness Classes are also offered year round at the Fitness Center. We offer Spinning, Bootcamp, Bodysculpt, T'ai Chi, Yoga, Pilates and Latin Dance. Please check online for our current aerobic schedule or call the center directly. Drop in classes are available for all Members but some classes require advance sign up by calling **480-419-3771**.


Body



Fitness

- **Darrell Gibson, Personal Training & Services Manager**, has been a competitive athlete (skiing, swimming and water polo) and has helped others in the health industry for over 21 years. He is certified with ACE, ISSA and The Paul Check Institute. Darrell specializes in body fat reduction, weight loss, cardiovascular conditioning, strength training, rehabilitation, flexibility, core strengthening, sport specific training, stability ball exercises, cardio boxing and nutritional programming. Darrell is friendly, motivating, task oriented and willing to help anyone turn their health around when they are ready!
- **Via Gibson, Fitness Manager**, has been in the health industry for over 17 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.
- **Clarence Ferguson** has 20 years of fitness experience with a client list including various figure competitors, body builders and business elite. Clarence's diverse background includes a Focus on Fitness Resistance Training Specialist Mastery Program, graduating with a honor few in America hold, the coveted RTSM brand. While personal training and a Nike model in 90's, Clarence toured North America providing continuing education for KICK FIT Kickboxing. By using a three dimensional approach of nutrition, resistance training, and accountability, he assists clients in achieving their weight loss and health goals.
- **Roseann Fraccl** is a "seasoned" fitness professional and holds a host of personal and group fitness certifications including ACE, AFAA, AEA, BodyPUMP®, SPIN®, Resist-a-Ball® plus over 500 hrs of Pilates and Yoga training. Roseann has recently completed an Advanced Instructor Golf-Specific Training Certification with Titliest Performance Institute and comes back to Desert Highlands for her 9th year with programs designed to help you hit the ball consistently farther and straighter with reduced risk of injury and back pain. "LIVE FIT" is her philosophy... fitness is her passion!
- **Rachel Weller** - Rachel's love of fitness began when she was a child participating in dance competitions, softball and field hockey. The interest followed her to college at ASU where she graduated with a Bachelor of Science degree in Exercise Science. She has been active in the health and fitness field for the last 11 years teaching group fitness classes and personal training. She holds certifications with the NASM (National Academy of Sports Medicine) and NHE (National Health Examiners).
- **Penny Wright, B.S** has over 22 years of experience in the fitness industry. She holds certifications through ACE, AFAA, Step Reebok, Schwinn Spinning, Senior Fitness, The Arthritis Foundation Water Program, Reebok Body Walk, STOTT™ Pilates Reformer and Mat training. Her studies include Sport Psychology, Exercise Science, Advanced Nutrition, Anatomy, Biomechanics, and has worked with post injury rehab for several orthopedic surgeons. Penny is also a professional inline skater; in which she continues to compete and teach.
- **Jake Zinn** - After serious stomach/ulcer issues age of 31, it was suggested by his doctor that Jake Zinn try some form of mind/body exercise to help with treatment. Jake decided to try Tai Chi and that decision was the beginning of a life-long relationship. Jake has been studying Tai Chi and Qi Gong for over thirteen years and became a certified instructor in 2004. While his initial studies focused on Yang Family Style Tai Chi, over the years Jake has become proficient in over seven different forms & styles of Tai Chi and Qi Gong. His main goal as a teacher is "allowing people to experience how great practicing Tai Chi can make you feel."


Specialty Fitness Services

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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! **\$65 ~ 45 min**

~ These services are offered by ~

Roseann Fracci

Penny Wright

- 
Titleist Golf Fitness: 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 Package Includes:

Biomechanical Fitness Analysis

Program Design

4 Private Training Sessions

\$395



~ This service is offered by our TPI Instructor Roseann Fracci ~

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



Tai Chi for Athletic Abilities: Is life's hectic pace getting to you? Need a break from a busy schedule? Having trouble slowing down... even with your golf swing? Tai Chi can help. The slow, flowing movements of Tai Chi have been used by the Chinese to maintain and improve health for over 2,000 years. These exercises are easy and fun to learn, and have been proven to restore the body's energy, increase range of motion, and improve balance and coordination. Tai Chi also helps to sharpen mental focus and bring clarity of mind. Think that could help your golf or tennis game? Come try a Tai Chi class. You'll like how it makes you feel. **\$70**

Tai Chi For Seniors: Improve your range of motion, coordination and balance, all while learning an exercise that helps you to relax! Tai Chi and Qi Gong exercises have been practiced by the Chinese to maintain and improve health for over 2,000 years. These exercises are easy to learn, fun to practice, and perfect for individuals of all ages. No special equipment or skills required. Come see why the Chinese call it the "supreme ultimate" of health practices. You'll like how it makes you feel! **\$70**

~ All Tai Chi sessions are private 60 minute lessons offered by Jake Zinn ~





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

480-419-3771

thegibsons@deserthighlandsscottsdale.com



- **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**



Spa & Fitness Center

Welcome



- **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.

~ Spa and Fitness Services Appointment Phone Line ~ **480-419-3775**
- **Punctuality:** 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.



DESERT HIGHLANDS

Fitness Center and Day Spa

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

Fitness Center Phone: 480-419-3771
Spa and Services Line: 480-419-3775

www.deserthighlandsscottsdale.com