

# Vista Valley Country Club

## *Fitness Center Orientations*

Every sport and golf member must attend an orientation prior to using the fitness equipment. Orientation is approximately 15 minutes long. Please contact Libby Tate, Membership Director at 760.842.6567 or ltate@vistavalley.com to schedule your appointment.

## *Personal Training*

Private fitness training tailored to your individual fitness goals. Your certified personal fitness trainer will assist you in developing a fitness exercises program with guidelines for creating and maintaining your cardio, strength and flexibility goals. Training sessions are available by appointment only.

### **Sessions**

60 Minute Private Training Session: \$70

60 Minute Private Training Session including a customized training program: \$100

60 Minute Semi-Private Training Session: \$52 Each Person (2 people max.)

### **Packages**

4 (60 Minute) Private Training Sessions: \$250

8 (60 Minute) Private Training Sessions: \$500

12(60 Minute) Private Training Sessions: \$750

## *Group Fitness Classes*

\* Please bring your own water bottle, towel and exercise mat.

### **Strength Flex Fusion**

**Monday, Wednesday** 8:30am - 9:30am

**Friday** 9:15am - 10:15am

A full body workout class including elements of cardio-aerobics, strength and flexibility. This upbeat class utilizes weights, resistance bands, fit balls, glider discs and body weight drills. Exercise variations given to accommodate all fitness levels.

### **Yoga**

**Monday:** 9:45am - 10:45am

**Friday:** 8:00am - 9:00am

Yoga for everybody and Every Body! Yoga classes incorporate movement and breathe in a gentle and flowing style. Connect your mind, body and spirit to enjoy gentle flexibility and gain strength. This class is about breathing, moving and smiling from the inside out. Modifications are offered in class to accommodate beginners alongside seasoned Yogis.

For guests sponsored by a member a daily fitness guest rate of \$15 for a single day or \$50 for a week is available. Please check with the Front Desk for further details.

***You must be 16 years of age or older to use any/all fitness equipment and enter the fitness room without adult supervision.***

## *Hours of Operation Fitness Center*

Monday, Tuesday &  
Saturday  
6:00 am - 6:00 pm

Sunday, Wednesday,  
Thursday & Friday  
6:00 am - 9:00 pm

## Spa Appointments

Contact Alexis Jenkins  
(760) 758-2800  
ajenkins@vistavalley.com

Enhance your  
Signature Massage  
with Aromatherapy  
\$15

Please arrive 10 minutes  
prior to your appointment.  
For all Spa Services a  
24-hour cancellation  
policy is required.  
A 18% gratuity plus tax  
is automatically added  
to your service.

## Med Spa Services

### **Botox Injection**

For improvement of glabella (frown) lines, crowsfeet, forehead wrinkles, chin dimples, sagging platysma muscles (neck cords), and axillary sweating. \$10 per unit

### **Dermal Fillers**

Enhances cheeks, volumize lips, reduce nasolabial folds (side of mouth), improve lip lines and other mouth wrinkles.

**Juvederm Xe** \$650 per syringe

**Restylane** \$550 per syringe

**Voluma** \$850 per syringe

**Volbella** \$400 per syringe

### **Kybella Injection**

Reduces Submental (chin) fat, jowl fat, and axillary (arm pit)/chest fat. \$600 per syringe

### **Microneedling**

Collagen induction therapy, using micro channels made with very fine, surgical micro needles to induce regeneration, enhancing stimulating collagen naturally. Helps improved skin tone, texture, resiliency and pigmentation. Used successfully in scars, rosacea, fine lines, stretch marks, wrinkles and especially acne. Includes post cream.

Face and Neck \$350 Additional Area(s) \$160

### **Vitamin Injection**

**8 Complex:** Improves cell metabolism, skin health, muscle tone, immune and nervous system function, helps prevent anemia, and improves memory. \$35 per injection

**B12:** Improves cellular energy production. Deficiency symptoms include depression, mood disorders, fatigue, and memory loss. \$25 per injection

## Spa Services

### **Vista Valley Signature Massage**

Our signature Swedish Massage creates the shift from busy to relaxed. Blissful, reviving hot towel compresses are combined with massage techniques tailored to your specific needs. We finish with calming strokes providing instant relief and relaxation.

50 minutes \$75 80 minutes \$110

### **Gentle Warrior Therapeutic Massage**

Turquoise Sage Oil, a high quality blend of potent, pain-relieving arnica, relaxing lavender and healing sage is used for this deep therapeutic massage. Your therapist will target areas of pain or tension with deep tissue and neuromuscular techniques to release held tensions, free and loosen the entire body. 50 minutes \$85

### **Transformation Infused Facial**

This stimulating facial offers advanced resurfacing for immediate radiance. An instant cooling mask treatment detoxifies and minimizes the appearance of pores and offers immediate firming and nourishment. A dual peel mixture erases fine line, wrinkles, blemishes, and rough textured skin. Advanced peptide performance offers much fresher, younger, and smoother skin. 50 minutes \$75

### **Re-Fueling Men's Facial**

Correct the first signs of aging and extract impurities with this Signature Men's Facial. Gently exfoliate, un-clog pores, protect, and even out skin tone with peptides, fruit enzymes, and a variety of antioxidants. Peptides and growth factor activators will increase elasticity and firmness of the skin, while delivering proper nourishment. 50 minutes \$75

### **Full Body Anti-Aging Treatment**

The ultimate luxurious experience for the body. A customized exfoliation polishes away dry, aging skin and reveals a brighter, more even appearance. Anti-aging peptides firm and lift in a detoxifying body wrap. A revitalizing serum and nourishing massage balm sculpt and tone the body to complete perfection. 80 minutes \$130