



**THESONORAN**  
AT DESERT MOUNTAIN





The Sonoran at Desert Mountain is the community's hub for family activities to be enjoyed by members, their families and guests.

After a dramatic \$12 million renovation, the fitness center at The Sonoran, has completely transformed from a standard gym to an inspirational fitness and wellness center.

We offer the latest technology in cardiovascular equipment, a large free weight area, private self and assisted stretching areas, spinning studio, functional training room, two large aerobic studios, a private Pilates room, Yoga areas, on-site physical therapy, and full amenity locker rooms.

Also located at the clubhouse are adult and family pools which are heated year-round to provide diverse aquatic fitness experiences for all ages. Play a game of tennis at our "Wimbledon of the West" 9-court tennis complex. The youth center offers fun-filled planned activities, camps and play times.

You can retreat to The Spa and immerse yourself in a wide array of lavish treatments in a private, luxurious, environment.

Visit the salon, browse at the boutique, then round out your day with the fresh and healthy menu at Café Verde for an early morning bite or late night snack. The Sonoran is the perfect complement to the active lifestyle.





# TENNIS COMPLEX

Situated on 10 acres at the Sonoran Clubhouse, the Desert Mountain Tennis Complex features nine USTA-certified courts including Arizona's only stadium grass court, five clay (har-tru) courts and three two-toned green on green hard courts. Each court has its own pergola with misters and refrigerated, bottled water for comfortable year-round play. Members can enjoy superb playing conditions and programs for all ages, abilities and levels whether they desire a social or competitive experience. Our tennis professionals provide private, group and junior instruction.

DAILY 7 A.M. - 5 P.M. | 480-488-1397

CHECK-IN LOCATED AT THE BOUTIQUE AT SONORAN





Both women's and men's open play is available several days a week as well as tennis clinics throughout the year. Don't miss the tennis socials that provide an opportunity to meet fellow members of all playing abilities.

Junior tennis has plenty to offer with lessons, clinics, as well as summer and holiday camps that welcome all skill levels.

### **Desert Mountain USPTA Certified Teaching Professionals**



**Matt Wooldridge,**  
Director of Tennis,  
Fitness and Spa



**Lauren Lehrner,**  
Boutique and  
Tennis Manager



**Andy Stoner,**  
Desert Mountain  
Tennis Professional

# HEALTH & WELLNESS

Healthy living at the Sonoran is achieved by creating a connection with the mind, body and spirit. We offer numerous classes and workshops to enhance one's well-being through innovative programming.

We provide holistic nutrition, preventative medicine, healthy cooking classes, sports specific lessons, spiritual awareness and emotional and mental mindfulness.



THE SONORAN at DESERT MOUNTAIN | 480-595-4355

# GROUP FITNESS

We offer a variety of classes to fit every fitness level.

The Sonoran includes a private spin room, a large functional training room and two large group studios.

With over 70 classes per week, you are sure to find something that suits your needs. Some classes will require online registration, please view the current schedule on the member website or call us for more information.



# PILATES INSTRUCTION

Pilates is an exercise discipline created by Joseph Pilates in the 1920s. The Pilates method is an exercise system focusing on improved flexibility and strength for the total body. It consists of a series of controlled movements engaging body and mind, and is performed on specifically designed exercise apparatus. The Pilates program at Desert Mountain offers many options for the beginner to advanced Pilates student.

## **INDIVIDUAL SESSION**

Involves only students and their instructor  
in a semi-private studio.

---

## **DUET SESSIONS**

Provides semi-individualized training for two clients per instructor. Pricing is per person and requires joint scheduling. Duet sessions are perfect for individuals who enjoy working with a friend or spouse.

---

## **TRIO AND QUAD SESSIONS**

Are also available if you prefer to have a few friends along. These are fantastic ways to keep each other motivated and inspired to continue to exercise. All Trio and Quad sessions require joint scheduling.

---

## **GROUP EQUIPMENT CLASSES**

Are also available for those enthusiasts who have prior Pilates instruction. Please check the Group Class Schedule for days and times.

Denise Herrera dherrera@desertmt.com  
Amy Dolinky adolinky@desertmt.com

Wendie Marlais wmarlais@desertmt.com  
Emily Grout egrout@desertmt.com





**Denise Herrera, Pilates Coordinator** is a former member of the Bill Evans Dance Company and received her Pilates Certification in 2003 from Core Dynamics in Santa Fe, NM. She respects the classical sequence of Joseph Pilates' method and its importance, but enjoys the challenge of bringing other methodologies into the mix. She is currently pursuing her Soma Training certification under French Osteopath Dr. Guy Voyer and is an ELDOA 1 & 2 and Myofascial Stretch Practitioner. She is also a C.H.E.K. Practitioner Level 2, C.H.E.K. Golf Performance and Conditioning, C.H.E.K. Holistic Lifestyle Coach Level 1, TPI Golf Fitness Level 2, and TRX certified. Denise has been teaching at Desert Mountain since 2003.

---



**Amy Dolinky** was first introduced to Pilates in 1992 as part of a rehabilitation regimen for a pinched nerve. With an extensive background in dance and exercise, she was immediately hooked on the discipline's lengthening and strengthening movements. She and her family moved to Scottsdale from Los Angeles in 1994, where she continued her Pilates practice. Amy's love of Pilates eventually led her to pursue teaching professionally. She is a certified instructor through the Pilates Method Alliance, Balanced Body University, Pilates Sports Center, and a certified Barre instructor.

---



**Wendie Marlais** is a licensed 3rd Generation Fletcher Pilates Instructor with specializations in balance, fall prevention, flexibility, resistance training and movement. Her mission is to create and implement a safe and effective individualized program for her clients to improve health and physical activity through exercise. Wendie's training and certifications include Fletcher Pilates®, TheMethod® Pilates, Pilates for Golf, ZUMBA®/Dance Fitness, PIYO and the New York City Ballet Workout. Rounding out Wendie's background, she was a professional singer and dancer in the San Francisco Bay area, sports reporter for the ABC affiliate in Phoenix and she is currently a health and fitness contributor on "Your Life A to Z" on KTVK 3-TV in Phoenix, AZ.

---



**Emily Grout** graduated with from Arizona State University with a BS in Exercise and Wellness in 2015. While completing her degree she earned her Registered Yoga Teacher, certified comprehensive Pilates teacher, and Fascial Stretch Specialist indication from local professional establishments here in the Valley of the Sun. Emily specializes in thoughtful mind/body movement and creating invigorating classes. As an athlete herself she uses methods appropriate for sport and function to help her clients achieve ease and strength in movement. Catch her outside after classes in the canyons rock-climbing, hiking, and camping.

# PERSONAL TRAINING



We pride ourselves on providing world class personal trainers who can help transform your fitness regime. We have corrective exercise specialists on staff to work with your body in providing pain-free living. Want to have a better golf game? Work with our top TPI instructors to add more yards to your game! Maybe you just need some support and guidance while working out in the gym, whatever your needs, we are here to help.



## **Corinne Mack - Group Exercise Manager**

Corrine carries a B.A. in Physical Education from the University of Florida. She has been in the fitness industry for over 25 years and is Desert Mountain's Group Exercise Manager. Corrine brings fresh ideas and new innovations to her personal training programs and classes for all ages. Along with an extensive fitness background she also specializes in one-on-one and group aquatic lessons.



---

## **Stephanie Leffingwell**

Stephanie has been in the fitness industry for over 12 years and is an ACE certified personal trainer. She carries a Bachelor's Degree in Exercise Science from Emporia State University in Kansas. Stephanie loves to help clients reach their fitness goals through strength training, balance, core training and flexibility. Her passion for fitness is infectious and she loves helping people create a better life! When not at Desert Mountain Stephanie enjoys spending time with her husband and two children.



### **Tabitha Torosian**

Tabitha has been in the fitness industry over 25 years. She holds certifications with American Council on Exercise®, Mad Dogg Athletics, TRX® Suspension Systems, and is a Senior Fitness Specialist. Along with her incredible fitness knowledge, Tabitha is a certified Nutrition Specialist through American Academy of Dietitians and Nutritionists along with carrying a B.A. in Psychology from SUNY-Empire State College in New York. She has been part of the Desert Mountain family for years.

---



### **Christi Taylor**

Christi has produced, starred in, and choreographed 45 home-fitness videos and has educated and coached fitness professionals and health club management for 25 years on an international conference level. Her specialties include muscular strength training, cardiovascular programming, agility, body balance, functional training, therapeutic stretching, and multiple style dance technique coaching. She is a Certified Fitness Pro by ACE & AFAA, Certified Nutritional Coach by AFPA, Certified Life Coach by NESTA, and a Continuing Education Provider for ACE; American Council on Exercise.

---



### **Dan Burnett**

Dan is a NSCA Certified Strength and Conditioning specialist, holds a B.S. in Exercise and Movement Science from University of Wisconsin, and is Titleist Performance Institute Certified. He has worked in varying roles in the fitness industry since 2009 and believes in using functional strength training to improve movement quality, prevent and rehabilitate injuries, and improve strength that is specific to each clients' goals. Dan believes that when it comes to fitness, variety is key to a happy, healthy body. He complements his golf fitness and strength training

backgrounds with experience as a Triathlon coach, a two-time marathon runner, a body composition coach, and a fitness specialist for clients with adapted needs.

Corinne Mack      cmack@desertmt.com  
Stephanie Leffingwell   sleffingwell@desertmt.com  
Tabitha Torosian      ttorosian@desertmt.com  
Christi Taylor      ctaylor@desertmt.com  
Dan Burnett      dburnett@desertmt.com

Deva Lingemann      dlingemann@desertmt.com  
Kelly Montana      kmontana@desertmt.com  
Devon Smith-Breidel   dsmith@desertmt.com  
Greg Patrick      gpatrick@desertmt.com

# SPECIALTY FITNESS



## **Deva Lingemann - Personal Training Supervisor**

Deva is an ELDOA 1 & 2 and Myofascial Stretch Practitioner, and is currently pursuing her Soma Training certification under French Osteopath Dr. Guy Voyer. She is a C.H.E.K Practitioner Level 2, C.H.E.K Golf Performance and Conditioning, and C.H.E.K Holistic Lifestyle Coach Level 1. Deva is also trained in the TRX® Suspension System, is Tabata Bootcamp™ certified, and is an American Council on Exercise® Certified Personal Trainer. She carries a B.A. in Physical Education-Fitness and Wellness from California State University Chico.

---



## **Kelly Montana**

Kelly has been in the fitness industry for over 35 years specializing in Corrective Exercise and Golf Fitness. She qualifies as a Master Trainer with a B.S. in microbiology and multiple certifications including Cross Fit Level I, 200 Hour Yoga Instructor, Wellness Coaching, Manual Flexibility Therapy and Titleist Performance Institute Power Golf Level 2. Kelly is trained in TRX, Pilates, Tabata Bootcamp and Triathlon coaching. Her passion is to customize a fitness plan to address each individual's body so they can move better, play better in their chosen sport and live a healthy life.

---



## **Devon Smith-Breidel**

Devon received her Masters Degree in Exercise and Wellness from ASU and is currently pursuing a Soma Training certification under French Osteopath, Guy Voyer. She is also a certified ELDOA Practitioner, C.H.E.K Practitioner, C.H.E.K. Holistic Lifestyle Coach, and NKT (Neuro Kinetic Therapy) Practitioner. She is well versed in various modalities from Restorative Breathing to manual therapy.

---



## **Greg Patrick**

Greg Patrick is a graduate of Brown University with degrees in both economics and history. Greg was fortunate to play professional football with Detroit Lions in the NFL and Hamilton Tiger Cats in the CFL. His extensive athletic background provides him with numerous tools to aid others in functional training applications. Nationally certified with ACE and EVO, Greg brings a whole new style of training to Desert Mountain. Greg's system incorporates training the nervous system for correct functional movement. By training the nervous system, muscles and posture follow suit. The goal is to put the body in the correct position to prevent injury and to optimize the body for efficient movement.



# YOUTH CENTER

## HOURLY PLAYTIME PROGRAM

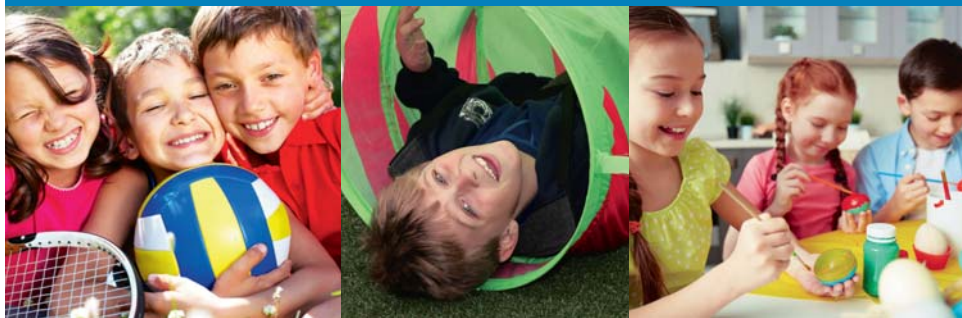
This provides a great opportunity for children to play while parents have a spa treatment, workout, play tennis, swim, golf, or even enjoy some time alone at one of our world-renowned restaurants. Our one-of-a-kind activity center gives children a chance to play and be creative. We offer a variety of different activities including arts and crafts, indoor games, swimming, basketball, hiking, soccer and much, much more!

Children ages 3 through 12 are invited to come and play! Children must be potty-trained. For pricing, hours of operation or to make a reservation, please call the Youth Center at the Sonoran Clubhouse. Reservations must be made at least 24-hours in advance.

## DAY CAMPS

The Youth Center at the Sonoran Clubhouse offers youth day camps in the fall, winter, spring and summer. Camp day activities include indoor and outdoor games, arts and crafts, swimming, Wii games, nature hikes, tennis and golf. Special guest speakers also visit offering wildlife educational presentations, magic shows, science experiments, face painting and more!

To register for an upcoming day camp or for more information please call the Youth Center. We look forward to seeing you soon!  
Advanced reservations are required for all Youth Center day camps.



480-595-4359 or email [yac@desertmt.com](mailto:yac@desertmt.com)

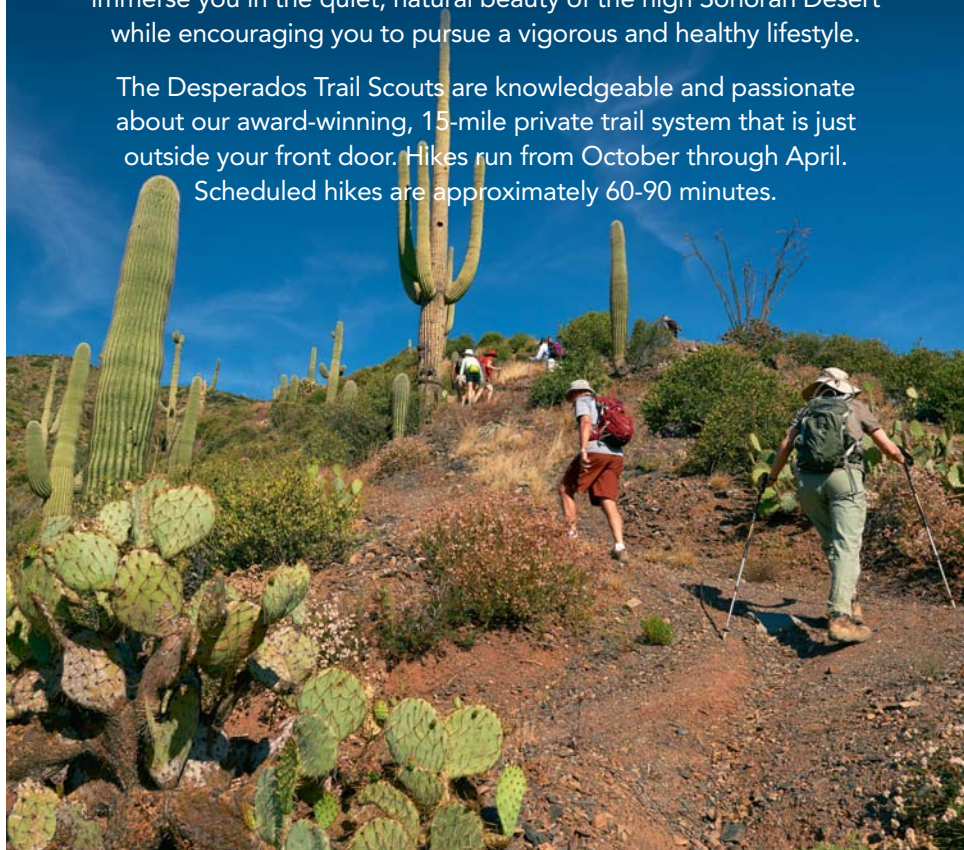
# OUTDOOR RECREATION

The Sonoran Clubhouse at Desert Mountain offers a variety of outdoor recreation adventures within, as well as outside the community, to add a new dimension to the Club's existing events and activities. Hiking/biking, kayaking, and stand up paddle boarding are just a few of the programs that offer an unforgettable outdoor recreational experience for the entire family.

## HIKING

The Sonoran Clubhouse and the Desert Mountain Community Foundation's "Desperado Trail Scouts" offer weekly hikes throughout the new Desert Mountain trail system. The trails are designed to immerse you in the quiet, natural beauty of the high Sonoran Desert while encouraging you to pursue a vigorous and healthy lifestyle.

The Desperados Trail Scouts are knowledgeable and passionate about our award-winning, 15-mile private trail system that is just outside your front door. Hikes run from October through April. Scheduled hikes are approximately 60-90 minutes.



## BIKING

Ready for some fun? Grab your helmet, get on your bike and enjoy a scenic bike tour through Desert Mountain and the Town of Carefree and Cave Creek's quiet neighborhoods and stop off at one of the local coffee houses for a cup of java and pastries. These tours are designed for all levels, beginners to advanced, who are looking for a leisurely and social ride to one of the many favorite morning spots. You will not be going off-road for these rides, though mountain bikes are preferable.

Bike tours run from October through April.

---

## PICKLEBALL

One of the fastest-growing sports in the U.S. today, pickleball is played with a paddle and a plastic ball and its simple rules make this vigorous sport an alternative to your daily fitness regimen. All equipment is provided and can be checked out at The Boutique at Sonoran.

For additional information give us a call.

---

## STAND UP PADDLE BOARDING & KAYAKING

Desert Mountain is excited to partner with Chad Brockman, founder of GoStandUpPaddle.com at Bartlett Lake, to offer private and group lessons in SUP. If you're looking for a new water sport that improves your balance and core strength, then SUP is for you! Chad will also offer kayaking lessons for those who prefer a classic water sport.



THE SONORAN | 480-595-4355

The Sonoran Clubhouse | 480-595-4355

The Boutique & Tennis Reservations | 480-488-1397

Youth Center | 480-595-4359

The Spa | 480-595-4350

Café Verde | 480-595-4352

---

**THE SONORAN MANAGEMENT TEAM:**

**Matt Wooldridge – Director of Tennis, Fitness and Spa**  
mwooldridge@desertmt.com | 480-595-4386

**Lauren Lehrner – Boutique and Tennis Manager**  
llehrner@desertmt.com | 480-595-4357

**Via Gibson – Fitness and Wellness Manager**  
vgibson@desertmt.com | 480-595-4345

**Constance McCarty – Spa Manager**  
cmccarty@desertmt.com | 480-595-1397

**Mary Brems – Recreation Manager**  
mbrems@desertmt.com | 480-595-4359

**Bernie Gonzalez - Café Verde Manager**  
bgonzalez@desertmt.com | 480-595-4352



**480-595-4355**

**THE SONORAN AT DESERT MOUNTAIN | DESERT MOUNTAIN CLUB**  
10225 East Desert Hills Drive | Scottsdale, Arizona 85262