

Arizona's Top Private Club, Mirabel, Focuses On Health & Wellness Amenities

Written by Arizona Foothills Magazine

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Mirabel, Arizona's premier golf community, offers its residents comfortable, resort living with an enhanced focus on healthy lifestyles.



In addition to staying active on the championship Fazio-designed golf course and Har-Tru clay tennis courts, members enjoy a fully equipped fitness center and spa. Recently the club expanded, adding 1,000 square-feet to the fitness center, allowing space to offer enhanced health and wellness programs.

Jenny Hall, Mirabel's fitness manager, believes in a fitness concept that focuses on customized exercises, strength training, flexibility and most of all "Quality of Life Rewards." The fitness center features multi-sport cardio and strength training equipment, physical therapists and professional trainers. Certified instructors can assist with workouts and conduct a variety of daily classes including: aerobics, Zumba, yoga and Pilates. Mirabel's fitness programs can be personally tailored to each member and are suitable for all levels of activity.

In addition to getting in a good workout, members can enjoy the relaxing sanctuary of Mirabel's full-service medispa. The spa offers a unique array of proprietary massage therapies and skin care treatments including luxurious facial, nail, hair and body treatments. Mirabel's spa is one of only a few select spas in the Valley to offer the coveted HydraFacial and Eurowave treatments.

Members are also committed to supporting health and wellness initiatives in their community by raising money to help support the Scottsdale Healthcare Research Institute in its fight against cancer. This month marked Mirabel's Fifth Annual **Hope for the Cause** event which included a 5k, golf tournaments and wine reception with live and silent auctions. Over the past years Mirabel members have raised nearly \$500,000 for cancer research.

The wellness programs at Mirabel help strengthen the close community bond the club is known for and supports the camaraderie of members interesting in living an active, healthy lifestyle.

In addition to its health and wellness amenities, member benefits include access to exceptional fine and casual dining and regular social activities. The member-owned and controlled private club, located in North Scottsdale, offers golf and social memberships. Property ownership is not required for membership, but availability is limited. For more information about Mirabel, visit www.mirabelmembership.com. To learn more about current membership opportunities contact Gary Ireton at 480.437.1506 or email gary.ireton@mirabel.com.