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August 15, 2019

### The Reserve Hires New Director of Fitness & Wellness

Melissa Glazier has been a personal trainer and fitness instructor for the past 10 years

-Press Release, Indian Wells, California



INDIAN WELLS, Calif. (Aug. 13, 2019) ... Melissa Glazier, a personal trainer and fitness instructor for the past 10 years, has been named director of fitness & wellness at The Reserve Coachella Valley's premier private golf and luxury lifestyle club.

Glazier joins The Reserve after serving in a similar role at Tradition Golf Club at La Quinta. Prior to that, she was a personal trainer and fitness instructor for several other desert-area clubs.

"Part of what drew me here is that The Reserve is such a vibrant and energetic place," Glazier said. "There are countless activities for members to participate in, suitable for every fitness level and personal interest. I am a firm believer that participating in a fitness program will improve one's quality of life immeasurably. I am so excited to play a part in helping our members reach their full health and wellness potential."

The Reserve features a 7,500-square-foot Fitness and Wellness Center, which includes state-of-the-art equipment, swimming pool, spa services, courts (clay and Har-Tru), and steam and spa treatment rooms (I would prefer we keep spa services than spa treatment rooms). Members regularly participate in activities such as yoga, hiking, biking, Total Resistance Exercise (TRX), tennis, pickleball, swimming, Barre fitness classes, and Pilates. The Club also offers boot camps, wellness workshops, and lectures.

Upon learning of her hiring, Glazier said she's been contacted by many of the club's members. "Everyone has been so incredibly

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warm, gracious and welcoming. I can't wait to provide programming, events, and services that are fresh, timely, safe, and fun."

Prior to moving to the Coachella Valley, Glazier resided in Halifax, Nova Scotia. In addition to her fitness consulting business, she also was a real estate agent and owner of a bed and breakfast. Glazier has traveled extensively to Africa, Europe, Southeast Asia, and North America. She graduated in 1998 with a double major from University of King's College in Halifax.

"Melissa brings a perfect blend of experience, personality, and worldliness to this position," said Michael Kelly, CEO and General Manager, The Reserve Club. "Our members will love her passion and I'm confident she will be a perfect fit with the Club."

The Reserve Club offers golf and social memberships for both residents of The Reserve and non-residents seeking to enjoy the amenities, events and activities, personalized service and genuine camaraderie the members admire and value. Memberships include equity and non-equity, along with a membership for individuals between the ages of 21 and 49.

For more information about The Reserve, call (760) 674-2239 or visit [www.thereserveclub.com](http://www.thereserveclub.com)

#### About The Reserve

This premier golf and social residential community stands as a monument to the marriage of natural beauty and a healthy and vibrant lifestyle. Creating a one-of-a-kind luxury living experience and private club, The Reserve also maintains focus on preserving its 700 acres, one of the last great expanses of native desert landscape in the Coachella Valley. The Reserve Community boasts architectural homes that are in harmony with the desert landscape, with stunning views of the Santa Rosa, San Jacinto and San Bernardino mountain ranges. The Reserve's championship Tom Weiskopf-Jay Morrish-designed golf course meanders through rugged rock outcroppings, ever changing elevations and stunning foliage with surrounding mountain ranges providing a striking backdrop. The Club Tuscan Village includes the Clubhouse, Lakehouse, Fitness Center and Golf Shop. Whether playing golf, dining, socializing, attending a vast array of events, enjoying sensational views from the patios, reading in the library, volleying on the tennis courts (both clay and hard court), playing pickleball, exercising, practicing yoga with our experienced trainers, being pampered with spa services, relaxing poolside at the Jr. Olympic size pool on a sun-drenched day, or enjoying 26 miles of hiking trails, The Reserve provides the complete club lifestyle. [www.thereserveclub.com](http://www.thereserveclub.com)

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