



RACQUETBALL

LESSONS | LEAGUES | JR.
RACQUETBALL

RACQUETBALL PRO: ROCKY CARSON

Rocky is the reigning World Champion for the fifth time and has won nine Gold Medals. He is the most decorated athlete in his sport. Renaissance ClubSport is his home gym and he has been our Racquetball Pro since the property opened in 2008. When he isn't playing Racquetball, Rocky enjoys time with his wife and two kids as well as surfing.



VOLLEYBALL

PRIVATE & GROUP LESSONS

VOLLEYBALL PRO: ED RATLEDGE

Ed is a 15-year veteran of the AVP Pro Volleyball Tour and continues to be one of America's top players. Some of his accolades and achievements include 20 years of coaching, ranked as high as sixth in the country, NCAA National Champion and First Team Academic All-American in 2000 at UCLA.



BOXING

PRIVATE LESSONS |
JR. BOXING

BOXING PRO: FRANK RIVERA

Frank Rivera is a world-class Boxing Trainer and Manager with over 20 years experience in training all levels of Boxers, including World Champions and USA Olympians. Formerly an amateur standout of East LA, Frank had a record of 72 wins and two losses. Frank is a certified LBCS Master Boxing Coach and is licensed with California State Athletic Commission.



SQUASH

LESSONS |
LEAGUES

SQUASH PRO: JESSICA HELAL

Jessica graduated Nottingham Univ., one of the country's top Squash colleges, where she played in varsity championships and European competitions. In 2006 and 2007, she was voted as the team's Most Valuable Player. Jessica is an experienced coach and brings her enthusiasm and passion for the game.



JUNIOR JIU-JITSU

GROUP LESSONS

JIU-JITSU PRO: ELY LEON

Ely is a black belt in Brazilian Jiu-Jitsu and is also an Elite Personal Trainer at Renaissance ClubSport. He has over 10 years experience competing at a high level in mixed martial arts and loves working with young kids to help them excel in mind and body through martial arts.



KIDS MARTIAL ARTS

GROUP LESSONS

MARTIAL ARTS PRO: MASTER STEVE ROSS

Master Steve has been teaching for over 35 years and has been with us since we first opened. In 1986 he won the World Martial Arts Championship. His kids program is effective in teaching technique, discipline, defense, self esteem, work ethic, and respect. Master Steve is a member of the Martial Arts Hall of Fame among other names such as Bruce Lee and Chuck Norris.