

AQUA GYM* — 1h

Gym class in water, combining muscular strengthening and endurance; activating the entire body in a comprehensive, dynamic and entirely safe manner, thanks to the water's pressure.

AQUA MOVEMENT* — 1h

Low impact aqua gym class, perfect in case of back problems and for improving body posture.

AQUA YOGA* — 1h

This class incorporates the principles and movements of yoga and adapts them to the aquatic environment. In water, the body is able to reach optimal stretching levels. Rhythmic breathing allows total relaxation to be achieved. Aqua yoga strengthens and tones the body while relieving tension.

BODYSCULPT — 1h

A gym class focused on muscle building and cardio training. This concept integrates accessories such as elastic bands, small weights or bars in the workout in order to optimize the effort and intensity of movements; thereby strengthening the entire body and sculpting the figure.

CIRCUIT TRAINING — 1h

The circuit is designed as a collection of workout stations where exercises with or without equipment are completed, each involving different parts of the body, in order to simultaneously improve both strength and endurance while building muscles in the upper and lower body.

CORE BALANCE 1h

This class combines yoga, tai chi and Pilates exercises in order to gain suppleness, flexibility, relaxation and calm. A series of stretching exercises, movements and postures contribute to a holistic workout that plunges your body in a state of harmony and balance.

CYCLING CARDIO — 1h

A soft version of spinning, this cardio activity is excellent for burning fat and is accessible to all. The cycling tones and shapes thighs and buttocks, improving your cardiovascular fitness while protecting your joints. And with the music guiding you it's impossible not to move along.

NORDIC WALKING — 1h or 1h30

Less strenuous than jogging and healthier than the gym because it is practiced outdoors, Nordic walking is a complete sport. Practiced with special sticks, it activates the entire body, strengthening muscular chains and improving physical fitness and endurance.

PILATES — 1h

The Pilates method, practiced with or without a ball, consists of exercises aimed at correcting the posture and improving muscle performance by activating weak muscles and relaxing the ones that are too tense in order to achieve muscular balance. This results in improved strength, flexibility, coordination and body posture.

QI GONG (chi kung) — 1h

Qi Gong is a traditional Chinese health training method, based on knowledge and mastering of the vital energy (Qi or Chi). This mix of slow movements creates dynamic chains and static postures help to retain health and develop energy, as well as contributing to relieving tension of body and spirit.

SPINNING — 1h

This highly effective fat burner cardio takes place on an indoor bicycle and is accessible to all. The instructor proposes a variety of intensities in order to stimulate a course that will invigorate you and shape your thighs and buttocks. All accompanied by music, sweating and a good atmosphere!

START2RUN — 1h

With advice and mentoring you'll get to running 5km in just 10 weeks! And it doesn't stop there! 8 and 10 km are your next goals, before joining the running section of the club!

STRETCHING — 30 min

Stretching is a gentle form of training with the aim to stretch and increase the flexibility of the entire body. Regular stretching eases movements, prevents chronic pains and recovers energy while relaxing.

TAI CHI SNAKE STYLE — 1h30

The slow movements of Tai Chi naturally activate energy and create a potent mix of biomechanics and energy which offer the practitioner a unique exercise for vigor, health and longevity. Snake style, which takes its name from the winding movements of the spine, offers the Tai Chi practitioner the beauty and effectiveness of this martial art.

YOGA — 1h

Yoga promotes the efficient functioning of all internal organs, balances the nervous system and creates a state of optimal health. Yoga helps develop stability, flexibility, endurance, strength, determination and patience.

The mind is focused on the posture and breathing movements. The ability to concentrate and relax increases and inner awareness is enhanced by regularly practicing Yoga.

ZUMBA — 1h

For those who find gyms too austere the Zumba class is THE solution. This routine combines Latin and international music with dance to create a workout existing of fun exercises. You will move to the rhythm of music from all over the world. 'Doing yourself good while having fun' is the motto of this class.

ZUMBA TONIC — 1h

This class combines strength and cardiovascular exercises supported by Zumba movements inspired by Latin culture. In an atmosphere of workout dance party you burn calories and develop your muscles in a way that makes you smile.