

SPORT & MEMBERSHIPS









LOVE LOSING WEIGHT

With 2,000 m² dedicated to weight loss, wellness and sport, Lily of the Valley's Shape Club has a goal: to make you love losing weight.

A team of professionals, advised by nutritionist Jacques Fricker, applies his «TGV» method through three programs: one focused on intensive weight loss; one focused on weight loss combined with sport; and finally, one focused on optimal weight combined with treatments.

Heated semi-Olympic pool

Fitness room with Technogym equipment

Indoor, outdoor & aquatic coaching sessions

Consultation rooms

Fitness class studios

Treatment rooms

Saunas & steam room

Snow shower



JACQUES FRICKER, CONSULTANT NUTRITIONIST FOR LILY OF THE VALLEY

Jacques Fricker has developed a three-step method that has stood the test of time and trends. Called the «TGV» method, it's an approach that's appreciated by many as it's based on a balanced diet, flexible, and lets you continue to enjoy the pleasure of eating. This is the philosophy that's applied at the Lily of the Valley Shape Club.



LILY OF THE VALLEY'S FOUR PILLARS TO ENSURE YOU LOVE LOSING WEIGHT







OUR COACHING SESSIONS

OUTDOOR

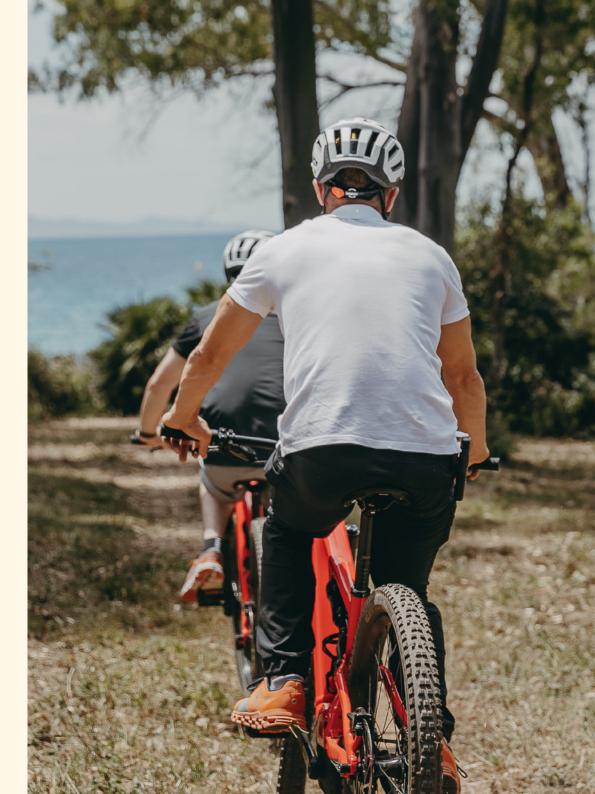
SUNSET RUN
BEACH YOGA
NORDIC WALKING
MOUNTAIN BIKING
(ELECTRIC OR STANDARD BIKE)
HIKING

INDOOR

YOGA
INDOOR CYCLING
TOTAL ABS
CORE TRAINING
PILATES
FLOOR BARRE

AQUATIC

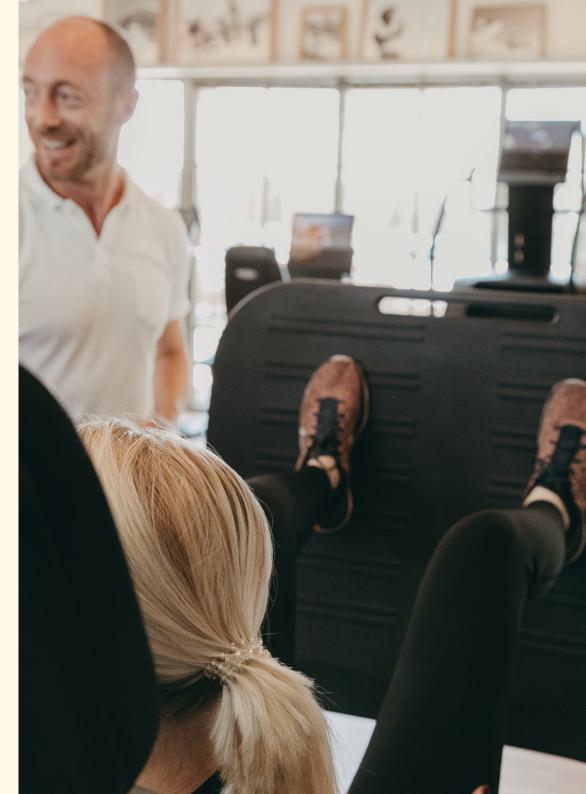
AQUA BOXING
SEA WADING
FLOATING FITNESS
AQUA FITNESS
PADDLEBOARDING
PADDLEBOARD YOGA
KAYAKING





INDIVIDUAL COACHING SESSIONS	SOLO	DUO	ADD. PERSON
PER SESSION	€140	€210	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€650	€1,000	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€1,200	€1,800	
GROUP COACHING SESSIONS (EXCEPT MOUNTAIN BIKING)			
PER SESSION	€45	€80	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€210	€360	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€400	€680	
MOUNTAIN BIKE EXCURSION AND BIKE RENTAL			
BIKE RENTAL RATE PER HOUR	€40	€80	+€40
BIKE RENTAL 1/2 DAY (4 HOURS)	€60	€120	+€50
BIKE RENTAL 1 DAY	€100	€200	+€80
BIKE EXCURSION WITH COACH - 2 HOURS	€240	€390	+€60
BIKE EXCURSION WITH COACH - 1/2 DAY (4 HOURS)	€390	€540	+€60
HIKING			
NORDIC WALKING WITH COACH - 2 HOURS	€200	€350	+€50
NORDIC WALKING WITH COACH - 1/2 DAY (4 HOURS)	€350	€500	+€50

PLEASE CONTACT RECEPTION FOR ADDITIONAL INFORMATION.







TREATMENTS TO HELP YOU PREPARE FOR AND RECOVER FROM EXERCISE

OUR HIGH-TECH TREATMENTS	DURATION	RATE
MUSCLE TREATMENT RADIOFREQUENCY (INDIBA) & MASSAGE - WARMTH AND SLOW MOVEMENTS RELIEVES AND REPAIRS	50 MIN	€180
TARGETED LEG MASSAGE PRESSOTHERAPY & MASSAGE - APPLYING PRESSURE AND SLOW MOVEMENTS GIVES A FEELING OF LIGHTNESS	50 MIN	€180
RECOVERY CRYO TREATMENT CRYOTHERAPY - COLD SENSATION AND SLOW MOVEMENTS RELIEVES AND REPAIRS	30 MIN	€150
CUSTOMIZED TARGETED CRYO TREATMENT CRYOTHERAPY - COLD SENSATION AND SLOW MOVEMENTS TREATS A SPECIFIC AREA	30 MIN	€150
CUSTOMIZED TARGETED INDIBA TREATMENT RADIOFREQUENCY, WARM SENSATION, SLOW MOVEMENTS RELIEVES AND REPAIRS A SPECIFIC AREA	30 MIN	€120
OUR MANUAL TREATMENTS		
DEEP MASSAGE TRADITIONAL TECHNIQUE - APPLYING PRESSURE AND SLOW MOVEMENTS RELIEVES AND RELAXES	50 MIN 80 MIN	€180 €240
SPORTS MASSAGE TRADITIONAL TECHNIQUE - APPLYING PRESSURE AND STRETCHING MOVEMENTS RELIEVES AND REPAIRS	50 MIN 80 MIN	€180 €240
HOT SCRUB (WITH STEAM ROOM) BASED ON AYURVEDIC MEDICINE - MODERATE TO DEEP PRESSURE AND SLOW MOVEMENTS - RELAXES AND EXFOLIATES	50 MIN	€180



MEMBERSHIPS & ACCESS

3 MONTHS **€2,500**

6 MONTHS **€3,500** 12 MONTHS

€5,500

DETAILS

Access to the fitness room
Access to the "Nordic circuit"

(steam room, saunas, snow shower, ice fountain)

Access to the semi-Olympic pool, heated all year round

Access to group coaching sessions 7 days a week

Individual coaching session with a dedicated coach

48-hour laundry service (for 6- and 12-month memberships)

Guest pass for the person of your choice

(2 passes for 3-month membership, 4 for 6 months, 8 for 12 months)

Valet parking

10% REDUCTION ON THE PROGRAMS

Concierge service



All prices include VAT.







A DAY AT THE SHAPE CLUB

solo **€450** €**650**

ADD. PERSON +€190

DETAILS

1 x 50-minute body or facial treatment per person

Access to the "Nordic circuit"

(steam room, saunas, snow shower, ice fountain)

Access to the Shape Club pool and sunbeds

Access to the fitness room

1 lunch at the Shape Club

(starter + main course or main course + dessert, drinks not included)

Access to group coaching sessions





WELLNESS LUXURY HOTEL

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