



SPORT & MEMBERSHIPS



ENGLISH



—
**LOVE LOSING
WEIGHT**
—





— 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 «TCV» 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.

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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



Jacques Fricker
consultant nutritionist for the Shape Club

Having worked in research for 10 years, Jacques Fricker draws on his role as a nutritionist to develop his approach, helping people to lose weight when this is advisable, and providing personalized advice that takes into account their tastes and needs. His three-step method provides a healthy, long-lasting way to lose weight that lets you continue to enjoy the pleasure of eating.



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





RATES

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.

All prices include VAT.





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

All prices include VAT.



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

Concierge service

**10% REDUCTION
ON THE PROGRAMS**

All prices include VAT.





A DAY AT THE SHAPE CLUB

SOLO
€450

DUO
€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

All prices include VAT.



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**LOVE LOSING
WEIGHT**
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WELLNESS LUXURY HOTEL

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 Lily of the Valley Hotel

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