

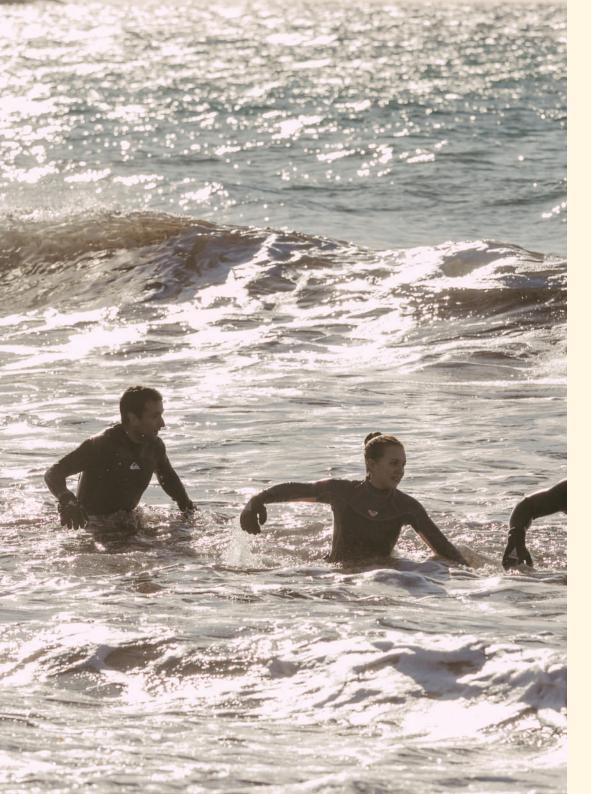
WELLNESS LUXURY HOTEL

## SHAPE CLUB SPORT











SEA WADING (ALL YEAR ROUND)

KAYAKING

PADDLEBOARDING

PADDLEBOARD YOGA

AQUA BOXING

AQUAFITNESS

FLOAT PILATES

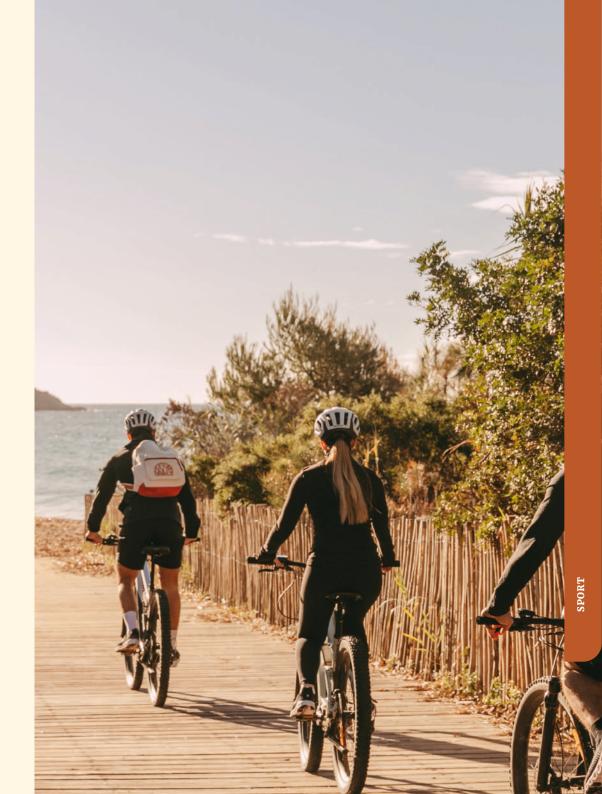
SWIM & LEARN



### OUR LAND OUTDOOR SPORTS

NORDIC WALKING
HIKING
MOUNTAIN BIKING
SUNRISE YOGA
RUNNING
BREKKIE TREK

We offer excursions with different durations, so there is something for every level.





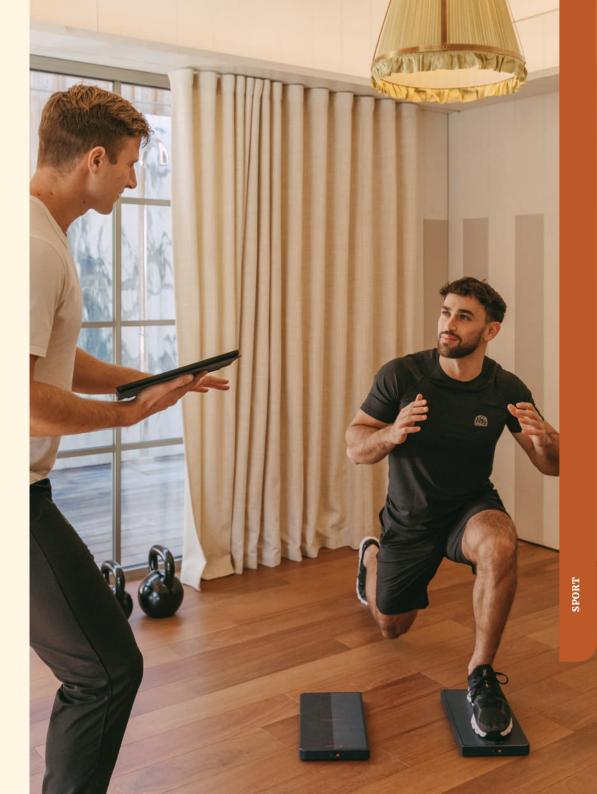


POSTURAL BALL
YOGA
PILATES
MEDITATION
TRX
BIKING SPRINT
CARDIO BOXE
CORE TRAINING
STRETCHING



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

Indoor and outdoor coaching sessions are available for all our guests.
You can contact Reception directly to get the weekly schedule.









### THE SAILING CLUB

Our family-friendly Sailing Club offers a wide range of water sports throughout the day. From paddleboarding to sea wading and canoeing, there's something for everyone to enjoy. Our team is on hand to welcome regular visitors from Gigaro and Lily of the Valley guests, from age 7 to 77.

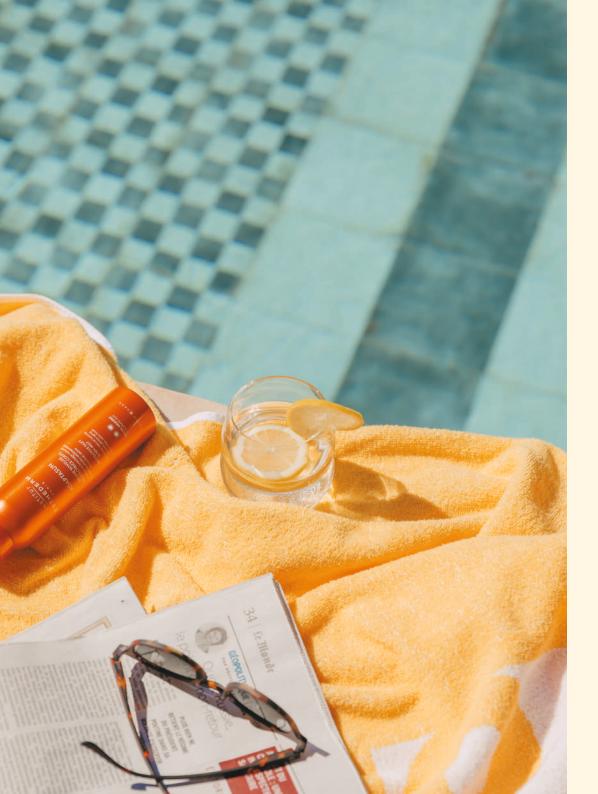
#### **OPEN FROM MAY TO SEPTEMBER**

#### **OUR WATER SPORTS**

PRICES	1 HOUR	1/2 DAY	1 DAY
PADDLEBOARDING	€20	€60	€80
TRANSPARENT PADDLEBOARDING	€30	€80	€110
GIANT PADDLEBOARDING	€45	€110	€160
CANOEING (SOLO)	€20	€60	€80
CANOEING (DUO)	€30	€70	€90
TRANSPARENT CANOEING	€40	€80	€110
WINDSURFING	€25	€50	-
FUNBOARDING	€30	€55	-
INDIVIDUAL COACHING SESSION			
EFOIL	€180		

1/2 DAY: 9 A.M. TO 1 P.M. OR 2 P.M. TO 6 P.M. 1 DAY: 9 A.M. TO 6 P.M.







# A DAY AT THE SHAPE CLUB

\$0L0 **€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 the excursions available





## MEMBERSHIPS & ACCESS

1 MONTH €1,500 3 MONTHS

6 MONTHS

12 MONTHS

€2,500 €3,500 €5,500

### **DÉTAILS**

Access to the fitness room
Access to the «Nordic circuit»

(steam room, saunas, snow shower, ice fountain)
Access to the semi-Olympic pool
Access to the excursions available
(subject to change due to weather or hotel circumstances)

Individual coaching session with a dedicated coach
30-minute high-tech treatment (Indiba or Cryotherapy)
1 bioimpedance analysis

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

Guest pass for the person of your choice
(2 passes for 1- and 3-month memberships,

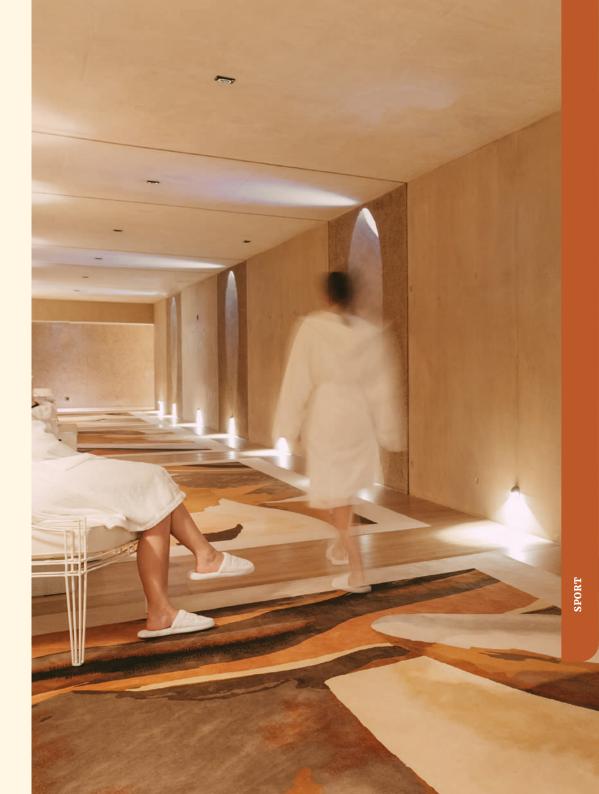
4 for 6- and 12-month memberships)

Valet parking

Concierge service (starting from 6 months)

10% REDUCTION
ON THE PROGRAMS









### WELLNESS LUXURY HOTEL

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