



WELLNESS LUXURY HOTEL

SHAPE CLUB SPORT



ENGLISH





**SPORT &
MEMBERSHIP**



OUR AQUATIC OUTDOOR SPORTS

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.





OUR INDOOR SPORTS

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



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

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

All prices include VAT.





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.

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 the excursions available

All prices include VAT.



MEMBERSHIPS & ACCESS

1 MONTH
€1,500

3 MONTHS
€2,500

6 MONTHS
€3,500

12 MONTHS
€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**

All prices include VAT.





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**TAKE CARE
OF YOURSELF**
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WELLNESS LUXURY HOTEL

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