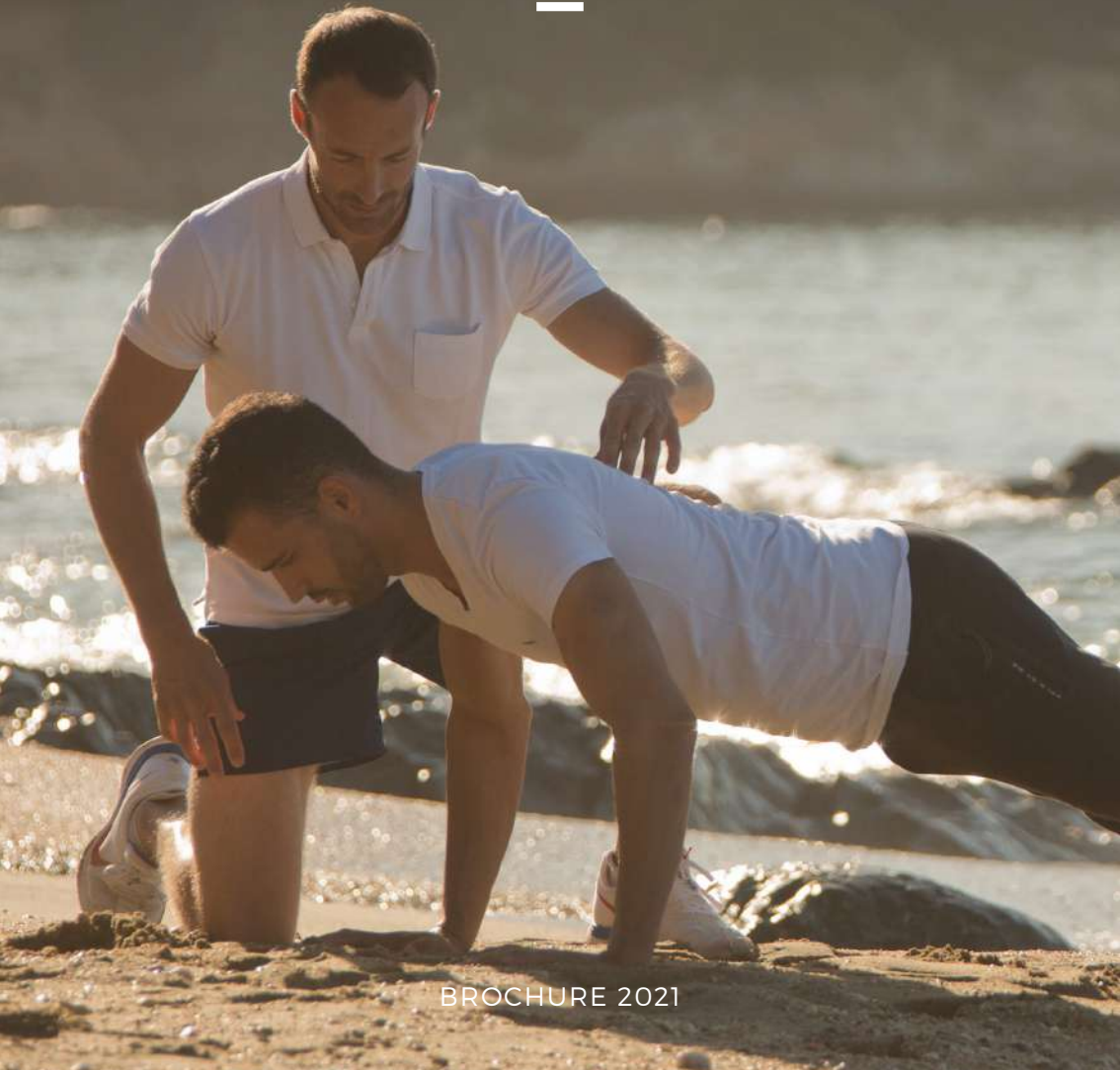




TAKE CARE OF YOURSELF

—
SPORT
& MEMBERSHIPS
—



BROCHURE 2021



—
**TAKE CARE
OF YOURSELF**
—





THE SHAPE CLUB CONCEPT

The Lily of the Valley Shape Club offers 2,000 m² devoted to wellness, weight loss and sport.

A team of professionals, under the direction of nutritionist Jacques Fricker, applies the «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.

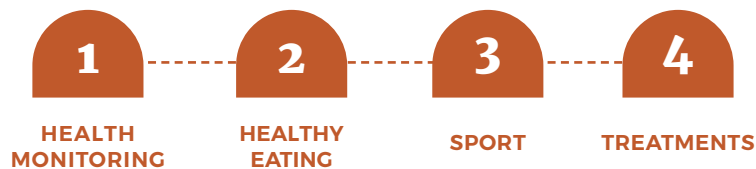
- Heated semi-Olympic pool
- Fitness room with Technogym equipment
- Indoor, outdoor & aquatic classes
- Consultation rooms
- Fitness class studios
- Treatment rooms
- Saunas & steam room
- Snow shower



JACQUES FRICKER: CONSULTANT NUTRITIONIST FOR THE SHAPE CLUB

Jacques Fricker has developed a method based on four pillars that stands the test of time and trends. His approach is popular as it's based on a balanced diet, without an emphasis on banning certain foods.

THE 4 PILLARS OF THE «TCV» METHOD FOR RAPID AND LONG-LASTING WEIGHT LOSS



A DIETICIAN ON SITE

To ensure you achieve your goals, our resident dietician is on hand to answer your questions and help you pursue your program, following the principles of the method developed by Dr Jacques Fricker.



Having worked in research for 10 years, Jacques Fricker currently works as a nutritionist, developing his approach to help people lose weight when this is advisable, providing personalized advice that takes into account each individual's tastes and needs. His nutrition philosophy is applied at the Lily of the Valley Shape Club.



OUR GROUP COACHING SESSIONS

OUTDOOR

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

INDOOR

YOGA
INDOOR CYCLING
TOTAL ABS
CORE TRAINING
CARDIO BOXING
STRETCHING

AQUATIC

AQUA BOXING
SEA WADING
FLOATING YOGA
FLOATING FITNESS
AQUA PILATES
AQUA FITNESS





RATES

INDIVIDUAL COACHING SESSIONS

	SOLO	DUO
PER SESSION	€140	€210
5 X 45 MINUTE SESSIONS OF YOUR CHOICE	€650	€1000
10 X 45 MINUTE SESSIONS OF YOUR CHOICE	€1200	€1800

SPORT & YOGA - GROUP COACHING SESSIONS (EXCEPT MOUNTAIN BIKING)

PER SESSION	€45	€80
5 X 45 MINUTE SESSIONS OF YOUR CHOICE	€210	€360
10 X 45 MINUTE SESSIONS OF YOUR CHOICE	€400	€680

MOUNTAIN BIKE EXCURSION AND BIKE RENTAL

BIKE RENTAL RATE PER HOUR	€40	€80
BIKE EXCURSION WITH COACH - 1 HOUR	€180	€320
BIKE EXCURSION WITH COACH - 2 HOURS	€300	€500

FOR HALF-DAY BIKE EXCURSIONS,
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 (INDIBA & MASSAGE) RADIOFREQUENCY, WARM SENSATION, SLOW MOVEMENTS RELIEVES AND REPAIRS	50 MIN	€180
TARGETED LEG MASSAGE (PRESSOTHERAPIE & 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	€95
OUR MANUAL TREATMENTS		
DEEP MASSAGE TRADITIONAL TECHNIQUE - APPLYING PRESSURE AND SLOW MOVEMENTS RELIEVES AND RELAXES	50 MIN	€180
SPORTS MASSAGE TRADITIONAL TECHNIQUE - APPLYING PRESSURE AND STRETCHING MOVEMENTS RELIEVES AND REPAIRS	50 MIN	€180
LE 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
€2500

6 MONTHS
€3500

12 MONTHS
€5500

DETAILS

Access to the fitness room

Access to the wellness areas

(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

Diet & nutrition consultation

1 high-tech treatment

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.





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**A DAY AT
THE SHAPE CLUB**
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SOLO
€450

DUO
€650

DETAILS
—

- 1 x 1-hour body massage per person
- Access to the wellness areas
(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

All prices include VAT.



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WELLNESS LUXURY HOTEL

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lilyofthevalley.com

 [Lily of the Valley Hotel](#)

 [@lilyofthevalleyhotel](#)