

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







NORDIC WALKING HIKING MOUNTAIN BIKING

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

Some excursions can be organized to include a picnic for a price of €90 inc. tax.





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
HIKING, INCLUDING LUNCH SURROUNDED BY NATURE	+€90	+€90/per	s. +€90/pers.
	(PRICE OF THE PICNIC)		

PLEASE CONTACT RECEPTION FOR ADDITIONAL INFORMATION.





SEA WADING (ALL YEAR ROUND)

KAYAKING

PADDLEBOARDING

PADDLEBOARD YOGA

AQUA BOXING







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.

OUR WATER SPORTS

Enjoy being in the water or on the water! The Lily of the Valley Sailing Club offers transparent canoes and paddleboards, family paddleboards, windsurf boards, funboards and other types of surfboards.

For those who want to work on their balance, we suggest Paddleboard Yoga on the sea.

PRICES 2022/2023	1 HOUR	1/2 DAY	1 DAY
PADDI FBOARDING	€20	€45	€90
TRANSPARENT PADDLEBOARDING	€30	€55	€110
GIANT PADDLEBOARDING	€45	€80	€160
CANOEING (SOLO)	€20	€30	€60
CANOEING (DUO)	€30	€40	€80
TRANSPARENT CANOEING	€40	€50	€100
WINDSURFING	€20	€40	€80
FUNBOARDING	€20	€40	€80
LASER SAILING	€60	€80	€160

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.

OUR RENTALS: TEL: +33 (0)4 22 73 22 65

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 - RELIEVES AND REPAIRS	50 MIN	€195
TARGETED LEG MASSAGE PRESSOTHERAPY & MASSAGE – MODERATE PRESSURE GIVES A FEELING OF LIGHTNESS	50 MIN	€180
RECOVERY CRYO TREATMENT CRYOTHERAPY - COLD SENSATION - RELIEVES AND REPAIRS	30 MIN	€150
CUSTOMIZED TARGETED CRYO TREATMENT CRYOTHERAPY - COLD SENSATION - DIFFERENT ACTIONS ON ONE AREA	30 MIN	€150
CUSTOMIZED TARGETED INDIBA TREATMENT RADIOFREQUENCY – WARM SENSATION – RELIEVES A SPECIFIC AREA	30 MIN	€120
OUR MANUAL TREATMENTS		
DEEP MASSAGE TRADITIONAL TECHNIQUE - FIRM PRESSURE - RELIEVES AND RELAXES	50 MIN 80 MIN	€180 €240
SPORTS MASSAGE TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS RELIEVES AND RELAXES	50 MIN 80 MIN	€180 €240
RELAXING MASSAGE TRADITIONAL TECHNIQUE - LIGHT PRESSURE - DEEPLY RELAXES	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
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

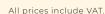
48-hour laundry service (for 6- and 12-month memberships)

Guest pass for the person of your choice
(2 passes for 3-month membership, 4 for 6 months, 8 for 12 months)

Valet parking

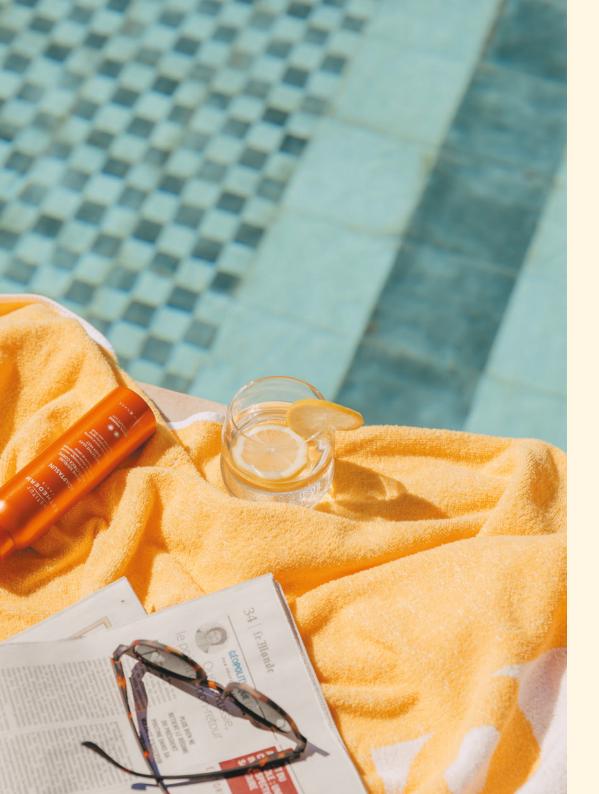
Concierge service

10% REDUCTION
ON THE PROGRAMS











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 the excursions available





WELLNESS LUXURY HOTEL

Plage de Gigaro 83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

shapeclub@lilyofthevalley.com

lilyofthevalley.com



© @lilyofthevalleyhotel