



---

# **SPORT & MEMBERSHIPS**

---



ENGLISH





—  
**LOVE LOSING  
WEIGHT**  
—







## — LOVE LOSING WEIGHT —

With 2,000 m<sup>2</sup> 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



**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 LAND EXCURSIONS

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.





## 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
HIKING, INCLUDING LUNCH SURROUNDED BY NATURE	+€90	+€90/pers.	+€90/pers.

(PRICE OF THE PICNIC)

PLEASE CONTACT RECEPTION FOR ADDITIONAL INFORMATION.

All prices include VAT.







## OUR AQUATIC EXCURSIONS

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

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**

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.





—  
**LOVE LOSING  
WEIGHT**  
—





WELLNESS LUXURY HOTEL

---

Plage de Gigaro  
83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

[shapeclub@lilyofthevalley.com](mailto:shapeclub@lilyofthevalley.com)

[lilyofthevalley.com](http://lilyofthevalley.com)

---

 [@lilyofthevalleyhotel](https://www.instagram.com/lilyofthevalleyhotel)