



VILLARS PALACE

1913

FITNESS



WELCOME TO THE VILLARS PALACE FITNESS

THE PASSION FOR SPORTS, SHARED BY OUR TEAM, ENCOURAGES US TODAY TO OFFER IN OUR BRAND NEW 200 M2 STRUCTURE, PERSONALIZED COURSES, ACCESSIBLE TO ALL AND GUIDED BY COMPETENCE AND ENTHUSIASM.

HERE, SPORT IS A WAY OF DOING, A WAY OF LIVING. EXPERIENCE, FEEL.

OUR STRENGTH IS TO ASSOCIATE THE PLEASURE OF SURPASSING ONESELF WITH HEALTH THROUGH WATER.



1,2,3, GO!

YOUR SPORTS COACHING SESSIONS

SPIN & STRONG

SPIN&STRONG IS AN ULTRA-COMPLETE TRAINING CONCEPT THAT ALTERNATES THE TWO MOST IMPORTANT FITNESS ACTIVITIES: CARDIO, ON YOUR BIKE, AND STRENGTH TRAINING WITH FREE WEIGHTS AND BODY WEIGHT. IT IS THE MIX OF THESE TWO ACTIVITIES THAT WILL ALLOW YOU TO BURN BETWEEN 600 AND 800 CALORIES PER CLASS. THE MUSIC, ALSO CREATED FOR THIS CLASS, WILL UNDOUBTEDLY HELP YOU EXCEL!

SPINNING

SPINNING IS THE INDOOR CYCLING PROGRAM: YOU RIDE TO THE RHYTHM OF UPBEAT MUSIC. TAKE TO THE ROAD WITH YOUR COACH, WHO WILL LEAD THE PACK UP AND DOWN THE HILL, ON THE FLAT, AND BOOST YOU UP THE HILLS.

CAF

CAF IS A MUSCLE STRENGTHENING CLASS BASED ON THE LOWER BODY, ABS, GLUTES AND THIGHS. REGULAR ATTENDANCE AT THIS CLASS WILL STRENGTHEN, SHAPE AND TONE YOUR LOWER BODY. TRY IT, YOU'LL BE BACK.





1,2,3, GO!

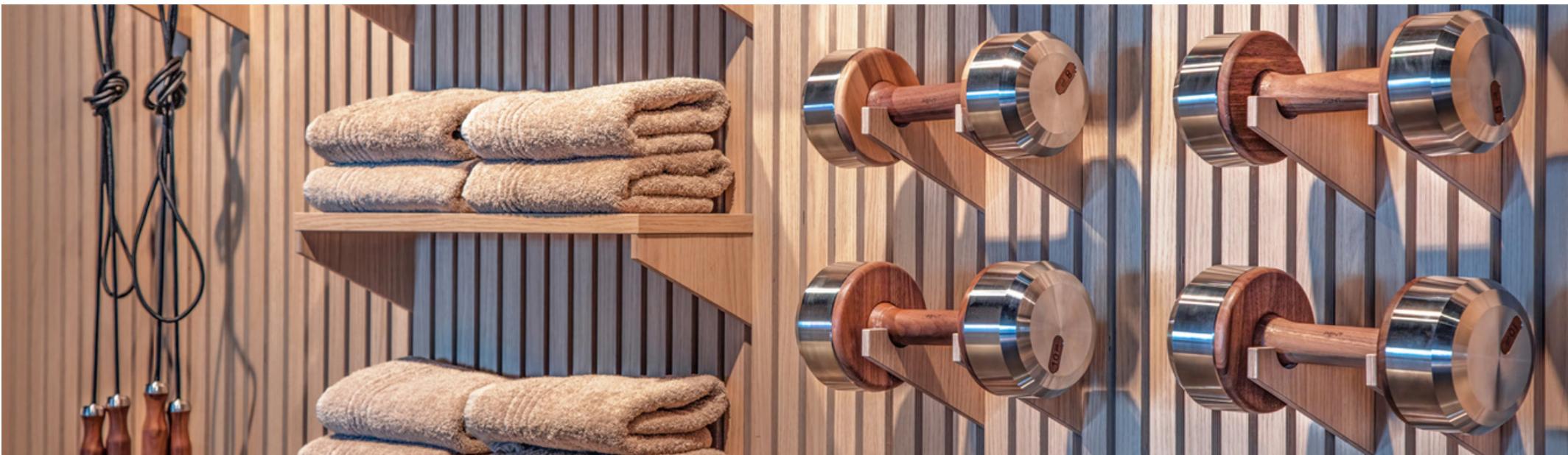
YOUR SPORTS COACHING SESSIONS

FUNCTIONAL TRAINING

FUNCTIONAL TRAINING IS BASED ON THE PRINCIPLE OF "CROSS-TRAINING" ESSENTIAL PHYSICAL QUALITIES. THE COURSE TAKES INTO ACCOUNT THE BEST OF PHYSICAL ACTIVITIES SUCH AS WEIGHTLIFTING, STRENGTH TRAINING, GYMNASTICS, ATHLETICS AND WEIGHT TRAINING. THIS NEW COMBINATION WILL DEVELOP ALL YOUR FUNDAMENTAL PHYSICAL QUALITIES: STRENGTH, POWER, ENDURANCE, COORDINATION AND MOTOR PRECISION.

CIRCUIT TRAINING

CIRCUIT TRAINING IS COMPOSED OF SEVERAL WORKOUT STATIONS TO BURN CALORIES AND TONE YOUR BODY. A GROUP CIRCUIT WORKOUT THAT COMBINES THREE-DIMENSIONAL FUNCTIONAL MOVEMENTS AND CARDIOVASCULAR INTERVALS, USING YOUR BODY WEIGHT AND ACCESSORIES.





SMOOTH AND GENTLE

MOBILITY PLUS

MOBILITY PLUS, ON RELAXING MUSIC, THE VARIOUS EXERCISES WILL MOBILIZE THE JOINTS, TONE THE MUSCLES AND WORK ON FLEXIBILITY. A REAL MOMENT OF RECONNECTION TO YOUR SENSATIONS.

YOGA

YOGA IS A CLASS WITH RELAXING AND/OR INVIGORATING POSTURES, BREATHING EXERCISES, STRETCHING AND MUSCLE STRENGTHENING. BREATHE IN, BREATHE OUT.

PILATES

PILATES IS BASED ON THE MUSCULAR GAINAGE OF THE TRUNK, THE WORK OF THE DEEP MUSCLES OF THE POSTURE AND THE STABILIZATION OF THE PELVIS. COMBINED WITH BREATHING WORK, IT ENDS WITH A TIME OF RELAXATION. REGULAR PRACTICE OF PILATES WILL INCREASE YOUR STRENGTH AND DEVELOP FLEXIBILITY IN EVERY PART OF YOUR BODY.

MÉDITATION

MEDITATION INVOLVES A SERIES OF RELAXATION TECHNIQUES THAT, WHEN PRACTICED REGULARLY, HAVE A CALMING EFFECT. THIS MINDFULNESS TRAINING HAS A POSITIVE EFFECT ON PHYSICAL AND PSYCHOLOGICAL HEALTH, HELPING TO IMPROVE YOUR MOOD AND EMOTIONAL STABILITY, WHILE RELIEVING PHYSICAL PAIN.

OUR PRICE LIST

SEASON PASS

CHF 800.-

MONTHLY PASS

CHF 365.-

DAILY ADMISSION

CHF 50.-

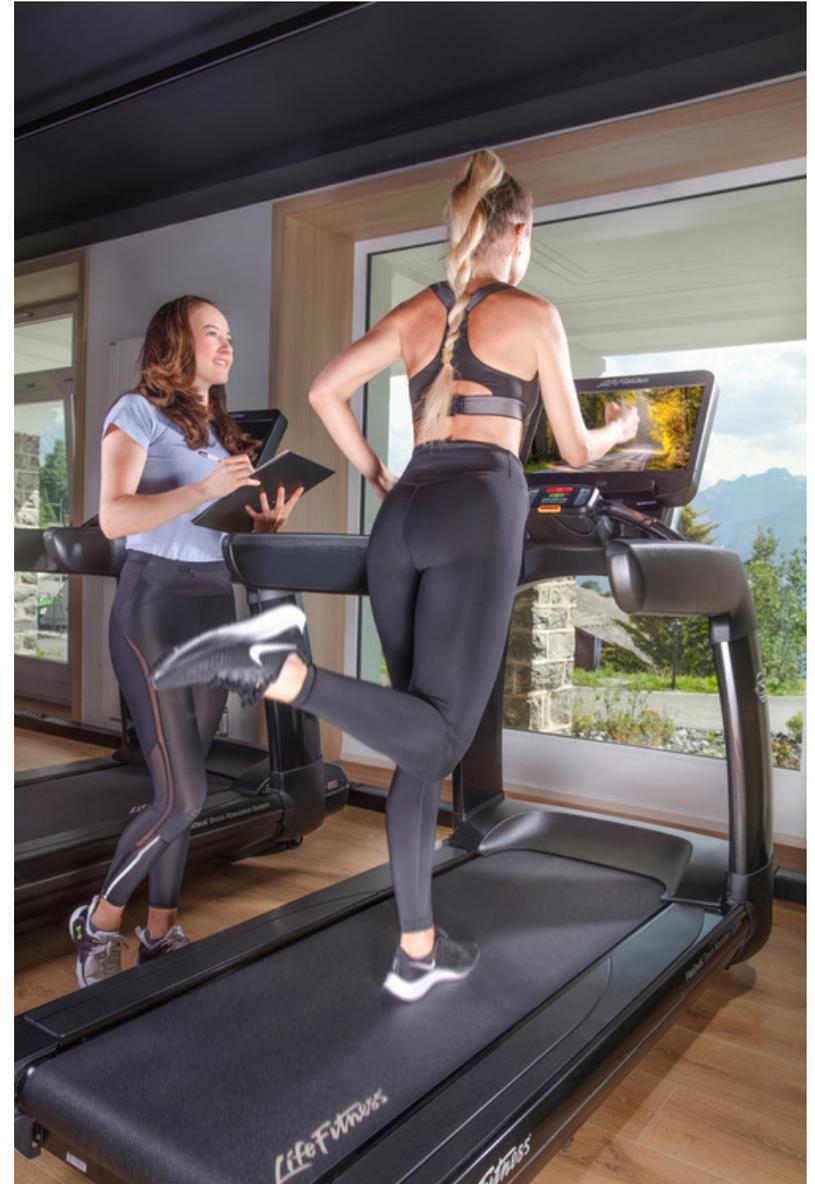
DAILY ADMISSION X10

CHF 450.-

PERSONAL TRAINING

TIME

60 MINUTES | CHF 160.-





OPENING HOURS

THE PALACE FITNESS IS OPEN EVERY DAY
24/ 24H.



RESERVATION

FOR INQUIRIES OR RESERVATIONS, PLEASE DIAL THE SPA KEY AS INDICATED ON YOUR PHONE OR CALL US AT +41 (0)24 496 22 23.
RESERVATIONS CAN ALSO BE MADE VIA EMAIL AT WELLNESS@VAR.CH.