



**Dynamic** workshops (*aquabike, aqua crosstrainer, aqua trekking, aquagym area & lane swimming*) and **soft** workshops (*various hydrojets, anatomically designed waterbenches, lumbar massaging area, geyser treatment for the feet, standing spa, 2 Jacuzzi©, submerged beach*) are part of our **Balneo**, complete with classes offered by our coaches, at your disposal. Under the palm trees or the straw parasols, adjustable sun loungers await you. A cardio fitness area completes this structure.  
**Our Spa and our Balneo are for adults only (+ 16 year), except the swimming classes (€).**

#### OPENING HOURS 2016

<b>LOW SEASON:</b>	From the opening to 03/06 & from 10/09 to the closure	<b>9:00 – 18:30</b>
<b>SHOULDER SEASON:</b>	From 04/06 to 24/06	<b>09:00 – 19:00</b>
<b>HIGH SEASON:</b>	From 25/06 to 09/09	<b>09:00 – 19:00</b>

#### **LOW SEASON PRICES 2016**

**HOURLY CHARGED, LESS OR MORE THAN AN HOUR IS STILL A FULLY CHARGED HOUR.**

Low season (from the opening to 03/06 and from 10/09 to the closure):

- Monday - Friday: €12 / day
- Weekends and Bank Holidays: €15 / day
- Entry 2 hours: €9
- 10 hour card: €40

#### **SHOULDER AND HIGH SEASON PRICES 2016**

**HOURLY CHARGED, LESS OR MORE THAN AN HOUR IS STILL A FULLY CHARGED HOUR.**

Shoulder season (from 04/06 to 24/06) & High season (from 25/06 to 09/09)

- 19 € / day
- 3 day package: €45
- 6 day package: €90
- Entry 2 hours: €9
- 10 hour card: €40

#### **Access to the Balneo does not include the coach-led classes.**

7 € per class – package of 5 classes: 32 € - package of 10 classes for the price of 9: 63 €

Private class: 30 € / hour – package of 10 hours for the price of 9: 270 €

To reserve the classes, please call 0033 (0)7 86 67 07 68.

#### **Package / person Low Season**

2 days = 2 entrances 2 hours + 2 classes = 28 €

3 days = 3 entrances 2 hours + 3 classes = 42 €

## **PROGRAM FOR LOW AND SHOULDER SEASON 2016**

### **FITNESS PROGRAM: CLASSES LEAD BY A COACH WITH MUSIC**

<b>Saturday</b>	10.45 – 11.30	<b>Aqua bike</b>	<i>Available to all: an underwater bike. Feel the massaging effect on the muscles. Ladies: fights cellulite and orange-peel skin.</i>
<b>Sunday</b>	16.30 – 17.15	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>
<b>Monday</b>	10.45 – 11.30	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>
<b>Tuesday</b>	17.00 – 17.45	<b>Aqua coaching</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines.</i>
<b>Thursday</b>	10.45 – 11.30	<b>Aqua coaching</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines.</i>
<b>Friday</b>	17.00 – 17.45	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>

## **PROGRAM FOR HIGH SEASON 2016**

### **FITNESS PROGRAM: CLASSES LEAD BY A COACH WITH MUSIC**

<b>Saturday</b>	10.00 – 10.45 17.00 – 17.45	<b>Aqua coaching</b> <b>Aqua bike</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines. Available to all: an underwater bike. Feel the massaging effect on the muscles. Ladies: fights cellulite and orange-peel skin.</i>
<b>Sunday</b>	17.00 – 17.45	<b>Aqua coaching</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines.</i>
<b>Monday</b>	10.00 – 10.45	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>
<b>Tuesday</b>	18.00 – 18.45	<b>Aqua coaching</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines.</i>
<b>Wednesday</b>	10.00 – 10.45	<b>Aqua coaching</b>	<i>Circuit training in the water with bikes, treadmills, cross trainers and trampolines.</i>
<b>Thursday</b>	18.00 – 18.45	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>
<b>Friday</b>	18.00 – 18.45	<b>Aqua bike</b>	<i>Available to all: an underwater bike.</i>