

# PHYSICAL ACTIVITIES

COMPLEMENT YOUR STAY WITH PHYSICAL ACTIVITIES (individually or with a subscription).

## Nordic walking session<sup>(1)</sup>

Nordic walking takes place in the surrounding natural environment. The session, supervised by a sports coach, begins with a warm-up, walking at your own pace, using a pair of poles provided as “boosters”, and ends with a warm-down (sessions supervised by a guide are subject to weather conditions).

€16  
105 mins

## Gentle gym session<sup>(1)</sup>

A qualified coach will lead you through exercises that are fully suited to your physical condition and needs. This will allow you to tone your muscles and maintain flexible joints with standing and sitting positions.

€19  
40 mins

## Relaxation session in the thermal water pool<sup>(1)</sup>

Exercises performed in zero gravity in a thermal water pool which allow risk-free and pain-free muscular, articular and cardiovascular movements.

€19  
40 mins

## SUBSCRIPTIONS

<b>5 muscle relaxation sessions in a thermal water pool</b> <b>€89</b>	<b>3 muscle relaxation sessions in a thermal water pool<sup>(2)</sup></b> <b>€54</b>	<b>3 Kneipp treatment sessions</b> <b>€79</b> 3 x 10 mins	<b>3 gentle gym sessions</b> <b>€54</b>	<b>3 Nordic walking sessions</b> <b>€45</b>
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## BUY 2 SESSIONS, GET THE 3RD FREE

<b>3 hydrojet sessions</b> <b>€98</b> 3 x 15 mins	<b>3 O2Chair® sessions</b> <b>€98</b> 3 x 20 mins	<b>3 Plénitude® sessions</b> <b>€98</b> 3 x 25 mins	<b>3 pressotherapy sessions</b> <b>€98</b> 3 x 25 mins	<b>3 ThermAction sessions</b> <b>€118</b> 3 x 30 mins
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<sup>(1)</sup> Excluding weekends

<sup>(2)</sup> Session to be taken from Monday to Thursday. Named subscription.