





Welcome to the Anantara SPA.

A place that takes care of you in every aspect.

Our fitness room is equipped with the latest generation of connected "Technogym" equipment, allowing you to monitor your performance and progress.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 am	BODYSCULPT	RUNNING	BODYSCULPT	RUNNING	GYM DOUCE
10.00 am	YOGA	STRECHING	CAF	BODYSCULPT	STRETCHING
12.30 am	PILATES	CROSS TRAINING	YOGA	BOXE	BODYSCULPT
6.00 pm	BOXE	CIRCUIT TRAINING	STRECHING	CAF	YOGA
7.00 pm	HIIT CARDIO	GYM DOUCE	CAF	HIIT CARDIO	CROSS TRAINING



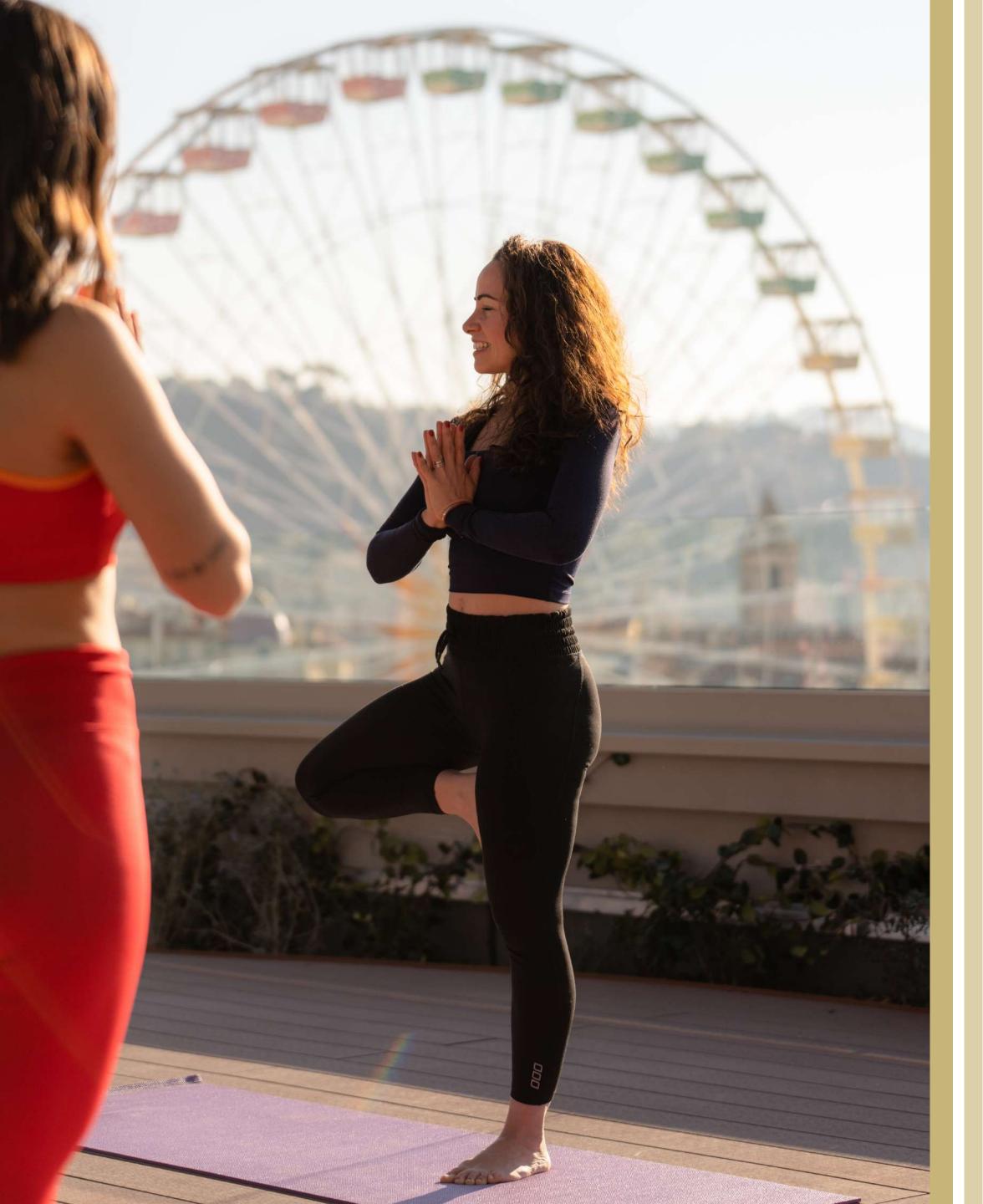
PLANNING

Our personal training sessions are carried out according to your needs by professionals.

Define your future challenges with our sports ambassadors and let yourself be tempted by courses adapted to your objectives.

LENGTH OF CLASS 45mn YOGA CLASS 1h

HOURS: 8.00 am - 9.00 pm





COURSES ADAPTED TO YOUR NEEDS

YOGA

Learn to listen to yourself and recharge your batteries through physical exercises and breathing techniques.

SOFT GYM

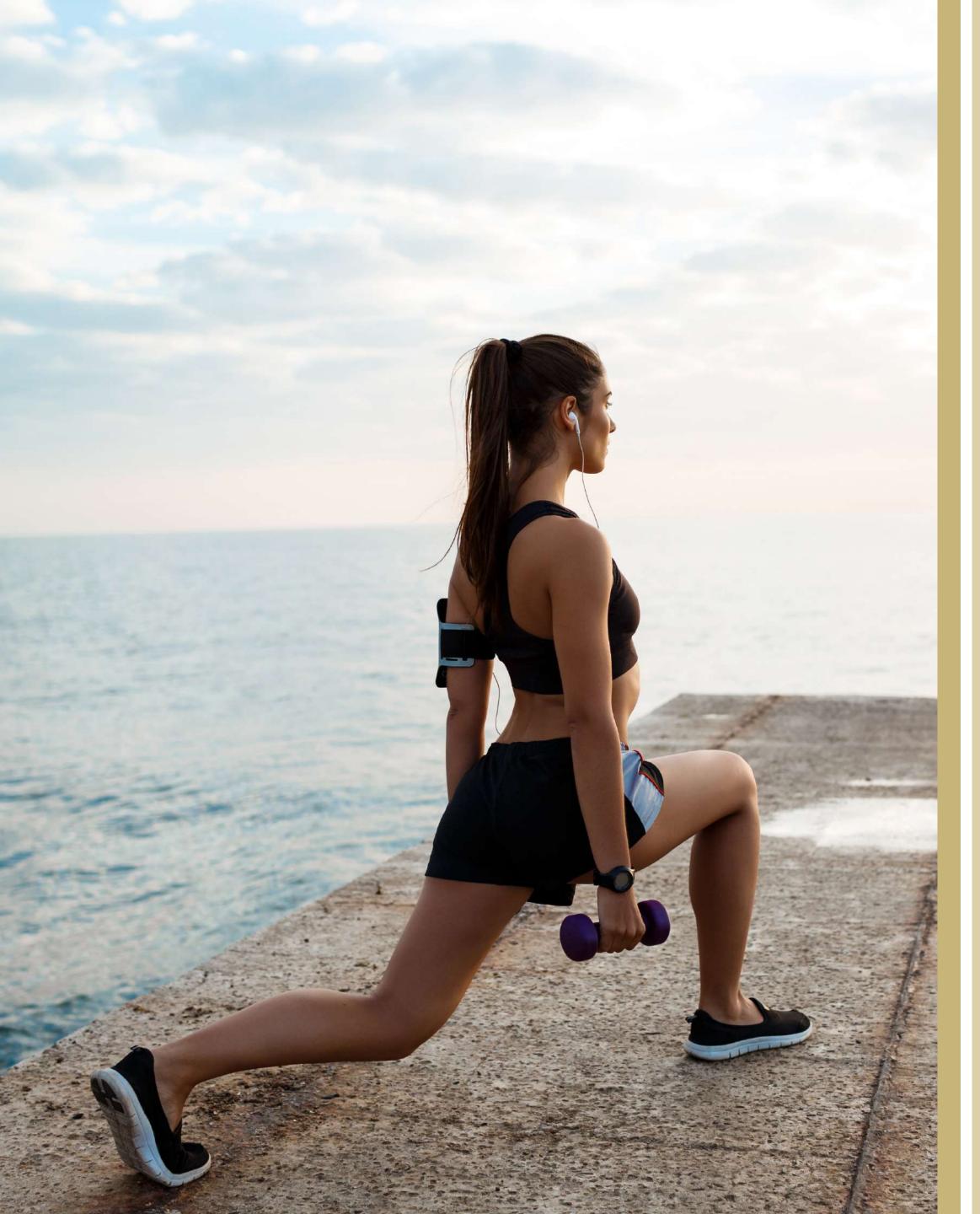
Muscle awakening, allows you to do exercises that are not hard on the joints.

STRECHING

It unties the joints and stretches the different muscles of the body in turn. An essential practice to regain flexibility and relax gently.

BODYSCULPT

Combines intense cardio-vascular efforts with muscle strengthening movements.



HIIT (high intensity interval training)

Alternate short periods of intense effort with short recovery times for an effective workout that will activate your cardiovascular system.

CROSS TRAINING

Work on your flexibility, speed, power, coordination and balance. Strengthen your endurance and build muscle mass.

TAB (thighs, abs, buttocks)

Muscle strengthening based on the lower body.

RUNNING

Physical preparation for the race with split exercises. Several choices of routes on "Strava" according to your level.

CIRCUIT TRAINING

Several workshops aimed at working the cardio and the whole body.





BECOME A MEMBER

WITH COMMITMENTS

- Access to group courses (planning)
- Access to the fitness room
- 2 free introductory coaches
- Courses on the rooftop
- One free 30-minute treatment or massage per quarter
- Access to the sauna and hammam "on reservation"
- Application fee: 83 €

TARIFFS : 99 € / MONTH Minimum commitment of one year

WITHOUT COMMITMENTS

- Access to group courses (planning)
- Access to the fitness room
- Courses on the rooftop
- Access to the sauna and hammam "on reservation"
- Application fee: 83 €

TARIFF: 144 € / MONTH No commitment

UNIT	UNIT RATE	TOTAL	TOTAL FOR TWO
1 SESSION	145 €	145 €	215 €
PACK OF 3	140 €	420 €	630 €
PACK OF 5	120 €	600€	900 €
PACK OF 10	115 €	1 150 €	1 700 €
PACK OF 15	110 €	1 650 €	2 475 €
PACK OF 20	105 €	2 100 €	3 100 €



PERSONAL TRAINING

Personal training is carried out according to your objectives by professionals who adapt to your daily needs.

This QR code gives you access to all our offers and course schedules directly on our "MyWellness" platform.





FITNESS CLUB

For further information or reservations please contact our Anantara Spa department at +33 4 93 16 75 71 or also by mail : spaanantarawellnessnice@taeconsulting.fr

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