



FITNESS CLASS

from May 4 to June 26, 2026

 PÔLE SPORT INNOVATION
Les Orres 1650

45-min session	Monday	Wed	Friday	Saturday, May 23
6:00 PM	BODY ZEN	CARDIO	YOGA	PILATES

- **BODY ZEN** : Inspired by yoga, tai chi, and Pilates, this class features a flow of movements set to music to improve flexibility, strength, and relaxation.
- **CARDIO** : Dynamic movements with variable intensity to improve cardiovascular endurance, burn calories, and strengthen the heart and lungs.
- **YOGA** : Slow yoga with static poses. Includes 10 minutes of meditation at the end of the class.
- **PILATES** : Gentle muscle strengthening targeting the deep muscles, improving posture, breathing, and flexibility.

 Registration & payment: on site

