



VILLARS PALACE

1913

FITNESS & WELLNESS



WELCOME TO THE VILLARS PALACE WELLNESS & FITNESS

TAKE A DEEP BREATH AND ENJOY THE SOOTHING SOUND OF THE MOUNTAINS.

WANDER THROUGH THE HAMMAM, SAUNA, AND RELAXATION ZONE, ADMIRE THE BREATHTAKING VIEWS OF THE MOUNTAINS, ENJOY THE OPEN-AIR SWIMMING POOL, TAKE PART IN A COLLECTIVE CLASS WITH OUR COACHS OR CHALLENGE YOURSELF IN OUR 200M² FITNESS CENTER.



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 VARIED 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.



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WELLNESS AREA

OUR SWIMMING POOL

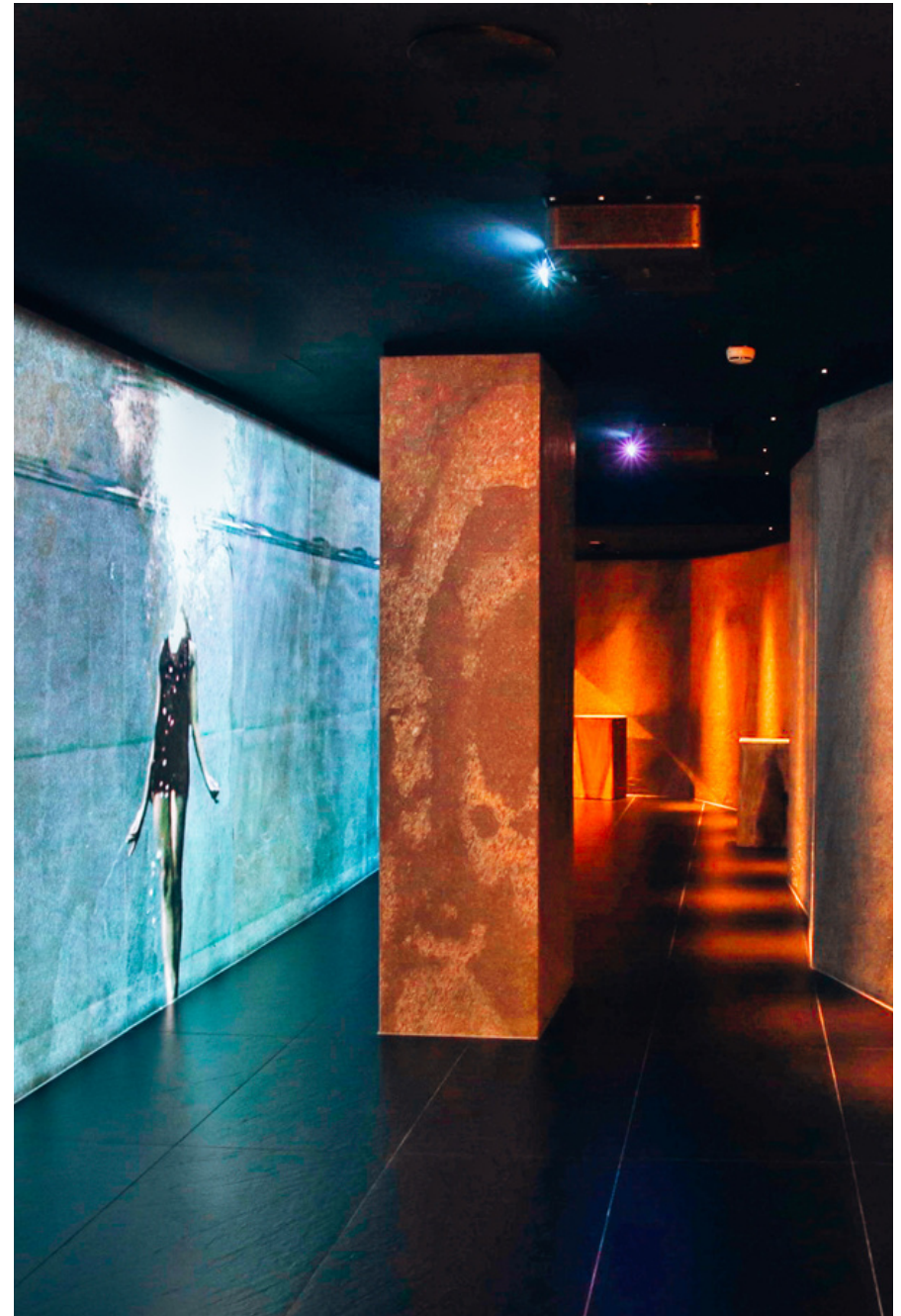
DIVE INTO OUR OUTDOOR POOL HEATED TO 30 DEGREES FOR A MOMENT OF PURE TRANQUILITY WITH A DIRECT VIEW OF THE SWISS ALPS. WHETHER YOU ENJOY SWIMMING OR SIMPLY RELAXING, YOU WILL ENJOY A PRIVILEGED MOMENT IN HARMONY WITH THE SWEETNESS OF LIFE THAT REIGNS IN ALTITUDE.

THE SAUNA AND HAMMAM

RELAX AND ENJOY THE BENEFITS OF HEAT ON YOUR SKIN FOR A MOMENT. WHETHER IT'S TO RELAX YOUR MUSCLE AFTER A HARD DAY OR SIMPLY TO OVERCOME THE WINTER COLD, THIS MOMENT WILL BE THE MOMENT OF YOUR DAY.

OUR RELAXING ROOM

ENJOY A MOMENT OF RELAXATION IN OUR RELAXING ROOM WITH A DIRECT VIEW OF OUR BEAUTIFUL MOUNTAINS. WHETHER IT'S WITH A GOOD BOOK OR JUST FOR A POWER NAP, THIS IS THE PLACE FOR YOU



OUR PRICE LIST

WELLNESS & FITNESS

SEASON PASS | SUMMER

INCLUDING:

- 2 INVITATIONS
 - 2 BODY ANALYSIS SESSIONS
 - 1 PERSONALISED PROGRAMME
 - 10% OFF SPA BROCHURE
 - 10% OFF PARKING
-

CHF 600.-

MONTHLY PASS

INCLUDING:

- 1 INVITATION
 - 2 BODY ANALYSIS SESSIONS
 - 10% OFF SPA BROCHURE
 - 10% OFF PARKING
-

CHF 480.-

DAILY ADMISSION

INCLUDING:

ENJOY EXCLUSIVE ACCESS TO THE PALACE'S WELLNESS & FITNESS FACILITIES, INCLUDING GROUP CLASSES, WHEN BOOKING TREATMENTS AT THE KAEÄ VILLARS ALPINE SPA FROM CHF 195.

CHF 80.-

DAILY ADMISSION (VILLARS ALPINE RESORT GUEST)

INCLUDING:

ENJOY EXCLUSIVE ACCESS TO THE PALACE'S WELLNESS & FITNESS FACILITIES, INCLUDING GROUP CLASSES, WHEN BOOKING TREATMENTS AT THE KAEÄ VILLARS ALPINE SPA FROM CHF 195.

CHF 35.-

DAILY ADMISSION X10 (VALID 1 YEAR)

CHF 480.-



OPENING HOURS

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

THE WELLNESS AREA IS OPEN EVERY DAY
FROM 9AM UNTIL 9PM.

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.