



## Summer Programme 2021

### A SUMMER IN MOTION

Enjoy sport activities and benefit from a tailor-made coaching thanks to the "Jérémy Peltier" team.

Sports coaching sessions Jérémy Peltier	55 min
Martial arts - self defence, sparring, boxing	55 min
Assisted stretching	30 min ou 55 min
Cycling tours by the lake	55 min
Cycling tours in the vineyards	3h00
<b>Specific sports coaching :</b>	
Tennis	55min
Stand Up Paddle on the lake	55min
Paddle tennis	1h30
Volleyball	1h30
Basketball	1h30
Football	1h30
Acquagym in the pool	55min
Flot bed in the pool	55min
Pilates	55min
Muscular awakening	40 min
Walk by the lake (breathing, relaxation and meditation)	55 min
Walk and activity in the woods - Vita trail	1h30
Sports activities urban training + museum	
Departure from the Beau-Rivage Palace to the city use of the city's infrastructures to do a circuit training and end with the visit of a museum (depending on the duration)	3h00 maximum