



Training ALTI'FORME « TONIC » *la Rosière, July from 28 to 30*

Program of activities and prices :

Tuesday 28/07 :

- 9.00 – 9.45 AM : Pilates session (indoor) – limited to 12 participants.
- 10.00 – 12.00 AM : Nordic walking (sticks provided) with a complete analysis of the technical aspects of the activity – limited to 12 participants.
- 1.30 – 5.00 PM : Hiking with a mythical ascent around the pass of Petit Saint Bernard with a magnificent view of Mont Blanc - Positive elevation + 800m.
- 5.30 – 6.30 PM : Pilates session and stretching (indoor) – limited to 12 participants.



Wednesday 29/07 :

- 9.00 – 9.45 AM : Pilates session and circuit training (indoor) – limited to 12 participants.
- 10.00 – 12.00 AM : Nordic walking « speed hiking » for a better use of his sticks – limited to 12 participants.
- 1.30 - 4.30 PM : trail initiation : analysis and adaptation according to the path, postural and biodynamic work, effort management.
- 5.00 – 6.00 PM : Pilates session and relaxation (indoor) – limited to 12 participants.



Thursday 30/07 :

- 9.00 – 9.45 AM : Pilates session « tonic » with a specific abdominal muscle building work (indoor) – limited to 12 participants.
- 10.30 AM – 16.00 PM : Day hike from la Rosière to go picnic by the wild lake of Retour. Picnic taken from your backpack. Positive elevation + 1000m.
- 17.30 – 18.30 PM : Pilates session special « well being » (indoor) – limited to 12 participant



This program is given as an indication and may be modified every day, depending on the weather conditions. Outdoor activities may be shortened and replaced by others, without this being eligible for a refund. Indoor Pilates classes will be ensured whatever the weather conditions and other Pilates, stretching or fitness sessions could be scheduled if necessary to replace outdoor activities.

Net price : 250€ per person

This offer does not include :

- Personal emergency and repatriation insurance
- Personal expenses (drinks, picnic, food)
- Accomodation

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