

# *Fitness*

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Eden Fitness offers you personalized coaching tailored to meet your needs and expectations in a completely revamped gym fitted with cutting-edge technologies including spearhead equipment.

Eden Fitness provides a training program with the innovative and efficient technology of Electrostimulation which positively impacts on your body, right from the first session.



# WELLBEING PROGRAMS



## VITALITY

Escape - 5 hours

950€

5 treatments available upon choice

1 Private Coaching Session 60'

1 Renata Franca Massage 60'

1 Yoga Session 60'

1 Eden Rock Sturm Glow Facial 90'

1 Pressotherapy Session 30'

Lifestyle - 2.30 hours

310€

1 Private Coaching Session 60'

1 Indian Massage 90'



## SOUL

Escape - 6 hours

950€

5 treatments available upon choice

1 Yoga Session 60'

1 Reiki Massage 90'

1 Yoga Massage 90'

1 World Massage of your choice 60'

1 Session of Pranayama & Stretching 60'

Lifestyle - 2.30 hours

410€

1 Yoga Session 60'

1 Reiki Massage 90'



## RELAX

Escape - 5.30 hours

950€

5 treatments available upon choice

1 Body Scrub 30'

1 Sensation Wrap 90'

1 Freshness Facial Treatment 90'

1 Lomi-Lomi Massage 60'

1 Yoga Session 60'

Lifestyle - 2 hours

400€

1 Body Scrub 30'

1 Massage 60'

1 Sensation Wrap 30'

## *Wellness & Fitness*

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An expert in nutrition and French Champion in Judo and Sambo many times over, **Jordan** (right) shares his vision of better performance in his personalized coaching. A Wiemspro ambassador, he also specializes in electrostimulation: muscle strengthening.

Trained in yoga in numbers of renowned academies internationally, **Flavia** is a master of Ashtanga, Vinyasa and Yin Yoga methods and for all levels. Breathing, posture to reinforce and harmonize the body, and deep work on the muscles ensure marked improvements in personal wellness.

With **Rodrigo** (left), you will complete your chosen workout session... With charisma and good humour, he motivates away any slight amount of reticence which may initially be present! An experienced coach in Olympic Wrestling, Rodrigo is a triathlon and crossfit expert. Adjusted to suit your level, his sports sessions are intense and entertaining.





## *Fitness Class*



### *Wiems-Pro Electro-Stimulation*

Electrostimulation is a concept of personal fitness through electro-muscular stimulation. This method uses low frequency pulses to dynamically contract your muscles. Under the guidance of your coach, you perform dynamic movements to counteract the muscle contractions caused by the impulses.

Private lesson	45 minutes	140€
Package of 5 sessions		600 €

### *Flexibility Course Stretching*

Private lesson	60 minutes	140€
Additional person		70 €

### *Personalized Coaching*

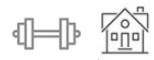
Private lesson	60 minutes	170 €
Additional person		60 €
Lesson for 4 people or more		300 €

### *Hip Hop or Modern Jazz Class*

Private lesson	60 minutes	130€
Additional person		50 €



# Pilates Class



Private Pilates lesson	60 minutes	170€
Pilates Reformer Class		190€
Additional person		60€
Lesson for 4 people or more		300 €

## What is Reformer Pilates ?

Founded in 1920 by Joseph Pilates in New York, the Pilates method is now widely used throughout the world. This German, living in England, passionate about anatomy, has created a large repertoire of movements with the aim of gently working the posture, the muscles and the mobility.

From the beginning of its creation, the discipline takes shape under the name of "Contrology" and is practiced on devices:

the Reformer, the Cadillac, the Wunda Chair, etc.

This is how the Pilates Reformer was born, which was then widely developed in the United States. This machine for muscle strengthening consists of a sliding bench called a cart, equipped with springs, bars and straps.





# Aquatic Trainings

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These training activities take place in the pool of your villa, providing a feeling of well-being in the water and the absence of aches and pains after the effort.

## Swimming Lessons

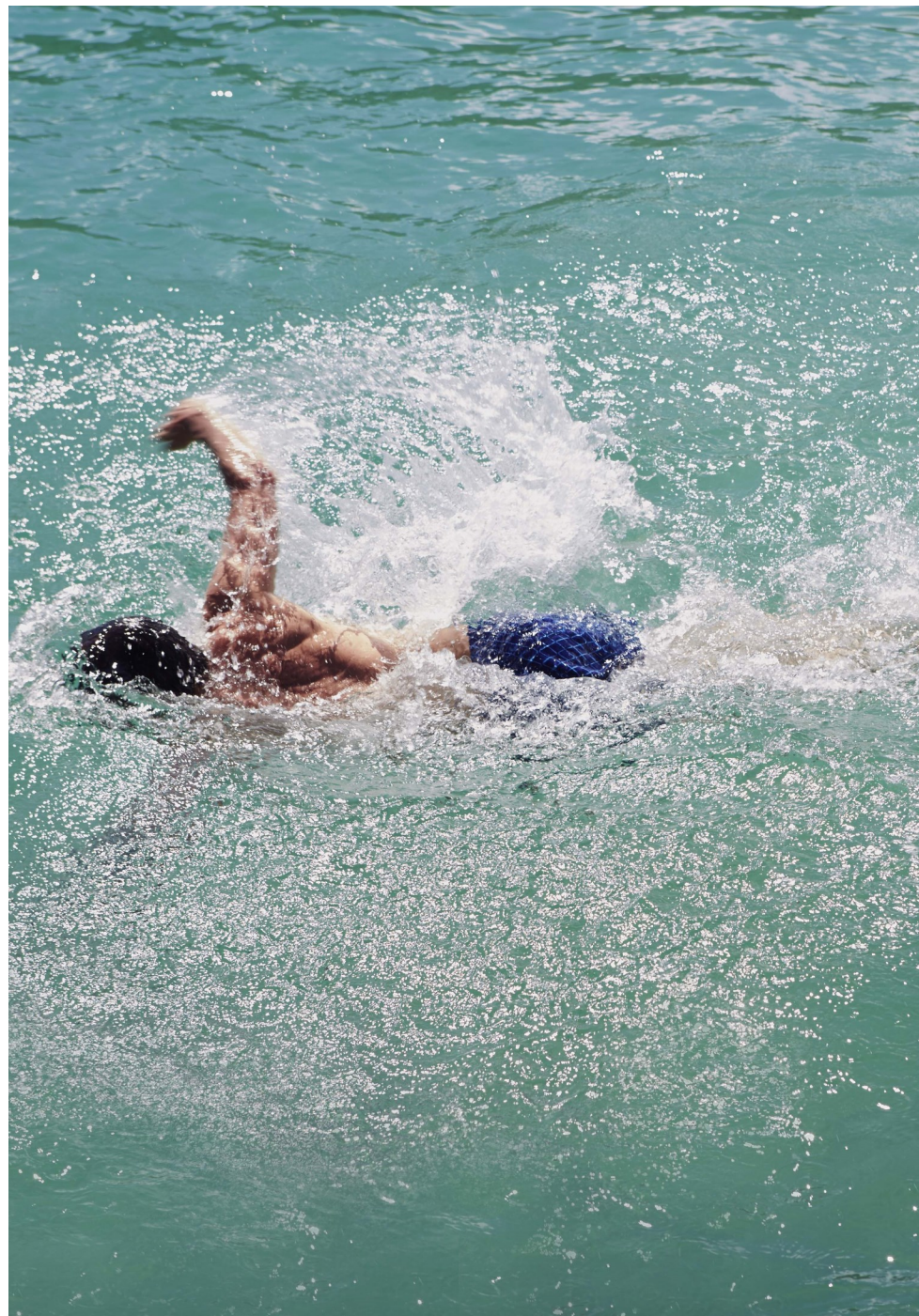
Private lesson for children or adults

30 minutes 80 €

Private lesson for children or adults

60 minutes 150 €

\*Refer to our coach to check the pool facilities in your room or in your villa.



# GENERAL CONDITIONS

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## Opening hours

The Eden Spa is open Monday to Sunday from 10.00 a.m. to 8.00 p.m. Eden Fitness is open daily from 6.30 a.m. to 10.00 p.m.

## Contact & Reservation

The Spa team is at your disposal for any request for information and reservations at the email address [spa.edenrock@oetkercollection.com](mailto:spa.edenrock@oetkercollection.com) or by telephone at +590 590 29 79 90.

## Arrival at the Spa

We recommend that you arrive at the Spa 10 minutes in advance. Time to complete your health questionnaire and be able to start your treatment at the scheduled time. If you wish to refresh yourself before starting your treatment, we kindly ask you to do so before arriving at the Spa, the changing time being included in your treatment.

## Cancellation/modification policy

In order to avoid total billing for your treatment, please provide notice of cancellation or modification less than 24 hours before the time of your appointment. In case of delay, if our schedule allows us, we will carry out your treatment by honoring its defined duration. Otherwise, we will have to shorten your treatment accordingly.

## Health

The Eden Spa reserves the right to refuse treatment depending on your health conditions. We thank you for kindly informing us of your state of health, any allergies or specifying if you are pregnant. Minors under 16 must be accompanied by a responsible adult. The "kids massage" is reserved for children from 6 years old to 13 years old exclusively.

## Ethics

Your wellbeing is our priority. We invite our guests to inform us of any illnesses or medical care in progress or recently received.

## Pregnancy

We offer treatments for women over three months pregnant.

## Treatments in your room at Eden Rock - St Barths or your Eden Rock Villa Rental villa

Treatments are available at the Spa, in your room, in your villa or at the beach depending on availability and requested treatment. For any treatment performed outside Spa opening hours, a supplement of 100% of the value of the treatment will be applied.



Eden Rock - St Barths, Baie de St Jean, St Barthélemy, 97133 French West Indies

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