

FITNESS CENTER
serving your
well-being

Gym
Group classes
Experienced coaches
Personalized training
Hammam and Sauna

TECHNOGYM[®]
qualitop
CERTIFIÉ

Benefit a contribution from your
supplementary insurance

INFORMATIONS

058 400 36 31
fitness@millennium.ch

HOURS

MONTHLY SUBSCRIPTION

Monday - Friday:

7am - 9:30am

9:30am - 11:30am*

11:30am - 8pm

* Personnal training

Saturday :

9am - 2pm

Sunday :

Closed

ANNUAL SUBSCRIPTION

Monday - Friday:

7am - 8pm

Saturday & Sunday:

9am - 8pm



Chemin de Mongevon 25
1023 Lausanne-Crissier
millennium.ch



FITNESS
MILLENNIUM

Free trial
session

Register

FITNESS

Discover a new dimension of fitness in a welcoming, upscale environment.

Take advantage of our state-of-the-art Technogym equipment, the expertise of our coaches and tailor-made services to help you achieve your fitness and well-being goals. Our coaches are on hand to offer you the best advice, guide you in your choices and draw up a personalized program perfectly suited to your needs.

Welcome to the world of fitness Millennium.

SUBSCRIPTIONS

MONTHLY 100% flexible

Monthly package with no commitment period and 100% flexible. You can cancel your subscription at any time, without any fees.

Offer:

- Training areas
- Sauna and steam room
- Linen service
- Access to Fitness Millennium app
- Introduction session

Public rate **109.-** /month
with group lessons: 139.-/month

ANNUAL All inclusive, unlimited access 7/7

Annual package including 2 free months to fully enjoy all of our services, including group classes..

Offer:

- Training areas
- Sauna and steam room
- Linen service
- Access to Fitness Millennium app
- Group classes
- 2 coaching sessions
- Customized assessment
- Mywellness app by Technogym
- Personalized program
- Unlimited access to the training room 7/7

Public rate **1'090.-** /year
one-time payment

DAY PASS

Free access to all fitness areas.

Entries	Rate
1	39.-
10	250.-
100 Business pack	1'999.-

PERSONAL TRAINING

Individual training with a personal coach.

Sessions	Rates
1	140.-
5	650.-
10	1'200.-
20	2'200.-



FITNESS

Group Class Schedule

Register



TOTAL BODY CORE

TBC is a class that combines strength training and cardio. It is an intense sport that allows you to expend energy while doing yourself good.



HIIT

High-Intensity Interval Training method. A session consists of alternating periods of very intense effort and recovery. The exercises are typically bodyweight exercises and are performed together.



LEGS WORKOUT
Wed - 12:10-12:55 indoor

Alternating ground and standing exercises to strengthen the glutes, thighs, and calves, and to achieve toned and dynamic legs. This class consists of exercises, with or without equipment.



CORE EXPRESS

Muscle-strengthening classes for the abdominal girdle and deep abdominal muscles, such as the transversal abs and pelvic floor. Slim your waist and sculpt your tummy! Class open to all.



PILATES

A gentle gymnastics method that focuses on developing deep muscles, improving posture, and protecting the spine. It is practiced on the floor with the use of small equipment.



RUNNING
Wed - 12:10-12:55 outdoor

Activity accessible to all and conducive to numerous health benefits: strengthening of the cardiovascular system, calorie burning, muscle strengthening, flexibility, agility, stress relief, and relaxation.



SKILLBIKE

An intensive group training method on an ergonomic stationary bike. The skillbike allows for a strong cardio-respiratory workout while providing a complete lower body strengthening.



STRETCHING

Long confined to the physical preparation of athletes, stretching is now a full-fledged sports activity aimed at improving flexibility and reducing bodily tension.



YOGA

A discipline that combines physical postures, breathing exercises, and meditation. The class offers a combination of different types of yoga: Hatha, Vinyasa, and Yin Yoga.



BOXE

French boxing, alternated with cardio training to work on your technique while burning a maximum of calories. Strengthen your muscle tone, coordination, and speed.



CORE POWER

High-intensity class targeting your abs, incorporating muscle strengthening. For circuit training enthusiasts who want to add an extra dimension to their exercises.



BIKE THE CHASE

Intense 30-minute course focused on climbing passes with various drops. Combines powerful cardiovascular work with muscle strengthening.

Type of training

- Muscle strengthening
- Cardio training
- Well-being
- * Class start time



Book a free session by scanning the QR code or by contacting us at 058 400 36 31.

Heures	Lundi	Mardi	Mercredi	Jeudi	Vendredi
7am - 8am					
8am - 9am					
9am - 10am					
10am - 11am					
11am - 12am					
12am - 1pm	*12:10 TOTAL BODY CORE ^{45'} ●	*12:10 YOGA ^{45'} ●	*12:10 LEGS / RUNNING ^{45'} ●	*12:10 PILATES ^{60'} ●	*12:10 SKILLBIKE ^{45'} ●
1pm - 2pm	*13:00 CORE EXPRESS ^{15'} ●	*13:00 BIKE THE CHASE ^{30'} ●	*13:00 CORE EXPRESS ^{15'} ●		*13:00 CORE POWER ^{30'} ●
2pm - 3pm					
3pm - 4pm					
4pm - 5pm					
5pm - 6pm	*17:00 CORE EXPRESS ^{15'} ●	*17:00 CORE EXPRESS ^{15'} ●			*17:00 CORE EXPRESS ^{15'} ●
	*17:30 HIIT ^{45'} ●	*17:30 BOXE ^{45'} ●	*17:30 HIIT ^{45'} ●	*17:30 CORE POWER ^{30'} ●	
6pm - 7pm	*18:30 STRETCHING ^{30'} ●	*18:20 PILATES ^{60'} ●	*18:30 STRETCHING ^{30'} ●	*18:00 YOGA ^{60'} ●	
7pm - 8pm					

No group classes on Saturdays and Sundays.