



FITNESS STUDIO

DIOR SPA PLAZA ATHÉNÉE FITNESS STUDIO
SUBSCRIPTIONS

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Located within the luxurious Dior Spa, our fitness studio is a space dedicated to your physical and mental wellbeing. Equipped with state-of-the-art facilities, it's designed with careful attention to detail, combining elegance and performance – an ideal environment for individual sessions with Gymate's personal trainers.

GYMATE

Synonymous with excellence, Gymate offers a unique personal training experience. Expect highly qualified professionals, selected from the best talent in Paris, dedicated to helping you achieve your goals.

Each Gymate trainer or teacher offers their own unique, tailor-made approach to meet your specific needs and transform your training or wellness experience.





PERSONAL TRAINING

Our coaches are driven by excellence and fuelled by passion to give you the coaching and results you're looking for. Each coach specialises in a variety of individual training methods designed to optimise your body's appearance and performance, helping you create powerful change in your body and mind.

MOBILITY

Focus on improving joint mobility and preventing injury. Our trainers will guide you through targeted exercises to enhance flexibility, functional strength and joint stability, essential for maintaining optimal health and preventing muscular imbalances.

RUN

Develop your endurance, cardiovascular capacity and running technique with our outdoor running sessions. Whatever your level, our athletes will guide you through carefully chosen courses, ensuring a challenging and enjoyable outdoor training experience.



YOGA

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Experience a unique mind-body connection, either in the fitness studio or in your room. Our teachers guide you through personalised sessions, helping you improve your flexibility, strength and balance – as well as reducing stress, promoting relaxation and helping you achieve a state of holistic well-being.

SOUND BATH & MEDITATION

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Plunge into a state of deep relaxation with our Sound Bath and Meditation sessions. Our therapists will guide you through an immersive experience where soothing vibrations calm the mind and harmonise the body. Each session promotes stress release and stimulates creativity, and is tailored to your needs for a personalised experience.

PILATES

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Focus on strengthening the body, improving posture and increasing flexibility through control and fluidity exercises. Our instructors guide you through personalised sessions in the fitness studio or in your room, focusing on developing your abdominal strength, stability and balance. You'll finish each session feeling stronger and more connected to your body.





SUBSCRIPTIONS

WELLNESS

- Access to facilities from 8am to 9pm
- Two guest passes
- Access to sauna and steam room
- One 30-minute sports assessment
- Two one-hour private sessions
- One Dior Expert Protocol*
- One Dior Massage Therapy**

EXCLUSIVE

- Access to facilities from 7am to 10pm
- Four guest passes
- Access to sauna and steam room
- Private locker
- One 30-minute sports assessment
- Four one-hour private sessions
- One Dior Expert Protocol*
- One Dior Massage Therapy**

One night in a Deluxe Room (including breakfast)

ULTIMATE DUO

- Access to facilities from 7am to 10pm
- Four guest passes
- Access to sauna and steam room
- Private locker

One 30-minute sports assessment per person

Two one-hour private sessions per perso

One Dior Expert Protocol per person*

One Dior Massage Therapy per person**

1 night in a Deluxe Room (including breakfast)

* Choose from our Expert Protocols

** Choose from our Massage Therapies

PRIVATE SESSIONS

- 1 session – €150
- 10 sessions – €1,400
- 20 sessions – €2,600
- 30 sessions – €3,600

SUBSCRIPTIONS

- WELLNESS – Annual subscription – €6,000
- EXCLUSIVE – Annual subscription – €7,500
- ULTIMATE DUO – Two person subscription – €9,900

