FITNESS CENTER
serving your well-being

Gym
Group classes
Experienced coaches
Personalized training
Hammam and Sauna

TECHNOGYM®

Benefit a contribution from your supplementary insurance



INFORMATIONS

058 400 36 31
fitness@millennium.ch

HOURS

MONTHLY SUBSCRIPTION

Monday - Friday:
6:30am - 9:30am
9:30am - 11:30am*
11:30am - 8:30pm

*Personal training

Saturday :
9am - 2pm

Sunday :
Closed

ANNUAL SUBSCRIPTION

Monday - Friday:
6:30am - 8:30pm

Saturday & Sunday:
9am - 8pm

-18

MILLENNIUM

Chemin de Mongevon 25
1023 Lausanne-Crissier
millennium.ch/sport/fitness

FITNESS
MILLENNIUM



Information and registration directly at the Fitness.

FITNESS
MILLENNIUM

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

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**
- **Customized assessment**
- **Mywellness app by Technogym**
- **Personalized program**
- **Unlimited access**

Public rate **1'290.-** /one-time payment
119.-/ month

MORNING
All inclusive

Morning annual membership allows you to make full use of all our facilities, including our group classes, from 6.30 am to 10.30 am.

Offer:
- Training areas
- Sauna and steam room until 9.30 am
- Linen service
- Access to Fitness Millennium app
- **Morning group classes**
- **Mywellness app by Technogym**
- **Access from Monday to Saturday**

Public rate **890.-** /one-time payment

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 **119.-** /month
with group lessons: 149.-/month

PERSONAL TRAINING

Individual training with a personal coach. Rates for members. For non-members, include a day pass to get access at the gym.

Sessions	30 min.	1 hour
1	**75.-**	**140.-**
5	**350.-**	**650.-**
10	**690.-**	**1'200.-**









Our prices are in Swiss francs, VAT included.

October 2026