

FITNESS CENTER  
serving your  
well-being

Gym  
Group classes  
Experienced coaches  
Personalized training  
Hammam and Sauna

**TECHNOGYM**<sup>®</sup>  
**qualitop**  
CERTIFIÉ

## INFORMATIONS

058 400 36 31  
fitness@millennium.ch

## HOURS

Monday - Friday:

7am - 9:30am  
9:30 am - 11:30am\*  
11:30 am - 8pm

\* By reservation

Saturday:

9am - 2pm

Sunday:

Only with a personal coach



Chemin de Mongevon 25  
1023 Lausanne-Crissier  
millennium.ch



FITNESS  
MILLENNIUM

Free trial  
session

Register

# FITNESS

## Group Class Schedule

Register



**STRONGER**

Stronger is a signature class by our coach Laurine that combines strength training and cardio workouts. It's an intense sport that allows you to expend energy while feeling good



**POWER UP**

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



**BARRE WORKOUT**

This class combines dance-inspired movements with high-intensity exercises to sculpt and strengthen your body, both at the barre and on the floor. You will improve your endurance, flexibility, and coordination.



**SKI POWER**

With this specific ski season training course for all levels, work all your muscles to improve your endurance, strength and agility.



**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.



**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**

Once confined to the physical preparation of athletes, stretching is now considered a standalone sport or activity.



**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.



**KNOCK-OUT**

French boxing, alternated with cardio training to work on your technique while burning maximum calories. Move between different workstations, strengthen your muscle tone, coordination, and speed.



**CORE POWER**

A high-intensity 30-minute class targeting your abs while incorporating overall strength training. Designed for circuit training enthusiasts looking to add an extra dimension to their usual workouts.

**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.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
6am - 7am					
7am - 8am					
8am - 9am					
9am - 10am					
10am - 11am					
11am - 12am					
12am - 1pm	*12:10 STRONGER 45' <span style="color: blue;">●</span>	*12:10 STRONGER 45' <span style="color: blue;">●</span>	*12:10 RUNNING 45' <span style="color: red;">●</span>	*12:10 PILATES 45' <span style="color: blue;">●</span>	*12:10 SKILLBIKE 30' <span style="color: red;">●</span>
1pm - 2pm	*13:00 STRETCHING 30' <span style="color: green;">●</span>	*13:00 SKILLBIKE 30' <span style="color: red;">●</span>	*13:00 SKI POWER 30' <span style="color: blue;">●</span>	*13:00 CORE POWER 30' <span style="color: blue;">●</span>	*12:45 KNOCK-OUT 45' <span style="color: blue;">●</span>
2pm - 3pm					
3pm - 4pm					
4pm - 5pm					
5pm - 6pm	*17:30 YOGA 60' <span style="color: green;">●</span>	*17:30 KNOCK-OUT 45' <span style="color: blue;">●</span>	*17:30 POWER UP 45' <span style="color: blue;">●</span>	*17:30 YOGA 60' <span style="color: green;">●</span>	
6pm - 7pm		*18:20 SKILLBIKE 45' <span style="color: red;">●</span>	*18:15 BARRE WORKOUT 45' <span style="color: green;">●</span>		
7pm - 8pm					