



AQUA GYM: Course that combines muscles strengthening and endurance in order to make your whole body work in a COMPREHENSIVE, SECURE and DYNAMIC manner. This training course takes place in water at a water depth of 135cm and therefore does not need that participants know how to swim.

BODY BOXING: Cardio course giving you a boost and helping you to totally unleash. This highly energetic program is inspired by martial arts. With this course, you will burn calories and improve your cardiovascular fitness through strikes, punches and kicks.

BODY SHAPE: Strengthen, shape your muscles and, if necessary, eliminate cellulite through rhythmic and dynamic method.

BODY POWER: Original course with dumbbells for muscles strengthening. This 60-minute course makes every major muscles groups work using the best exercises of the fitness room.

FAC: Class focused on the abdominals and lower body.

FLEXI MOVE & YOGA: This class helps improving flexibility, mobility and muscle endurance, energizing and strengthening your whole body.

MIND AND BODY: Combination of yoga, tai chi and Pilates exercises. The controlled breathing, concentration and a series of stretches, movements and postures carefully structured, immerse your body in a state of harmony.

PILATES FIT BALL: This low-impact fitness program class allows you to choose the intensity of your effort. To the rhythm of upbeat and exciting music, you will use balloons, tubes, and possibly small dumbbells to make your exercises and will finish this program with your batteries re-charged.

PILATES: Through a series of various exercises, you learn how to activate weak muscles and to relax the too stretched muscles in order to balance your body.

SPINNING: Improvement of your physical condition (cardiovascular endurance). Weight loss. improvement of body composition and decreasing percentage of body fat.

STEP'n MOVE : Increasing by 30% to 40% of calories expenditures. Work located in the legs and buttocks. You are exercising up and down from a platform while simultaneously conducting exercises with upper body.

STRETCHING: Stretching is a form of gentle exercises, aiming to stretch and relax the whole body.

ZUMBA: For those who find that fitness exercises are too strict, Zumba is THE answer. These exercises combine fitness and latino dances.

S S E N T I F

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