



FITNESS 2.0

GUIDE

#pullmanfit

#upyourgame

Discover our brand new state of the art fitness center!

Fitness x Technology

Our fitness area, designed in a colorful industrial style,
in partnership with **LES MILLS** welcomes you **24/7**.

Ready, Steady, Go!



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HUMAN BODY EXPERIENCE

HBX BOXING 20 mins / 45 mins

Intensive training inspired by combat sports & martial arts

Equipment: punching bag, boxing gloves, slamball, jumping rope



HBX MOVE 30 mins

Body weight and power training

Equipment: TRX suspension strap



HBX FUSION 30 mins

Highly intensive circuit training

Equipment: TRX suspension strap, Kettlebell

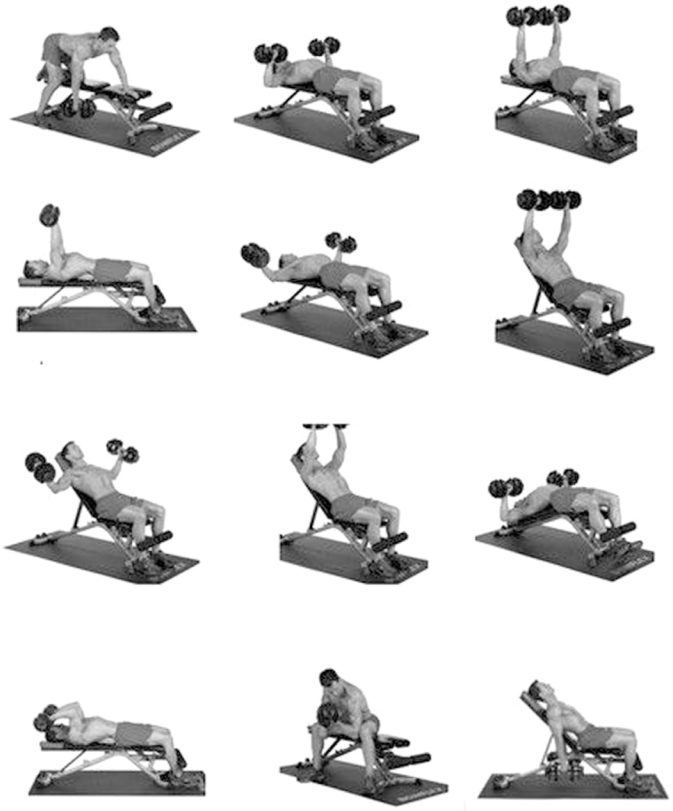






WEIGHT BENCH

Our favorite exercises to include in your session:





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LES MILLS

GROUP CLASSES

BODYBALANCE  30 mins / 55 mins

Lessons inspired by yoga, tai chi and pilates elements

Equipment: yoga mat



BODYCOMBAT  30 mins / 55 mins

High-energy martial arts-inspired workout. Totally non-contact.



CXWORK  30 mins

Exercise your muscles around the core

Equipment: resistance tubes, weights





BODYPUMP  30 mins / 45 mins / 55 mins

Barbell full body workout

Equipment: weights, barbell, step



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LES MILLS CYCLING

RPM  30 mins / 50 mins

Cycle racing inspired lesson, with climbings and sprints

Equipment: indoor bike



SPRINT  30 mins

Intense lesson during which you'll have to fight hard against yourself

Equipment: indoor bike



THE TRIP  40 mins / 45 mins

Fully immersive workout experience that combines a multi-peak cycling workout with a journey through magical digitally-created worlds

Equipment : indoor bike





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YOGA & STRETCHING

Our favorite positions so you can relax, stretch or do a yoga session

Equipment: yoga mat





GLOSSARY



Flexibility



Burn calories



Muscle strength



Endurance



Self-confidence



Mass gain



Bones resistance



Serenity & relaxation



Mental strength



Aerobic capacity

Extend the experience at **CMG** Bercy
SPORTS CLUB

45 rue des Pirogues de Bercy - 75012 Paris



- Boxing
- Cardio training
- Collective lessons
- Cycling
- Functional training
- Hammam
- Guided machines
- Weights
- Sauna
- TRX
- Wellness
- Zumba

ACCESS: 20€

Pass available at the front desk

OPENING HOURS: Monday-Friday: 7:30 - 21:30
Saturday-Sunday: 9:00 - 18:00

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  **@liveforrealbercy**



pullman
HOTELS AND RESORTS

PARIS CENTRE - BERCY