



SEASON 2026 - 2027

WELLNESS & FITNESS

Gym · Pilates · Yoga · Perinatal Yoga · Zumba



The Club House studio — classes held throughout the season

YOUR INSTRUCTORS

ZUMBA · PERINATAL YOGA · GYM

Delphine

06 74 91 56 25

**PILATES · GYM · STRETCHING ·
CARDIO TRX**

Eugénie

eugenie.coach.mouvement@gmail.com

Lou

06 71 61 74 43

Maï

06 85 31 68 72

Marine

06 07 35 31 17

Valérie

06 08 30 71 33

INFORMATION AND REGISTRATION WITH THE INSTRUCTORS

Classes open to VITC members — Tennis + Wellness membership or Wellness-only membership

CLUB HOUSE — ÎLE DES IBIS, LE VÉSINET

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