

PILATES POWER

CLUB

MOBILITY • STRENGTH • POSTURE • STABILITY • MUSCLE TONE • FLEXIBILITY

Aida Hôtel
& Spa

ESCAPE & RESET

LUXURY PILATES & WELLNESS RETREAT

*"Your Body is Unique,
It deserves Excellence."*

3 DAYS - 2 NIGHTS
CRANS-MONTANA



YOU FIRST.

Just you — the alpine air, the hushed silence, the scent of wood, and the serenity of luxury. A calm mind, an elevated body, a renewed perspective.

Three timeless days guided by movement, nature, rituals, and Gastronomy.

A gentle return to self — with grace & excellence.

Audrey



ESCAPE & RESET

DAY 1

- 3:00 pm Check-in & Refreshments
- 4:30 pm Meeting & Intentions with Audrey
- 5:00 pm BALANCE Signature Lesson
- 6:00 pm Fresh juice at the Pool
- 7:30 pm 3-Course Dinner

DAY 2

- 9:00 am SCULPT Signature Lesson
- 10:00 am Continental Breakfast
- 11:00 am Forest Sensory Walk
- 1:00 pm Chef's Picnic
- 4:00 pm Relaxing Massage
- 5:00 pm Recharge at the Spa
- 7:00 pm 3-Course Dinner

DAY 3

- 8:30 am LISTEN Signature Lesson
- 9:30 am Questions & Feedback
- 10:00 am Continental Breakfast
- 12:00 pm Bye-bye Crans-Montana

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Aida Hôtel
& Spa

Adults only

SIGNATURE LESSONS

LISTEN.

60 min

Learn to slow down, listen to your body and deeply release physical and emotional tensions.

Stretching & Myofascial Release

BALANCE.

60 min

For a stable, mobile and harmonious body, able to move with fluidity, elegance and confidence in everyday life.

Matwork & Pilates

SCULPT.

60 min

Reveal your power by sculpting a body that's toned, aligned and glowing with inner beauty.

Barre & Pilates

PILATES POWER



Audrey

RITUALS

RELAXING MASSAGE

A tailor-made treatment combining the effectiveness of Hormeta products with the expertise of our practitioners. Whether you're looking for purity, radiance, hydration, nutrition, soothing, anti-aging, or all of the above, we can meet your needs and your skin's expectations.

SPA AMENITIES

Immerse yourself in 300m2 of bliss and relaxation.

- Indoor Pool & outdoor (summer only)
- Sauna
- Hammam
- Jacuzzi
- Cheminée
- Resting Area
- Fitness Area

ON THE MENU




LE PARTAGE RESTAURANT

In a chic and inviting atmosphere, Chef Gioele Marzola and his crew invite you to savour local and summery dishes.

We offer a sensory journey through seasonal creations influenced by transalpine cuisine.

This experience, combining freedom and refinement, promises a unique gourmet moment.

Specific diet ? The chef is at your service.



YOUR COCOON

OVERLOOKING THE PEAKS

The setting for 18 wooded rooms and suites with the most beautiful mountain expressions.

All have large south-facing terraces.

Spectacular, breathtaking views over the valley and the Swiss Alps.

ONLY FOR YOU

- King-size bed 200x200
- Bath
- Shower
- Lounge area
- Television
- South-facing terrace with view
- Safe deposit box
- Minibar

PRICES

ESCAPE & RESET

3 DAYS - 2 NIGHTS

SOLO	CHF. 3'090.-
DUO	CHF. 3'590.-
GROUP	ON REQUEST

- Prices include full board, meals, activities and treatments (excluding drinks).
- Tourist taxes to be paid on site at time of departure.
- Offer subject to availability.

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