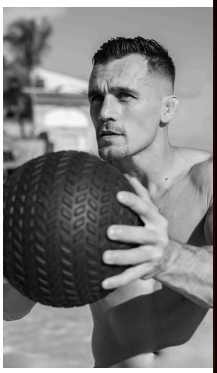

CARE
EDEN ROCK

MEET OUR HOUSE EXPERTS
Jordan, Antonin & Gabriel







Jordan is a French Judo and Sambo Champion, offering personalized coaching that combines performance, enjoyment, and well-being.
Through in-depth physical assessments, he tailors each program to your individual goals.

Gabriel has been passionate about sports from an early age and became a French rugby champion at just 15 years old. Gabriel has been passionate about sports from an early age and became a French rugby champion at just 15 years old.

Antonin has a diverse sporting background and a degree-level education in sports science. He specializes in strength training, running, and physical conditioning. A qualified lifeguard and sports coach, he provides tailored guidance to help you achieve your goals.

9. Fitness

With Jordan, Antonin and Gabriel, enjoy personalized coaching that combines performance, energy and motivation. A French champion with expertise in nutrition, Jordan specializes in electrostimulation. Antonin brings his expertise in strength training and physical conditioning to help you achieve your goals, while Gabriel combines his passion for rugby with his fitness expertise to support your progress.

WiemsPro Electro-Stimulation

Electrostimulation offers a personalized approach to fitness through electrical muscle stimulation. This method uses low-frequency impulses to trigger dynamic muscle contractions.

Private Session	45 minutes - 150€
Pack of 5 sessions	600€

Flexibility Course Stretching

Private session	60 minutes - 140€
Additional participant	70€

Personalised Coaching

Private session	60 minutes - 170€
Additional participant	60€

Private Classes

Private session	60 minutes - 170€
Pilates reformer session	190€
Additional participant	60€