

WALTERY LAGREE CLUB

Discover the WALTERY universe and immerse yourself in the Lagree experience, a comprehensive method that combines muscle strengthening, endurance, and control through innovative machines. In a modern and inspiring space, each session is precisely guided to strengthen the body, unlock your potential, and provide a unique moment of well-being.

Adress :

5 rue de l'Opéra, 13100 Aix-en-Provence

Contact :

04.42.50.35.82

Email :

hello@walteryclub.com

Website :

www.walteryclub.fr

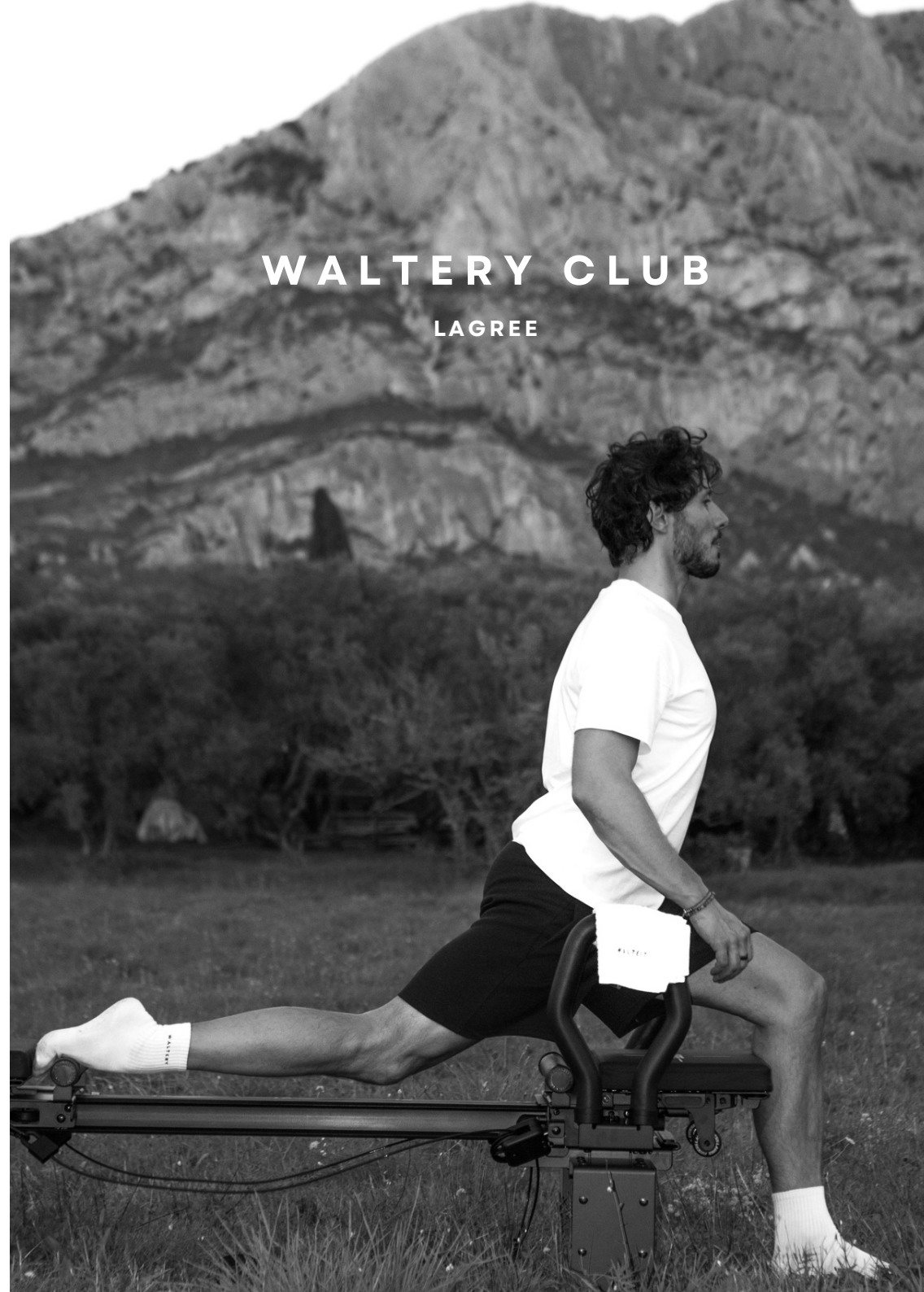
Student & corporate offers available.



Book your
trial session.

WALTERY CLUB

LAGREE



THE LAGREE METHOD: STRENGTH, PRECISION & INNOVATION

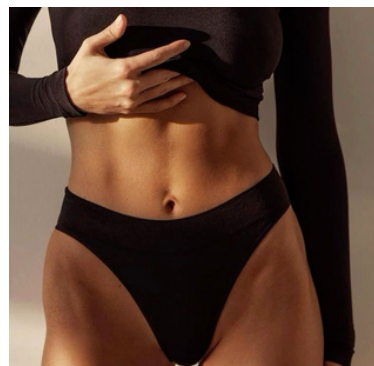
Created in the 2000s in Los Angeles by Sébastien Lagree, the Lagree Method is a **full-body workout** that combines **strength training, endurance, and control**. Inspired by Pilates, it stands out through its intensity and the use of specialized machines that allow **slow, deep muscle work with a cardio component**.

Each session engages the **entire body** while **protecting the joints**. Based on principles of **biomechanics** and **physiology**, the method stimulates **EPOC**, allowing you to continue **burning calories even after your workout**.

- *Slow, controlled tempo for deep muscle engagement*
- *Full-body activation with every movement*
- *Continuous flow with no breaks for sustained intensity*
- *Low-impact training, gentle on the joints*



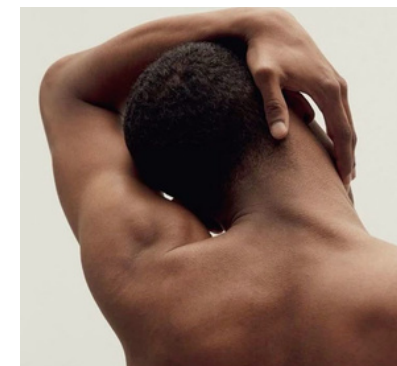
WALTERY CLUB
5 RUE DE L'OPÉRA
13100 AIX-EN-PROVENCE



CORE STRENGTH & SCULPTED TORSO

In just **three sessions**, the Lagree Method reshapes the core and refines the silhouette. Controlled movements target the body deeply, **revealing tone and strength**.

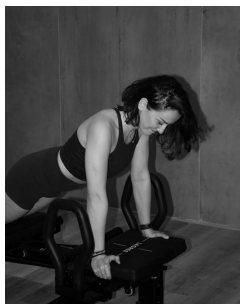
Result: a stronger core and naturally sculpted abs.



UNIVERSAL & PERFORMANCE-DRIVEN

Also popular among **men and athletes**, the Lagree Method is an ideal complement to traditional training.

It improves **stability, control, and coordination** while supporting recovery. A targeted approach to **optimize overall performance**.



COMPACT & HIGH-END FITNESS

The latest Lagree machines, the newest in the range, are more compact and high-performing, offering a unique experience. They maximize **instability** and **muscle contraction** for a complete workout.

Compact, powerful, and cutting-edge, they transform every session into an efficient and **intense training experience**, appealing to anyone seeking wellness and **visible results**.

WALTERY : THE ART OF LAGREE IN AIX-EN-PROVENCE

Designed as an **elegant and functional space**, every detail enhances the experience.

Precision of movement, **controlled intensity**, and **expert coaching** ensure fast and lasting results.

The experience is enhanced with an **infrared LED mask**, a **matcha bar**, and premium services (showers, towels), combining performance, recovery, and comfort.

-15% on your discovery pack upon presentation of this flyer.

