



Join VALEO Health Club Get fit & stay healthy

VALEO Health Club is located on the third floor of Renaissance Atyrau Hotel. Our Health Club offers you everything you need to look and feel your very best – fitness, beauty and SPA facilities available at the hotel.

- Health Club VALEO is open daily from 7 a.m. till 11 p.m.
- Fully equipped 345 sq.m. gym
- Sauna
- Solarium
- Steam room
- Beauty treatment
- Massage
- Swimming pool
- Kids swimming pool
- Classes of different types of sports

Renaissance Atyrau Hotel, 3rd floor, VALEO Health Club
060011, 15 B Satpayev Street, Atyrau, Kazakhstan
t. 007.7122.909639. 007.7122.909669
www.renaissanceatyrau.com

Fitness lessons of the Health Club

AEROBICS					
1 lesson-50 minutes	Group		Individual		
	1 lesson	12 lessons	1 lesson	8 lessons	12 lessons
Belly-dance	4000	30000	5000	35000	48000
ZUMBA-dance	4000	30000	5000	35000	48000
Yoga	4000	30000	5000	35000	48000
Aqua-aerobics	4000	30000	5000	35000	48000
Step aerobics	4000	30000	5000	35000	48000
Pilates	4000	30000	5000	35000	48000
AIKIDO					
1 lesson-50 minutes	Group		Individual		
	1 lesson	12 lessons	8 lessons	12 lessons	
Aikido/adults	4000	30000	35000	48000	N/A
Aikido/kids (6-14 y.)	2500	28000	32000	40000	N/A
KARATE					
1 lesson-60 minutes	Group		Individual		
	1 lesson	12 lessons	8 lessons	12 lessons	
Shinkyokushinkai adults	4000	30000	35000	48000	N/A
Shinkyokushinkai kids (6-14 y.)	2500	28000	32000	40000	N/A
SWIMMING					
1 lesson-50 minutes	1 lesson	4 lessons	8 lessons	12lessons	36 lessons
Trainer/adults	4000	14000	23000	30000	74000
Trainer/kids (6-16 y.)	2500	10000	17000	24000	60000
PERSONAL GYM TRAINING					
1 lesson-60 minutes	1 lesson	6 lessons	8 lessons	12 lessons	36 lessons
Trainer /adults	4000	22000	26000	40000	92000
Trainer/kids (12-15 y.)	2500	15000	17000	23000	60000

Full Membership

	Single	Family (Dual)	Corporate (10 pax)	Corporate (20pax)	Child (7-12 y.)
1 Year	360000	620000	3240000	5760000	180000
6 Months	230000	400000	2070000	3680000	115000
3 Months	127000	230000	N/A	N/A	63500
1 Month	55000	95000	N/A	N/A	27500
1 Day visit for 1 Person 7:00 – 23:00					
	Single		Child		
1Day	6000		3000		

Rates are quoted in Tenge, including VAT

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