

FloatFit HIIT : la tendance fitness du moment au LUX* Le Morne

Il s'agit d'une innovation qui va changer le monde du fitness ! Le FloatFit HIIT (entraînement fractionné de haute intensité), qui devient ultra-tendance à travers le monde, est désormais proposé au LUX* Le Morne. Ce nouveau concept de fitness aide à renforcer la condition physique et se pratique en groupe sur l'eau avec l'AquaBase, le premier tapis d'exercice flottant au monde. Pour ceux qui aiment essayer de nouvelles choses, c'est le moment d'aller faire un tour pour une superbe expérience de fitness hors du commun.

« Le FloatFit HIIT est super fun. C'est une façon efficace et unique de brûler les calories, tout en développant sa force musculaire et en améliorant son équilibre. Le mouvement de l'eau apporte un challenge supplémentaire aux *squats*, *lunges* et autres *mountain climbers*, des exercices aidant à travailler les principaux groupes musculaires. Ces exercices aident aussi à se sculpter le corps en peu de temps. Ouverts à tous, les cours couvrent diverses techniques de fitness, tels que HIIT et yoga. Très efficace, le FloatFit HIIT permet d'avoir un maximum de résultats en peu de temps. Une séance complète dure, en effet, 30 minutes au total et permet aux participants de brûler jusqu'à 400 calories », nous explique Vincent Mong Wai Leung , le Wellness Concierge de LUX* Le Morne.

C'est en 2014 que FloatFit HIIT voit le jour, en Angleterre, sous l'impulsion d'AquaPhysical, dont l'ambition était d'amener un nouveau concept de fitness qui se pratique en groupe sur l'eau. Aujourd'hui, il s'est répandu dans quelque 55 pays à travers le monde et compte plus de 1 000 moniteurs agréés. Désormais, les Mauriciens et les touristes en visite dans l'île pourront en profiter au LUX* Le Morne, dont le cadre idyllique n'a d'égal que le panorama à couper le souffle tapissant les alentours

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LUX* Le Morne

At the foot of Le Morne mountain, on the west coast, where beauty and a historical past converge, lies a dreamy five-star: LUX* Le Morne. The resort, which encapsulates the beauty of Mauritius, has 149 rooms and suites. It appeals to families (there are kids and teens' clubs) but also to couples drawn to its peacefulness. The 600-m beach is fringed by an immense lagoon, ideal for paddleboarding. Guests may stay in chalet-style bungalows steps off the beach and dine at 3 restaurants and bars. After a day of hiking at the nearby national park, kitesurfing at One Eye, lazing by one of five swimming pools (including a swim-up bar), head to the beach—sunset hour is sacred here. LUX* Le Morne is fiercely committed to the guest experience. Spa days, yoga among the coconut palms, upscale Thai cuisine, sampling the super-fresh sea urchin caught by Vik... This is what LUX* Le Morne is all about.

LUX* Resorts & Hotels

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The resorts and hotels in the LUX* portfolio include LUX* Belle Mare, Mauritius , LUX* Le Morne Mauritius, LUX* Grand Gaube, Mauritius; LUX* South Ari Atoll, Maldives; LUX* Saint Gilles, Reunion Island, LUX* Tea Horse Road Lijiang, Yunnan Province, China, LUX* Tea Horse Road Benzilan, Yunnan Province, China, and LUX* Bodrum, Turkey.

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Other properties managed by LUX* Resorts & Hotels are Tamassa, Bel Ombre, Mauritius; Merville Beach, Grand Baie, Mauritius and Hôtel Le Récif, Réunion Island, as well Ile des Deux Cocos, Mauritius, a private paradise island.

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