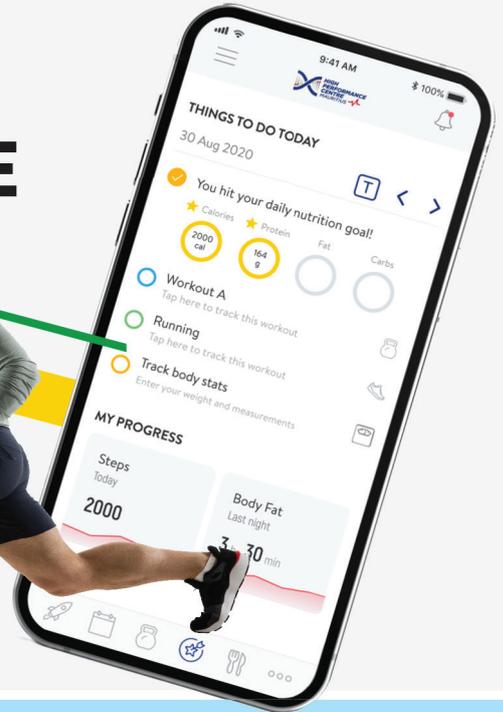


PERFORMANCE

SHAPING THE MAURITIAN SPORTS LANDSCAPE

Côte d'Or National Sports Complex

REIMAGINE YOUR FITNESS EXPERIENCE



HPC MAURITIUS

IOS | ANDROID

HPC GYM MEMBERS GRAB
AND ACCESS YOUR FREE APP
VIA EMAIL INVITE ONLY

TAP YOUR FITNESS APP!

**FREE FOR
HPC GYM MEMBERS!**

HPC MAURITIUS is thrilled to launch its fitness app to innovate its HPC Gym membership and training experience. This innovative app delivers a personalised experience and has in-built features to motivate and inspire users with more.

With the HPC Mauritius App, you can start tracking your workouts and meals, measuring results, and achieving your fitness goals, all with the help of the High Performance Centre.

APP KEY FEATURES TO HIGHLIGHT:

1. Customise your training plans
2. Track your workout progress
3. Schedule your workouts with motivational reminders
4. Set your own goals and track your progress
5. Message your coach
6. Track your body measurements and take progress photos
7. Receive alerts and reminders for your scheduled workouts and activities
8. Connect and sync to your wearable devices like Apple Watch (Health App), Fitbit, Garmin and Withings
9. Log your workout results and communicate with our trainers



TO GET YOUR EMAIL INVITE, SUBMIT YOUR NAME AND EMAIL ADDRESS AT THE RECEPTION

5

REASONS TO GET YOUR HPC GYM MEMBERSHIP ON STANDING ORDER!



Cote d'Or branded membership card



No queuing up at the reception for monthly payment



Save time at month ends



Free Body Composition Analysis (BCA) test twice a year



Be hassle free and focus on training

ASCA STRENGTH AND CONDITIONING LEVEL 1 ACCREDITATION COURSE

A first in the Mauritian sports landscape!

The Strength & Conditioning Team of HPC Mauritius attended the ASCA Strength and Conditioning Level 1 accreditation Course, delivered by Dr Trevor Clark, who hails from New Zealand. The ASCA (Australian Strength and Conditioning Association) aims to ensure and enhance quality-assured S&C coaches across the world. This globally recognised course further reinforces our aim to ensure excellence in High Performance for our national athletes and to enhance education for S&C team.



REAP THE BENEFITS OF OUR HIIT CLASSES

1	Maximize fitness outcomes in limited time
2	Internationally regarded as a great training method
3	Burn more calories in less time
4	Increased metabolic rate for several hours post-exercise
5	Assists in weight-loss, muscle toning, strength, and endurance development
6	Develops cardiac and respiratory resilience
7	Assist in combatting and reducing risk of heart disease, diabetes, and obesity

GYM ETIQUETTES

Train with principles! Learn the basic fitness codes of conduct to navigate the gym with confidence. Rules to follow:

1. Bring your own towel
2. Put back your weight
3. Don't hog the equipment
4. Wipe things down before and after you use them
5. Respect members' personal space
6. Be flexible about your routine if the gym is crowded
7. Be mindful of your surroundings

UNDER THE SPOTLIGHT > ABEL THÉSÉE

Weighing up to 98 kg and fitted with pure muscles, Abel has a solid 10 years of experience as a coach at the national and international level. Being a versatile and a multi-disciplinary sports enthusiast, his specialities range from Weightlifting, Athletics to BoxFit and more. Hard to ignore and hard to beat, Abel has an imposing presence in the HPC gym and during his workout sessions.

As an athlete, he was a discus thrower and achieved high ranks in the Youth African Games and National Youth Championships. If you have rubbed shoulders with Abel, by now, you should have known that he is an MMA fighter. His philosophy is to bring out the hidden fighter in oneself and to unleash their full potential.



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#CoteDorMauritius
#MoveForPerformance

