



# FIT & ZEN SOCIETY



 Our website  
**AIRBUS-STAFF-ASSOCIATIONS.ORG**

**INFORMATION & REGISTRATION**



# JOIN THE FIT&ZEN SOCIETY



Starting in September 2026, a major transformation is taking place for your health and daily well-being. Born from the official merger of our two long-standing associations—the "Gym Yoga" section and the "Well-Being" Society—the Fit & Zen Society is coming to life.

This powerful union was designed to offer you an unparalleled well-being ecosystem, built around four fundamental pillars : Strength, Flexibility, Serenity, and Community.

Our goal ? To harmoniously combine dynamic physical activity with deep mental serenity.

## OUR ACTIVITIES

### A Unique, All-Encompassing Offer: The Multipass

With our unique "Multipass" option, you no longer have to choose between working hard and unwinding. Enjoy unlimited access to 61 hours of weekly classes tailored to your pace and preferences:

- **Fitness & High-Intensity Area :**

Take on challenges and burn energy with dynamic activities like HIIT, Zumba, and Circuit Training.

- **Yoga & Balance Zone :**

Find your inner calm and improve your posture with Pilates, Yoga (Hatha, Yin, Nidra), Body Deep Balance, Hypopressive Postural Training, and Holistic Fitness.

- **Relaxation & Wellness Area:**

Round out your routine with sound relaxation sessions, personalized massages, and exclusive access to our media library.

### An Approach That Is Supportive and Accessible to All

Whether you are a beginner or an experienced athlete, our team is here for you! You will be guided by certified coaches, passionate volunteers, and dedicated staff. Together, they foster the integration of every student through a teaching approach that is tailored, motivating, and deeply supportive.

### Practical Information & Registration

To best accommodate your professional and personal schedules, our classes are offered in a hybrid format:

→ In-person (subject to availability):

- In the AISC/AISA activity room (8 rue Georges Lequiem, 31700 Blagnac).
- In building B55 (accessible only to Airbus badge holders).

→ Remotely: Ideal for days working from home; many classes are filmed and available via live stream.

For more information, please contact :  
[fitzen.society@airbus.com](mailto:fitzen.society@airbus.com)

## OUR VOLUNTEERS

President ..... : Annie SANCHEZ : [annie.sanchez@airbus.com](mailto:annie.sanchez@airbus.com)

Members enquiries..... : Annick GEZE : [annick.geze@airbus.com](mailto:annick.geze@airbus.com)  
Mariane BOCQUIN : [mariane.bocquin@airbus.com](mailto:mariane.bocquin@airbus.com)



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## HOW TO JOIN

To join us, you must be :

- **A member of the Airbus Staff Associations (AISA) – 2026–2027 season (€5)**
- **A member of the FIT&ZEN section – 2026–2027 season (€20)**

**FIRST TIME REGISTRATION** - You must come in person to the AISA office and provide :

- A medical certificate or a Declaration on Honour/QS Sport form
- Our General Membership Conditions (CGA – including Image Rights), completed, dated, and signed for each person wishing to register (main member, dependents: spouses, adult and minor children...).
- An annual fee: €5 for AISA (card payment) + €20 for the GYM Society (card payment), per person, non-prorated.
- € **155** Gym package to allow you to attend the lessons at B55 and at AISC fitness room

Medical documents and CGA are available at: [airbus-staff-associations.org](https://airbus-staff-associations.org)

**RENEWAL** We invite you to complete your registration online via your personal MonClub account :

- A medical certificate or a Declaration on Honour/QS Sport form
- Pay the annual fee: €5 for AISA (card payment) + €20 for the Fit&Zen Society (card payment), per person, non-prorated.
- € **155** Fit&Zen package to allow you to attend the lessons at B55 and at AISC fitness room

AIRBUS retirees may also join AISA under the same conditions as active staff.

The AISA office is located in the AISC building and is open on Mondays, Tuesdays and Thursdays from 1:00 PM to 5:00 PM (closed on Wednesdays and Fridays to the public).

For more information, contact the AISA secretariat :

**[ACCOUNT.STAFF-ASSOCIATIONS@AISC-AIRBUS.COM](mailto:ACCOUNT.STAFF-ASSOCIATIONS@AISC-AIRBUS.COM)**

