



TROYES



5 MIN  
FROM THE  
CITY CENTER



14  
HECTARES



Troyes  
Aube  
24

# THE AUBE SPORTS CENTER

## ACCOMMODATION/ CATERING

- 80 rooms, 36 of which are accessible to persons with reduced mobility, all equipped with bathroom facilities (shower and toilets), wifi
- A relaxation room (foosball, table tennis, television)
- A catering area (550 covers per meal)
- A 200-seat amphitheater (sound and lighting system) and 17 meeting/reception rooms equipped with audiovisual technology

## THE SPORTS MEDICINE INSTITUTE

- A 300 m<sup>2</sup> medical technical unit comprising:
  - Consultation offices
  - An isokinetic (CYBEX) laboratory
  - A recovery area
  - A full-body cryotherapy room (-110°C / -150°C)
  - A lymphatic drainage facility
  - A functional rehabilitation and physiotherapy room
  - A h/p/cosmos Venus treadmill

## Hosting you in the best possible conditions

Located 5 minutes from Troyes city center and 90 minutes from Paris by train or highway, the complex covers over 14 hectares. It meets all requirements for comfort and ease of practice. It features everything required for optimal training in a single place and is organized like a mini Olympic village.

At the Aube Sports Center, guests can reach their choice of sporting facilities from their accommodation within minutes.

- Football pitches (2 synthetic, 3 grass, lit and equipped with locker rooms, 300-seat bleachers)
- Athletics (track and throwing and jumping areas, indoor training and warm-up track)
- 4 multisports halls (basketball, handball, volleyball, badminton, table tennis, breaking, judo, wrestling, taekwondo) (13-meter-high, 27-meter-wide climbing wall with over 4,000 holds)
- Specialized rooms (weapons room, gymnastics, bodybuilding x2, roller skating, weightlifting, boxing)
- Swimming (1 50x21m pool)
- Tennis 14 courts including 6 indoor (2 heated indoor halls each with 3 courts)
- BMX Race
- The International Multisports and Climbing Complex (CIME)
- The Gymnastics Hall

The diversity, number and quality of the facilities make the Henri-Terré complex a center of excellence for sports training. Each delegation is guaranteed a personalized reception.