

Your weekly programme

from the 20th until the 24th of September 2021

Home is where love lives,
where memories are born,
where friends are always welcome,
and a smile is always waiting for you.

Monday, September 20th 2021

9:00am - 9:45am	Aqua fit with Stephi Water gymnastics in the family pool
10:00am - 10:45am	Pilates with Stephi
10:00am - 4:00pm	4 Lakes E-Bike Tour for all with Stefan Difficulty: Easy Altitude: approx. 1000 m Kilometres: approx. 29 km Participants: max. 6 people Registration: The day before until latest 5pm at the Wellness reception Cost: E-Bike €43,- and food at the Schalberalm

Tuesday, September 21st 2021

8:00am - 8:45am	Aqua fit with Alex Water gymnastics in the family pool
9:00am - 9:30am	Fasciae training with Alex The muscular connective tissues are massaged and relaxed through isolated stretch, pressure load, and roll movements with one's own body weight on the black roll
10:00am - 4:00pm	Fendler Alm E-Bike Tour with Stefan Fitness: Hard / Technique: Easy Altitude: 1500 m Kilometres: 50 km Registration: The day before until latest 5pm at the Wellness reception Cost: E-Bike €43,- and lunch during the tour
10:00am - 10:45am	Circuit training with Alex Strengthening and coordination on the mat
11:00am - 11:45am	Body workout with Alex Strength and endurance training on the mat
3:00pm - 3:30pm	Pelvic floor training with Alex
3:45pm - 4:30pm	Pilates with Alex Dynamic strengthening and stretching on the mat while activating all the belly muscles (powerhouse), pelvic floor, and back
5:00pm	"Meditations" Infusion with Alex in the garden sauna
6:00pm	Mediterranean time-out with Alex in the garden sauna

Wednesday, September 22nd 2021

8:00am - 8:45am	Aqua fit with Alex Water gymnastics in the family pool
9:00am - 9:30am	Pelvic floor training with Alex
10:00am - 10:45am	Stomach, legs & butt with Alex Aimed strengthening exercises for optimal tissue tightening of the problem zones
10:00am - 4:00pm	E-Bike Tour -Schöngampalm with Stefan Difficulty: Easy Altitude: approx. 1000 m Kilometres: approx. 38 km Participants: max. 6 people Registration: The day before until latest 5pm at the Wellness reception Cost: E-Bike €43,- and food at the Schöngampalm
11:00am - 11:45am	Back fit with Alex The spinal disc will be relieved through aimed mobilization and strengthening
3:00pm - 3:30pm	Introduction power plate with Alex
3:45pm - 4:30pm	Pilates with Alex Dynamic strengthening and stretching on the mat while activating all the belly muscles (powerhouse), pelvic floor, and back
5:00pm	"Chakras" Infusion with Alex in the garden sauna
6:00pm	Alpine Feeling with Alex in the garden sauna

Thursday, September 23rd 2021

8:00am - 8:45am	Aqua fit with Alex Water gymnastics in the family pool
9:00am - 9:30am	Fasciae training with Alex The muscular connective tissues are massaged and relaxed through isolated stretch, pressure load, and roll movements with one's own body weight on the black roll
10:00am - 4:00pm	E-Bike Tour -Pfundser Tschey with Stefan Fitness: Hard / Technique: Easy Altitude: approx. 2000 m Kilometres: approx. 45 km Participants: max. 6 people Registration: The day before until latest 5pm at the Wellness reception Cost: E-Bike €43,- and lunch during the tour
10:00am - 10:45am	Exercise ball training with Alex Balance training
11:00am - 11:45am	Pilates with Alex Dynamic strengthening and stretching on the mat while activating all the belly muscles (powerhouse), pelvic floor, and back
3:00pm - 3:30pm	Fantasy journey with Alex Can have a therapeutic effect as a relaxation method. Treat your body and your soul to a time-out. Experience the impressions through your senses and make it something special through your own imagination.
4:00pm	"Meditations" Infusion with Alex in the garden sauna
5:00pm	"Herbs" Infusion with Alex in the garden sauna

Friday, September 24th 2021

10:00am - 4:00pm	4 Lakes E-Bike Tour for all with Stefan Difficulty: Easy Altitude: approx. 1000 m Kilometres: approx. 29 km Participants: max. 6 people Registration: The day before until latest 5pm at the Wellness reception Cost: E-Bike €43,- and food at the Schalberalm
4:30pm - 5:15pm	Pilates with small equipment with Stephi
5:30pm - 6:15pm	Stretch & relax with Stephi

All fitness-activities from 8:00am to 11:00am are only possible with registration the day before until 8:00pm at the Spa-Reception.

All fitness-activities from 3:00pm are only possible with registration on the same day until 12:00pm at the Spa-Reception.

Maximum of 5 people at a time in the Gymnastics room.

Infusion with registration of up to maximum 8 people.

Changes are possible.

Program is weather-dependent.

In case of a bee allergy, asthma, or sicknesses that could be of limitations, please let the staff at the Wellness-Reception know.

