

THE DOLDER GRAND

GROUP FITNESS CLASSES AT THE SPA

29 July to 4 August 2024

Day	Time	Class	Instructor
Monday	7.00 – 7.50 am	Boot Camp**	Gabriela Zerger
	10.00 – 10.45 am	Aqua Gym	Gabriela Zerger
	12.00 – 12.50 pm	Functional Training	Ove Brand
	6.00 – 7.00 pm	Yoga	Sandra Schunck
	7.15 – 8.30 pm	Yoga	Sandra Schunck
Tuesday	9.00 – 9.50 am	Pilates Allegro*	Birgit Stoll
	10.00 – 10.50 am	Pilates Allegro*	Birgit Stoll
	12.00 – 12.50 am	Bootylicious	Kader Schöffmann
	5.45 – 6.15 pm	Stretch & Relax	Gabriela Zerger
	6.30 – 7.30 pm	Body Pump	Gabriela Zerger
Wednesday	7.00 – 7.50 am	Boot Camp**	Gabriela Zerger
	9.00 – 9.50 am	Functional Training	Gabriela Zerger
	10.00 – 10.50 am	Pilates	Birgit Stoll
	3.00 – 3.45 pm	Aqua Gym	Ove Brand
	6.30 – 7.20 pm	Power Workout	Dominik Kozak
	7.30 – 8.20 pm	Power Workout	Dominik Kozak
Thursday	9.00 – 9.50 am	TRX Flow	Kader Schöffmann
	10.00 – 10.50 am	Bootylicious	Kader Schöffmann
	12.00 – 12.45 pm	Boxing Workout	Ove Brand
	1.00 – 2.00 pm	Aerial Yoga***	Birgit Stoll
Friday	7.00 – 7.50 am	Boot Camp**	Gabriela Zerger
	9.00 – 9.50 am	Bauch, Beine, Po	Mara Bühler
	10.00 – 10.50 am	Pilates	Mara Bühler
	10.00 – 10.25 am	Pranayama	Sandra Schunck
	10.30 – 11.45 am	Yoga	Sandra Schunck
Saturday	9.30 – 10.20 am	Power Workout	Dominik Kozak
	10.00 – 10.45 am	Aqua Gym	Gabriela Zerger
	10.30 – 11.20 am	Power Workout	Dominik Kozak
Sunday	9.00 – 9.50 am	TRX Flow	Birgit Stoll
	10.30 – 12.00 am	Yoga & Meditation	Birgit Stoll
	3.00 – 3.50 pm	Healthy Back	Gabriela Zerger
	4.15 – 5.15 pm	Body Pump	Gabriela Zerger

Classes are subject to change.

All classes can only be booked at the spa reception.

* Before you attend a course for the first time, we recommend you take a 30-minutes introduction to Pilates.

** These are outdoor classes

***Please wear a T-shirt with sleeves (no tank top). Thank you.

In an **Aerial Yoga** class traditional yoga postures will be newly experienced with the help of a hammock, and the playful use of gravity. The main contents are about allowing to let go, and to gain trust, as well as increasing strength and flexibility.

Aqua Gym is a water training routine that relieves strain on the joints, toning the muscles and strengthening the cardiovascular system.

Ballet is an artistic dance with carefully planned movements. The emphasis lies on developing good posture, improving balance, developing coordination, building strength, and increasing flexibility.

Boxing Workout is an explosive mix of different martial arts at a punching bag with electrifying music. This complete body training improves punch, body condition, concentration and responsiveness.

Body Pump is an intensive and varied muscular-endurance program with barbells. To the accompaniment of music, individual weights and clear and simple movements are used to train all the main muscle groups.

Body Workout / Power Workout is a cardio-and-strength workout. Aerobic movements are combined with strength and stabilisation exercises.

Boot Camp It is an intensive muscle-building workout that involves completing a series of challenging exercises with no breaks in between and using the own body weight.

Bootilicious focuses on strengthening the glutes, legs and abs.

Functional training consists of practical exercises that are relevant to everyday life. Behind the training program are complex movement sequences such as push-ups, plank variations and lunges that use several joints and muscle groups at the same time.

Healthy Back includes exercises that focus on mobilising and strengthening the lower back muscles. Poor posture will be corrected, and tension released.

Pilates Allegro is a challenging and varied workout. The aim is to work through the principles of a Pilates workout with optional additional weight (Reformer). This workout will promote bodily self-control and improve physical awareness.

Pranayama means directing the breath. Very conscious, long and calm breathing helps to permanently establish and reduce stress.

TRX is a functional full body workout focusing on the upper body at any time. Class formats are subject to vary.

Walking/ Running
Cardio training in the forest helps to increase physical and mental well-being. During a walking/running class the essential techniques will be taught to help avoid injury and overtraining.

Yoga is a holistic training routine for body, mind, and soul. The exercises encourage relaxation, strengthen, and stretch the muscles, and increase physical awareness.

Yoga & Meditation combines the following elements: yoga postures that build strengths, flexibility, and concentration, cleansing and calming breathing techniques, a deep relaxation, a meditation, and a period of silence.

X-Fit is a high-intensive full body workout. Similar to Crossfit this workout combines elements from cardio, high intensity, weight lifting and gymnastics.