

# THE DOLDER GRAND

## GROUP FITNESS CLASSES AT THE SPA

11 November to 17 November 2024

Day	Time	Class	Instructor
Monday	7.00 – 7.45 am	Boot Camp	Birgit Stoll
	10.00 – 10.45 am	Aqua Gym	Kader Schöffmann
	11.00 – 11.50 am	TRX Flow	Kader Schöffmann
	6.00 – 7.00 pm	Yoga	Sandra Schunck
	7.15 – 8.30 pm	Yoga	Sandra Schunck
Tuesday	9.00 – 9.50 am	Pilates Allegro*	Claudia Strässle
	10.00 – 10.50 am	Pilates Allegro*	Claudia Strässle
	10.00 – 10.50 am	Running**	Gabriela Zerger
	12.00 – 12.50 pm	Functional Training	Birgit Stoll
	5.30 – 6.15 pm	Boxing Workout	Vanessa Ledergerber
	6.30 – 7.30 pm	Body Pump	Vanessa Ledergerber
Wednesday	7.00 – 7.45 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	Birgit Stoll
	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 – 10.45 am	Bootylicious	Kader Schöffmann
	12.00 – 12.45 pm	Boxing Workout	Andreas Buchner
	7.00 – 8.00 pm	Body Pump	Gabriela Zerger
Friday	7.00 – 7.45 am	Boot Camp	Andreas Buchner
	9.00 – 9.50 am	Pilates Allegro*	Chantal Meidert
	10.00 – 10.50 am	Pilates Allegro*	Chantal Meidert
	10.00 – 10.25 am	Pranayama	Sandra Schunck
	10.30 – 11.45 am	Yoga	Sandra Schunck
	11.15 – 12.05 pm	Ballet	Chantal Meidert
Saturday	9.30 – 10.20 am	Power Workout	Dominik Kozak
	10.00 – 10.45 am	Aqua Gym	Andreas Buchner
	10.30 – 11.20 am	Power Workout	Dominik Kozak
Sunday	9.00 – 9.50 am	TRX Flow	Gabriela Zerger
	10.30 – 11.45 am	Yoga	Andreas Buchner
	3.00 – 3.50 pm	Healthy Back	Andreas Buchner
	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.

**Bootylicious** 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.

**HIIT Training** is a high intensity interval training primarily designed to improve cardiovascular function. It's a fun workout that will leave you sweating yet satisfied.

**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.