

REASON TO EXERCISE NUMBER FIVE

Because exercise is always in season.



Whether in spring, summer, autumn or winter, whether morning or evening, rain or shine – you can always keep fit. But you should also make time for relaxation. There's a huge choice of activities in and around the Sportresort Hohe Salve. Countless outdoor and indoor activities mean you'll always be longing for a holiday here to get a new zest for life.

Offers: Move & Relax Training

OUR OFFERS: **MOVE & RELAX – TRAINING**

Group training sessions
Exercise culture at the Sportresort Hohe Salve

New group fitness sessions are held here daily. With these classes, our sports scientists offer you the possibility of actively or regeneratively increasing your sense of well-being and your fitness levels.

For hotel guests
the first hour is free (trial session)
every additional hour EUR 11.00

For external guests:
Move & Relax Training – Block of ten EUR 130.00
(Courses can be freely selected – only after advance registration by telephone)

Move & Relax Training & More – Block of ten EUR 190.00
(Courses including sauna/swimming after the session)

The timetable for the daily classes is available from reception or can be found in our hotel magazine 360°. Please register for courses in advance at the Move & Relax reception.

SPINNING

On your bike, and let's sweat it out! Together we will climb the highest mountains or really speed up on the flat. With motivating

music and your trainer, you'll really get to grips with endurance-interval training.

ACTIVATE YOUR BODY

Boost your body and start your day with functional training and flexibility exercises. We will teach you how to activate your cardiovascular system properly and how to

get your body going after active and restful sleep.

FULL BODY WORKOUT

We will work on all body regions using complex exercises to stimulate lots of muscle groups. First we strengthen the core muscles, stimulating as many muscle fibres as possible through targeted exercises. The

focus is on the quality of execution and the efficiency of the exercises.

FUNCTIONAL TRAINING

With this course, we focus on the quality of the movement sequences, the coordination of the muscle function and your individual increased fitness level. You will learn basic

exercises and techniques, which can be found in all types of sport, and will implement them with functional training equipment.

CORE TRAINING

Together, we will focus on the core muscles, strengthening this important link between the upper and lower extremities. A requirement for any physical activity is toned back and abdominal muscles – together with our sports scientists, this training allows you to

significantly and sustainably optimise your core muscles.



TRX® TRAINING

TRX Suspension Training® is a highly effective full body workout in which you yourself decide on the intensity with your own body weight. Using a non-elastic belt system, you can work out either in a

standing position or lying down. Small muscle groups in the joint areas are stimulated by the continuous movement of the belt. A very efficient and varied workout awaits you.

FRESH AIR TRAINING

Whatever the time of year and whatever the weather, we offer you outdoor fitness activities with our newly developed fitness trail where you can combine a pleasant walk with toning exercises. With multifunctional benches, which we developed here

ourselves, we can combine cardiovascular training with individual strength training and offer you an unforgettable nature and fitness experience.

WINTER FIT

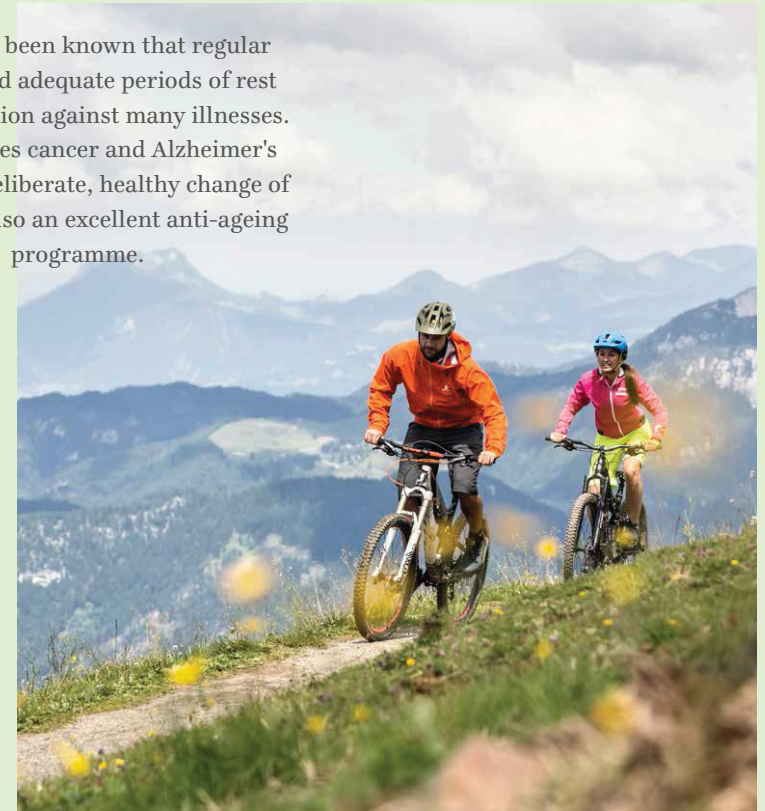
With a targeted strength and endurance programme for your leg and core muscles, we will prepare you for the SkiWelt Wilder Kaiser-Brixental on the ski slopes. Ski-specific exercises strengthen your entire musculoskeletal system and optimise your

fitness levels for your winter workouts. Increased core stability, stronger hip and leg muscles and an optimised immune system will allow you to complete each downhill session with ease.

REASON TO EXERCISE NUMBER SIX

Because exercise keeps you healthy.

It has long been known that regular exercise and adequate periods of rest offer protection against many illnesses. This includes cancer and Alzheimer's disease. A deliberate, healthy change of lifestyle is also an excellent anti-ageing programme.



SPINAL GYMNASTICS

This course allows you to develop a so-called muscle corset. With a range of toning, stretching and flexibility exercises, your entire core musculature is improved. Your trainer will use a range of small

equipment which will strengthen and mobilise your spine – helping you to prevent back injuries.

STRETCH & RELAX / MOBILITY

All of the muscles in your body will be actively or passively stretched through a range of stretching exercises. These will help you to gain full mobility and prevent injury.

Joints and tendons are kept supple, and the calming music allows you to relax fully. In

addition, mobility exercises and self-massage are carried out with the Black-roll®, to stimulate the circulation to your fasciae and connective tissues and to ensure the full range of movement in the respective joints.

BALANCE / FIT INTO OLD AGE

This balance course improves your health and well-being. Balance is a full body training class, which focuses on health, mobility and equilibrium. It includes toning, coordination and balance exercises, to keep

you fit for everyday life and help prevent injuries as you grow older.



OUR OFFERS: COSMETICS

Our cosmetic treatments are personalised to you and we guarantee an overall feeling of well-being after each treatment. We take your personal requests into account so that we can offer you a lasting treatment with high-quality ingredients.

Facial cosmetics

After deep skin cleansing, the treatment is personalised to your particular skin type and wishes. Our products are made from high-quality, natural ingredients combined with the latest cutting-edge technology

molecules and carrier systems. Our common goal is to achieve a visible improvement in the condition of the skin.