



MEDICAL FITNESS

Our modern training area gives you the opportunity to actively do something for your health and well-being. Our Medical Fitness team is on hand to advise you during your training. Experienced sports scientists, nutritionists and psychologists accompany and support you in achieving your health goals.

Training & Coaching

Every personal training or GesundKunft® coaching session begins with a brief anamnesis so that we can address your individual goals and possible limitations.

Personaltraining

30 MIN / 65 EUR

Individual - Goal-oriented - Sustainable

Yoga

Single | 45 MIN / 98 EUR

Duo | 45 MIN / 65 EUR p. p.

Holistic - Strengthening - Regulating

Pilates

Single | 45 MIN / 98 EUR

Duo | 45 MIN / 65 EUR p. p.

Invigorating - Activating - Centering

EMS (electrical muscle stimulation)

60 MIN / 140 EUR*

30 MIN / 70 EUR**

Intensive - Effective - Innovative

* Including instruction and underwear

** Further training

GesundKunft® Coaching Movement

45 MIN / 105 EUR

Coaching to improve your exercise habits and minimize health risk factors.

GesundKunft® Coaching Nutritional (on request)

60 MIN / 140 EUR

Tips and personalized recommendations for a healthy diet and lifestyle.

GesundKunft® Coaching Mental health (on request)

60 MIN / 140 EUR

Development of mental strategies and exercises for stress management and resilience.