

FITNESS

Aqua fitness: an effective full-body workout in the water that is gentle on the joints while building strength, endurance, and flexibility

An active start to the day: we reactivate and mobilise the body for more energy and lightness in the morning.

Full-body strength workout with a barbell: strengthening all muscle groups through targeted barbell training

HIT (High-Intensity Training): a short, intense full-body workout offering maximum benefits for strength, endurance, and fat burning

Power & balance: dynamic training for strength, stability, and coordination

Core and back strengthening: targeted exercises to strengthen the core and promote good posture

Bodyweight workout: strength and fitness training using only your own body weight

Abs – legs – glutes: an effective workout to tone and strengthen your core and lower-body muscles, helping you achieve a firm and defined physique

Pilates: holistic body training to strengthen the deep muscles and improve posture

Stretching: gentle stretching for greater flexibility, relaxation, and recovery

Progressive muscle relaxation: alternately tensing and relaxing the muscles to reduce tension and find calm

Fascia training with a foam roller: the connective tissue is loosened and tension is released, thereby promoting recovery.

Yoga: you can find details of the various yoga sessions at <https://www.omandco.at/>

Functional training: a holistic workout incorporating everyday movements that improves strength, stability, flexibility, and coordination

Mindfulness journey: a guided journey through body and mind that brings inner peace and reawakens new energy for body and soul

HIKE & BIKE



Hike to the hermitage: moderate
approx. 2.5 hours (approx. 5km/300m elevation gain)

Hike to the Adlerhütte hut: moderate
approx. 2.5 hours (approx. 8km/500m elevation gain)
+ possible refreshment stop

Hike to Rosi's Sonnbergstube: moderate
approx. 3.5 hours (approx. 7.5km/400m elevation gain)

Hike to Lake Schwarzsee: easy
approx. 2.5 hours (approx. 8.5km/200m elevation gain)

Hike to Schleier waterfall: easy/moderate
approx. 2.5 hours (approx. 6.5km/200m elevation gain)

E-MTB tour to Hochwildalm: moderate
approx. 3 hours (approx. 27km/850m elevation gain)
+ possible refreshment stop

E-MTB tour to Seidlalm: moderate
approx. 3 hours (approx. 28km/950m elevation gain)
+ possible refreshment stop

Leisurely e-bike tour of the natural beauty spots around Kitzbühel: easy
approx. 3.5 hours (approx. 35km/350m elevation gain)
+ possible refreshment stop

3 SAUNA INFUSIONS EVERY DAY

4.30 p.m. 🔥🔥

5.30 p.m. 🔥🔥🔥

6.30 p.m. 🔥