

Weekly sports & fitness programme 2019

Monday

08:00 – 09:30 h	active & fit: Hatha yoga for all with Melania
09:45 – 10:30 h	active & fit: Exercises to tighten abdominal, legs and bottom muscles with Melania
10:30 – 11:00 h	active & fit: Stretch & relax with Melania
11:15 – 12:00 h	active & fit: Explanation of the use of the fitness power machines with Melania
13:20 / 13:30 h	active & fit: Guided hiking tour: please note the hiking plan on our info board

Tuesday

08:00 – 09:00 h	active & fit: Flow Yoga for strength and agility with Melania
08:30 – 09:15 h	active & fit: Aqua gym with Janina
09:30 – 10:15 h	active & fit: Fitness training in the gym with Janina
10:00 – 10:55 h	active & fit: Back balance with Melania
10:30 – 11:45 h	active & fit: Nordic Walking with Janina / Bad weather alternative: Theraband exercises
11:00 – 11:50 h	active & fit: Breath yourself free with Melania
12:00 – 12:45 h	active & fit: Relaxation & Harmony in the room of Silence (Rosenalp Spa) with Janina
13:20 / 13:30 h	active & fit: Guided hiking tour: please note the hiking plan on our info board
16:30 – 17:00 h	active & fit: aromatic herbal sauna vaporization (mountain herbs) with sauna master "Andi"
17:30 – 18:00 h	active & fit: aromatic herbal sauna vaporization (mountain pine) with sauna master "Andi"
18:30 – 19:00 h	active & fit: aromatic herbal sauna vaporization (lavender) with sauna master "Andi"

Wednesday

08:00 – 09:30 h	active & fit: Yoga/sun salutation with Melania (agility necessary to participate)
09:45 – 10:45 h	active & fit: Pilates (breathing and powerhouse) with Melania
11:00 – 11:45 h	active & fit: Latin Aerobic / Flow Movements with Melania
13:20 / 13:30 h	active & fit: Guided hiking tour: please note the hiking plan on our info board

Thursday

08:00 – 09:30 h	active & fit: Hatha yoga for all with Melania
08:30 – 09:15 h	active & fit: Aqua gym with Janina
09:30 – 10:15 h	active & fit: Exercises for a healthy back at the Dr. Wolff gym equipment with Janina
09:45 – 10:30 h	active & fit: Pure relaxation and stretching with Melania
09:45 – 10:45 h	active & fit: Fascia pilates with Melania
10:30 – 11:45 h	active & fit: Nordic-Walking with Janina / Bad weather alternative: gymnastics
12:00 – 12:45 h	active & fit: Relaxation & Harmony in the room of Silence (Rosenalp Spa) with Janina
13:00 h	active & fit: Guided hiking tour: please note the hiking plan on our info board
16:30 – 17:00 h	active & fit: aromatic herbal sauna vaporization (surprise) with sauna master "Andi"
17:30 – 18:00 h	active & fit: aromatic herbal sauna vaporization (japan. mint oil) with sauna master "Andi"
18:30 – 19:00 h	active & fit: aromatic herbal sauna vaporization (mint crystals) with sauna master "Andi"

(please turn over . /..)

Friday

08:00 – 09:30 h	active & fit: Yoga / sun salutation with Melania
08:30 – 09:15 h	active & fit: Aqua gym with Janina
09:30 – 10:15 h	active & fit: Fitness training in the gym with Janina
09:45 – 10:30 h	active & fit: Fascia rolls with Melania
10:30 – 11:45 h	active & fit: Nordic Walking with Janina
10:45 – 11:45 h	active & fit: „Barré Concept“ – ballet bars workout with Melania
12:00 – 12:45 h	active & fit: Relaxation & Harmony in the room of Silence (Rosenalp Spa) with Janina
13:20/13:30 h	active & fit: Guided hiking tour: please note the hiking plan on our info board

Saturday

08:30 – 09:15 h	active & fit: Aqua gym mit Janina
09:30 – 10:30 h	active & fit: Fascia training for pelvic floor and back, especially for women, with Janina
10:45 – 11:45 h	active & fit: PhysioMove Functional Training for everyone with Janina
12:00 – 12:45 h	active & fit: Relaxation & Harmony in the room of Silence (Rosenalp Spa) with Janina

All activities listed above are included in your room rate!

Tipp: Personal Coaching & Power Plate

Efficient and target-oriented training under guidance as well as competent advice to increase the quality of your life and your well-being.

Agree an appointment for your individual Personal Coaching or for a Power-Plate-Session with our Fitness Coach Melania.

Please ask the reception desk or Melania for more information and bookings.



"In order to avoid disbalances in weight training it is important to carry out the exercises correctly. I'll be happy to advise you!"

Melania Fink
Fitness Coach