

# THE DOLDER GRAND

## GROUP FITNESS CLASSES AT THE SPA

30 June to 6 Juli 2025

| Day       | Time             | Class               | Instructor              |
|-----------|------------------|---------------------|-------------------------|
| Monday    | 7.00 – 7.45 am   | Morning Boost**     | Vanessa Ledergerber     |
|           | 10.00 – 10.45 am | Aqua Gym            | Kader Schöffmann        |
|           | 11.00 – 11.50 am | TRX Flow            | Kader Schöffmann        |
|           | 5.00 – 5.50 pm   | Pilates Allegro*    | Beatrice Delia Lacataru |
|           | 6.00 – 6.50 pm   | Pilates Allegro*    | Beatrice Delia Lacataru |
|           | 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 | Beginners Running** | Alexandra Sokolska      |
|           | 12.00 – 12.45 pm | Bootylicious        | Kader Schöffmann        |
|           | 5.30 – 6.15 pm   | Boxing Workout      | Vanessa Ledergerber     |
|           | 6.30 – 7.30 pm   | Body Pump           | Vanessa Ledergerber     |
| Wednesday | 7.00 – 7.45 am   | Morning Boost**     | Maria Blom Miglis       |
|           | 9.00 – 9.50 am   | Functional Training | Kader Schöffmann        |
|           | 10.00 – 10.50 am | Pilates             | Beatrice Delia Lacataru |
|           | 11.00 – 11.45 am | Aqua Gym            | Beatrice Delia Lacataru |
|           | 12.00 – 1.00 pm  | Aerial Yoga         | Birgit Stoll            |
|           | 6.30 – 7.20 pm   | Power Workout       | Dominik Kozak           |
|           | 7.30 – 8.20 pm   | Power Workout       | Dominik Kozak           |
| Thursday  | 7.00 – 7.45 am   | Morning Boost**     | Maria Blom Miglis       |
|           | 8.00 – 8.45 am   | Boxing Workout      | Maria Blom Miglis       |
|           | 9.00 – 9.50 am   | TRX Flow            | Kader Schöffmann        |
|           | 10.00 – 10.45 am | Bootylicious        | Kader Schöffmann        |
|           | 6.00 – 6.45 pm   | Body Combat         | Vanessa Ledergerber     |
|           | 7.00 – 8.00 pm   | Body Pump           | Vanessa Ledergerber     |
| Friday    | 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           |
|           | 12.00 – 12.50 pm | Intro to NIA        | Birgit Stoll            |
| Sunday    | 9.00 – 9.50 am   | TRX Flow            | Ove Brand               |
|           | 10.30 – 12.00 pm | Yoga                | Birgit Stoll            |
|           | 3.00 – 3.50 pm   | Healthy Back        | Vanessa Ledergerber     |
|           | 4.15 – 5.15 pm   | Body Pump           | Vanessa Ledergerber     |

Classes are subject to change.

All classes can only be booked at the spa reception.

\* Before you attend the class for the first time, we recommend booking a 30-minutes intro to Pilates.

Double lessons can only be booked once.

\*\* 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 Combat** is a high-intensity, martial arts-inspired workout that combines cardio, strength, and agility training through punches, kicks, and explosive movements for total-body fitness and endurance.

**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.

**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.

**Morning Boost** is a high-energy workout combining cardio, strength, and flexibility to energize your body and mind for the day ahead.

**NIA** is a flowing form of movement that combines dance elements with Asian martial arts and relaxation methods. The intention is to enjoy the movements without any pressure to perform.

**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.

**Power Workout** is a cardio-and strength workout. Aerobic movements are combined with strength and stabilisation exercises.

**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.