THE DOLDER GRAND

GROUP FITNESS CLASSES AT THE SPA

23 November to 29 November 2026

Day	Time	Class	Instructor
Monday	7.00 – 7.50 am	Morning Boost	Vanessa Ledergerber
	9.00 – 9.50 am	TRX Flow	Kader Schöffmann
	10.00 – 10.45 am	Aqua Gym	Beatrice Delia Lacaratu
	10.00 – 10.45 am	Bootylicious	Kader Schöffmann
	5.00 – 5.50 pm	Pilates Allegro*	Beatrice Delia Lacaratu
	6.00 – 6.50 pm	Pilates Allegro*	Beatrice Delia Lacaratu
Tuesday	9.00 – 9.50 am	Pilates Allegro*	Claudia Strässle
	10.00 – 10.50 am	Pilates Allegro*	Claudia Strässle
	5.30 – 6.15 pm	Boxing Workout	Vanessa Ledergerber
	6.30 – 7.30 pm	Body Pump	Vanessa Ledergerber
	6.00 – 6.55 pm	Yoga	Sandra Schunck
	7.00 – 8.15 pm	Yoga	Sandra Schunck
Wednesday	7.00 – 7.50 am	Morning Boost	Maria Blom Miglis
	9.00 – 9.50 am	Functional Training	Kader Schöffmann
	10.00 – 10.50 am	Pilates	Beatrice Delia Lacaratu
	11.00 – 11.45 am	Aqua Gym	Beatrice Delia Lacaratu
	6.30 – 7.20 pm	Power Workout	Dominik Kozak
	7.30 – 8.20 pm	Power Workout	Dominik Kozak
Thursday	7.00 – 7.50 am	Morning Boost	Maria Blom Miglis
	9.00 – 9.50 am	TRX Flow	Kader Schöffmann
	10.00 – 10.45 am	Bootylicious	Kader Schöffmann
	11.00 – 11.45 am	Mobility & Stretch	Henry Nikoleit
	6.00 – 6.45 pm	Core & Stretching	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 – 10.40 am	Pranayama**	Nathalie Nobs
	10.45 – 12.00 pm	Yoga	Nathalie Nobs
	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	Beatrice Delia Lacataru
	10.30 – 11.20 am	Power Workout	Dominik Kozak
	12.00 – 13.00 am	Aerial Yoga***	Birgit Stoll
Sunday	9.00 – 9.50 am	TRX Flow	Beatrice Delia Lacataru
	10.30 – 12.00 pm	Yoga & Meditation	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 a course for the first time, we recommend you take a 30-minutes introduction to Pilates.
** Kindly check with the Spa Reception whether the course will take place indoors or outdoors.
***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 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.

Core & Stretching will strengthen your deep stabilizing muscles to improve core power, balance, and overall body posture. The second part of the session focuses on flexibility training to release muscle tension and boost your recovery.

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.

Mobility & Stretching includes dynamic stretching exercises and focuses on gentle, flowing movements that loosen your muscles and increase flexibility – perfect for all fitness levels.

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 increas e physical and mental well-
being. During a walking/running class the es sential techniques will be taught to help avoi d 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.