



**Stanglwirt**

# *Sports Program*



*05<sup>th</sup> of February until 11<sup>th</sup> of February 2012*

*~ Be active at "home" at the Stanglwirt ~*

**Visit the brand-new „Stanglwirt’s Fitness Garden“ (500 sqm) - open daily from 06.00 a.m. to 09.00 p.m. – take advantage of the Professional Training Assistance and equipment instructions from 09.30 a.m. to 11.00 a.m.**

**Our fitness world offers you many activities daily  
(such as Pilates, Body-Workout, Yoga and many more).  
Find the list of the daily sport activities in our weekly program in the back.**

**Please schedule your personal training under the internal number 902, with our Concierge.**

### **Personal Training**

*Individual training session with our Personal Trainers.*

*Rate per person:  
appr. 60 min.*

### **Kinesis**

*Kinesis is a brand-new way to work out; performing an infinite variety of exercises and movements, providing the opportunity to create training programmes for specific needs.*

*Rate per person:  
appr. 60 min.*

### **Galileo - Vibration Training**

*During Galileo-Training all muscles of the legs, back and abdomen participate actively - training focus may be varied by posture, stiffness and slow movements during training.*

*Rate per person:  
appr. 20 min.*

### **Muscle Strength Measurement**

*Training for strength and muscular endurance.*

*Rate per person:  
appr. 45 min.*

### **Nutrition Coaching**

*Our nutrition coach helps you to gain an understanding of your own nutritional needs.*

*Rate per person:  
appr. 60 min.*

### **Bodystat - Analysis**

*Analysis of your body-fat, body-water and muscle-mass.*

*Rate per person:  
appr. 30 min.*

## L2 PBI TENNISPROGRAM

Monday until Friday 2 hours daily lesson of maximum 4 people per trainer.

**Rate per person, guest at the Stanglwirt** € 320,00  
Rate per person, out of the house-guest € 350,00

## L2+2 PBI TENNISPROGRAM

Monday until Friday daily lesson (2 hours) with maximum 4 people per trainer, plus additional Single trainer lesson (2 hours).

**Rate per person, guest at the Stanglwirt** € 375,00  
Rate per person, out of the house-guest € 405,00

## PBI KIDS COURSE

*It is rarely too early, but often too late! For our little guests (from 4 to 12 years) our special kids program fits perfectly!*

Monday until Friday daily 1 hour training, min. 3 players in the group, free use of the ball machine, unlimited court time, Jumbo Tennis ball present.

**Rate per child, guest at the Stanglwirt** € 140,00  
Rate per child, out of the house-guest € 145,00

## HORSE BACK RIDING

### Information

*Our riding school is connected with the only private Lipizzaner-stud in Austria. It is directly situated at the "Wilder Kaiser" and offers you all possibilities for professional training with horses.*

*If you are a beginner or would like to take part in a dressage-course or a jumping-lesson, or if you only want to enjoy the beautiful landscape from the back of a horse, it is all possible here at the Stanglwirt!*

*Please choose your individual riding-program from our course- and education-offers.  
We would be delighted to help you!*

**Information under the direct extension +43-5358-2000-7937**



## RATES

### **3-Day-Course (Monday until Wednesday)**

#### **For Beginners**

1x Longe daily € 70,00

#### **For Advanced**

2x Riding Lessons daily € 145,00

### **5-Day-Course (Monday until Friday)**

2x Riding Lessons daily € 200,00

- Longe Lesson (30 min.) per person € 25,00
- Group Lesson (45 min.) per person € 25,00
- Excursion (50 min.) per person € 25,00
- Jumping Lesson/ Cavaletti per person € 28,00
- Single Lesson (50 min.) € 50,00
- Single Lesson for 2 riders (50 min.) € 60,00
- 10x Longe Lessons or Group Lessons per person € 225,00
- Carriage Ride (60 min.)
  - up to 7 people (per carriage) € 80,00
  - more than 7 people (per person) € 15,00
- Pony Riding (30 min.) € 10,00
- Guest stable-box (per day incl. food & cleaning of box) € 28,00

# Ski School Stanglwirt



## Dear Guests!

The Stanglwirt Ski School welcomes you to the new ski season. Our highly qualified and local instructors will guide you safely through the Kitzbühler Alps.

We are very flexible and will tailor a lesson plan that suits you. We offer a wide range of winter activities to help you get the most out of your mountain experience.

### **Ski Lessons – Private Lessons Adults:**

½ Day                            € 130,00 per day  
1 Day                             € 190,00 per day

### **Ski Lessons – Group Lessons Adults:**

more than 3 People        € 230,00 per day

### **Kids Program – Private Lessons Kids:**

½ Day                            € 120,00 per day  
1 Day                             € 170,00 per day

### **Kids Program – Group Lessons Kids:**

more than 3 people        € 210,00 per day

### **Snowboard Academy:**

We teach all levels of snowboarding – from total beginners, to carving and powder. For snowboard-freaks we offer lessons in the "Fun Park" incl. half pipe.

### **Ski Safari:**

The Ski School Stanglwirt organises a daily "Ski-Safari" through the Kitzbühler Alps. Information is available at the Ski School Office, the Sport-Shop "Sport-Eck", and the Reception/Concierge.

### **Cross-Country:**

The healthiest sport, next to swimming, is cross country skiing. Our local cross country instructors will guide you through the freshly prepared "Kaiser Track", which is located directly behind our hotel. The price depends on the number of participants. Private Lessons are also available.

### **Snow Shoe Walking:**

Snow Shoe Walking is a new way of enjoying the natural environment. Snow Shoes were originally used in North America for hunting, now we use them to make our own tracks and to explore off-piste, while enjoying an untouched winter wonderland. No special fitness or experience is required.

### **Night Skiing:**

On perfectly prepared slopes you can experience skiing on a whole new level. On flood-lighted pistes you can still be skiing while others are already in front of the fire place.

Dear Guests:

You will find all our courses in our fitness garden

Personal Training and courses will be at the age of 16

Thank you for your understanding!

Do not hesitate to ask our fitness Trainer Ulrike & Manfred or our Concierge

You can reach them daily from 08.00 a.m. to 06.00 p.m.

### Sunday, 05<sup>th</sup> of January 2012

09.00-09.45 a.m.	<b>Body Fitness in the Fitness-Garden.</b>
10.30-12.30 p.m.	<b>Taster snow shoe walk</b> with our Sports Guide Manfred. Register with our Concierge until Saturday 05.00 p.m. Meeting point 10 minutes before start - at the Reception.- Snow shoes can be hired from the Sports Shop at the Kaiserstiege -€ 12.00 per pair.
04.00-05.00 p.m.	<b>Professional training assistance in the Fitness-Garden.</b>

### Monday, 06<sup>th</sup> of January 2012

10.00-01.00 p.m.	<b>Nature Watch Tour</b> with Nature-Watch-Guide Manfred. Reservations with our Reception until Sunday 05.00 p.m. € 20,00 per person! Meeting point at 09.45 a.m. at the Reception!
10.00-11.00 a.m.	<b>Qi Gong in the Fitness-Garden.</b>
04.00-05.00 p.m.	<b>Professional training assistance in the Fitness-Garden.</b>

### Tuesday, 07<sup>th</sup> of January 2012

08.00-08.30 a.m.	<b>Aqua Fitness in the Felsenbad.</b> (2 persons minimum)
10.00-10.30 a.m.	<b>Introduction to training, using Kinesis equipment,</b> in the Fitness-Garden.
10.30-11.45 a.m.	<b>Winter-Nordic-Walking</b> - You will get the poles from us! Meeting point in the Fitness-Garden.
11.00-11.30 p.m.	<b>Introduction to training, using Galileo vibration equipment</b> in the Fitness-Garden.
01.30-02.30 p.m.	<b>Professional training assistance in the Fitness-Garden.</b>
04.00-05.00 p.m.	<b>Pilates in the Fitness-Garden.</b>

### Wednesday, 08<sup>th</sup> of February 2012

08.00-08.30 a.m.	<b>Aqua Fitness in the Felsenbad.</b> (2 persons minimum)
10.30-11.45 a.m.	<b>Winter-Nordic-Walking</b> - You will get the poles from us! Meeting point in the Fitness-Garden.
01.30-02.30 p.m.	<b>Professional training assistance in the Fitness-Garden.</b>
04.00-05.00 p.m.	<b>Stretch and Relax in the Fitness-Garden.</b>

*Thursday, 09<sup>th</sup> of February 2012*

<b>08.00-08.30 a.m.</b>	<b>Aqua Fitness</b> in the Felsenbad. (2 persons minimum)
<b>11.00-01.00 p.m.</b>	<b>Taster snow shoe walk</b> with our Sports Guide Manfred. Register with our Concierge until Saturday 05.00 p.m. Meeting point 10 minutes before start - at the Reception.- Snow shoes can be hired from the Sports Shop at the Kaiserstiege -€ 12.00 per pair.
<b>10.45-11.45 a.m.</b>	<b>Yoga and Relax</b> in the Fitness-Garden
<b>04.00-05.00 p.m.</b>	<b>Professional training assistance</b> in the Fitness-Garden.

*Friday, 10<sup>th</sup> of February 2012*

<b>08.00-08.30 a.m.</b>	<b>Aqua Fitness</b> in the Felsenbad. (2 persons minimum)
<b>10.30-11.45 p.m.</b>	<b>Winter-Nordic-Walking</b> - You will get the poles from us! Meeting point in the Fitness-Garden.
<b>01.30-02.15 p.m.</b>	<b>Breath + Relax</b> in the Fitness-Garden
<b>04.00-05.00 p.m.</b>	<b>Professional training assistance</b> in the Fitness-Garden.

*Saturday, 11<sup>th</sup> of February 2012*

<b>08.00-08.30 a.m.</b>	<b>Aqua Fitness</b> in the Felsenbad. (2 persons minimum)
<b>10.00-01.00 p.m.</b>	<b>Snow shoe walk</b> with our Sports Guide Manfred. Register with our Concierge until Saturday 05.00 p.m. Meeting point 10 minutes before start - at the Reception.- Snow shoes can be hired from the Sports Shop at the Kaiserstiege -€ 12.00 per pair.
<b>10.45-11.45 p.m.</b>	<b>Pilates</b> in the Fitness-Garden.
<b>04.00-05.00 a.m.</b>	<b>Professional training assistance</b> in the Fitness-Garden.

*Using the Fitness-Garden*

We would kindly like to ask our children guests,  
not to enter the Fitness-Garden without supervision.



**The liability for damages or accidents has to be taken by  
each user of the Fitness-Garden personally.**

*We appreciate your understanding!*

# Galileo® - Vibration Training

*First developed in the Soviet Union to treat cosmonauts and to improve the performance of Olympic athletes, this technology is now widely used throughout Europe and North America. The Galileo system has been highly researched and is favoured by many hospitals, physiotherapists, gyms and elite athletes including “AC Milan” and cycling legend Lance Armstrong.*

## The recorded benefits include:

- *Increased muscle strength*
- *Increased tendon strength*
- *Increased bone strength*
- *Increased balance strength*
- *Decreased lower back pain*
  - *Increased metabolism*
  - *Increased toxin removal*
- *100 - 150% increase in peripheral blood flow*
  - *Decreased diastolic blood pressure*
- *Benefits neurological conditions such as Parkinson’s*
  - *Up to 7% increase in testosterone production*
  - *Up to 460% increase in growth hormone production.*



## Try and enjoy it!

***For further questions & inquiries,  
please do not hesitate to contact our Fitness-Instructors  
Ulrike & Manfred or our Concierge daily from 08.00 a.m.***

*Rate for intensive 10 minutes: € 17,50*