

EVENTS 2021

Football Camp for Kids

with licensed instructor



Unique training facilities are offered during the camp. Fun and joy are given first priority in the football camp. Children are able to gain not only experience at football but also have joy and fun with their friends during their vacation. (for a fee)

"Playing Like Professionals,,

28.06.-09.07. 04.10.-15.10.

Fit for Fun

with master instructors



During our fitness week, you can experience the positive impact of individual training with personal guidance on not only your business life but also your personal life and that increased dynamics will make you even more efficient, powerful and aim-oriented. The training is suitable for everybody.

"Form Up Your Body,,

29.03.-05.04. 23.05.-31.05. 03.10.-17.10.

Swimming Course for Kids

with licensed instructor



Children are instructed to swim playfully and safely by certified staff

"Learning With Fun,,

10.07.-25.08.

African Dance

with master instructor



Workout return to the Extension. Get ready to explore Africa without a passport and learn to move muscles you didn't know you had! AFRICAN DANCE energy adds living flavor to your workout, nourishing both body and soul. It is open to all dance fitness levels.

"Ready, Steady, Dance....,

20.06.-27.06.

Zumba Fitness

with master instructor



For Zumba fitness, one must not be able to dance, the most important thing is to move to the music and enjoy it. The hot and exotic rhythms of Latin America have a great motivating role in the activity. Zumba Fitness is sexy, exciting and suitable for everyone.

"Fun & Easy to Do,,

30.04.-09.05. 23.09.-02.10.

TRX

with master instructor



Delivers a total-body workout for men and woman of all fitness levels. Regardless of who you are if you want to perform and look your best, the TRX is the perfect tool for you.

"Suspension Training,,

13.05.-22.05. 14.09.-23.09.

Yoga

with licensed instructor



Yoga is the ideal way to reduce stress and improve the coordination skills and agility of the body.

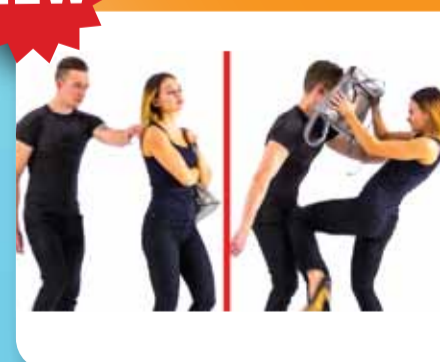
"The Way to Interior Power,,

18.10.-27.10.

NEW

Self Defense

with licensed instructor



Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults.

A good self-defense course provides psychological awareness and verbal skills, not just physical training.

"Have fun and learn the skills of self-defense."

04.09. - 13.09.

NOTICE: *The hotel management reserves the right to make changes in the concept above due to weather conditions, guest requisitions or any force major developments without prior notification.

*Some of the above mentioned events have limited number of participants and registration is **directly at the hotel.**