

Private Excursions and Trainings

Power Plate

Whether you want to lose weight, beautify your figure, build muscle or get rid of your back problems - with POWER PLATE you can get a lot closer to your personal goals quickly and easily.

30 Min. – CHF 80

Personal Training

Have you already forgotten your goals?

Our Giardino Coach is your motivator, training partner and coach. Be active, healthy and fit for the future, regardless of whether it is muscle building, fitness or rehabilitation.

60 Min. – CHF 180

Functional Training

Functional training is an everyday-relevant and cross-sport form of training. It includes complex sequences of movements that stress several joints and muscle groups at the same time.

It has found its way into various fields of activity.

Spinal-back training

Targeted back exercises for a strong, pain-free and flexible back.

Core Training

In core training, the torso is viewed as the core of the body to which arms, legs and head are attached.

Gym Instruction

Introduction to the fitness room. Our trainer is available in the fitness studio.

1. Person

60 minutes - CHF 80.-

Every additional person -

60 minutes - CHF 30.-



Giardino Coach
Vladimir Zic

GIARDINO

Giardino Coach
giardinohotels.ch

MOUNTAIN

Weekly programme

28.12.2020–
03.01. 2020

Sportlich
auspowern,
lässig auftanken

Ausflugs- und Trainingsprogramm
mit dem Giardino Coach



Part of Giardino Hotel Group

Weekly program

	Mo, 28. December	Di, 29. December	Mi, 30. Dezember	Do, 31. December	Fr, 01. January	Sa, 02. January	So, 03. January
08.00 – 09:00 Uhr	YOGA IN THE MORNING Freestyle Academy - 60 Min. Find your balance between physical exercises, let your breath flow and start the day calmly with our yoga and Ayurveda therapists.	SPINAL-BACK TRAINING Freestyle Academy – 45 Min. Targeted back exercises for a strong, pain-free and flexible back	YOGA IN THE MORNING Freestyle Academy - 60 Min. Find your balance between physical exercises, let your breath flow and start the day calmly with our yoga and Ayurveda therapists.	PILATES Freestyle Academy – 45 Min. Pilates, also known as the Pilates method, is a systematic full body workout to strengthen the muscles, primarily the pelvic floor, abdominal and back muscles.	CORE TRAINING Freestyle Academy – 45 Min. In core training, the trunk is considered to be the core of the body, to which arms, legs and head are attached.	YOGA IN THE MORNING Freestyle Academy - 60 Min. Find your balance between physical exercises, let your breath flow and start the day calmly with our yoga and Ayurveda therapists.	
11.00 Uhr			CROSS COUNTRY SKIING TOUR IN VAL FEX 3-4 Hours. CHF - 50.-	PANORAMA HIKING In the sunny Randolins/Paradiso snow trails. Hotel Lobby ca. 2,5 Hours CHF 30,-		SNOWSHOE HIKING Hotel Lobby – 90 Min.	
14.00 Uhr		CROSS COUNTRY SKIING - SKATING Hotel Lobby– 90 Min. CHF - 50,-			CROSS COUNTRY SKIING - CLASSIC Hotel Lobby– 90 Min. CHF - 50,-		
16.00 – 17.00 Uhr				CORE TRAINING Freestyle Academy – 45 Min. In core training, the trunk is considered to be the core of the body, to which arms, legs and head are attached.	STRETCH AND RELEASE Freestyle Academy – 45 Min. A perfect relaxation after a day on the ski slopes.		
17.30 – 19.00 Uhr							

Registration

Untill 8pm the day before
on the SPA Reception