

Private Excursions and Trainings

Power Plate

Whether you want to lose weight, beautify your figure, build muscle or fight your back problems - come fast and easy with POWER PLATE, a whole lot closer to your personal goals.

30 min. – CHF 80

Personal Training

Forgot your good intentions?

Our Giardino Coach is your motivator, training partner and coach. Active, healthy and fit into the future no matter if muscle building, condition or rehabilitation.

60 min. – CHF 180

Functional Training

Functional training is an everyday-relevant and cross-sport training form. It involves complex movements that involve multiple joints and muscle groups simultaneously. It has made its entry into different fields of action.

Powerlates

Powerlates is a full-body workout that combines the elements of fluid movement, control, concentration, breathing, and relaxation from the Pilates with power exercises from the fitness area. In one hour, the entire body is effectively trained to achieve better body shape and posture.

Back – Spinal Gymnastic

Targeted back exercises for a strong, painless and flexible back.

Core Training

In this activity we strengthen our body CORE, which is a vital connection between lower and upper body.

Gym Instruction

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

Mountain Bike and Road Bike

Do you know the best trails and tours in Locarnese region? Vladimir Zic, our Giardino Coach, will accompany you up and down, explain the differences in the two activities and bring you safely to the finish.

60 min. – CHF 100

every additional hour CHF 50

Nordic Walking

As part of a guided tour, the Giardino Ascona Hotel offers the opportunity to learn and apply the general basics of Nordic Walking. Nordic Walking is a walking style with sticks, which burns about 20-30% more calories than normal walking.



dipiù weekly program

	Mon, 6 May	Tue, 7 May	Wed, 8 May	Thu, 9 May	Fri, 10 May	Sat, 11 May	Sun, 12 May
8 a.m. – 9.30 a.m.	YOGA Appunto – 60 Min Vinyasa Flow with Ilaria.	YOGA Appunto – 60 Min Vinyasa Flow with Ilaria.	YOGA Appunto – 60 Min Vinyasa Flow with Ilaria.	YOGA Appunto – 60 Min Classic Hatha Yoga with Davide.	YOGA Appunto – 60 Min Classic Hatha Yoga with Davide.	YOGA Appunto – 60 Min Vinyasa Flow with Sarina.	YOGA Appunto – 60 Min Vinyasa Flow with with Sarina.
11 a.m.	FASCIA TRAINING Appunto – 45 Min Relieve pain, loosen adhesions, and restore muscle function.			11.15 A.M. STRETCHING Pavilion - 45 Min Full body stretching to relax the muscles.			
3.15 p.m. – 4.00 p.m.							
4 p.m. – 5 p.m.							
6.15 p.m. – 7 p.m.	MEDITATION Appunto – 45 Min For more mindfulness in everyday life.	MEDITATION Appunto – 45 Min For more mindfulness in everyday life.	MEDITATION Appunto – 45 Min For more mindfulness in everyday life.				MEDITATION Appunto – 45 Min For more mindfulness in everyday life.

Registration

Until 8 p.m. on the day before
at the dipiù Spa reception