

„DAS KRANZBACH“
Hotel & Wellness Resort near Garmisch-Partenkirchen

Please find an overview of our exercise classes...

Aqua Fit water exercise

Our very effective power and endurance training that is easy on the joints, we usually do in our outdoor pools. Accompanied by music and surrounded by inspiring scenery we exercise with or without training equipment.

Back supporting exercise

Similar to gymnastics, we use a variety of different balls to practice gentle movements either standing up, sitting down or lying on the floor.

Bauch, Beine, Po (“BBP”)

While standing up or lying down, certain areas of the body, such as abdomen, thighs and buttocks, are strengthened and shapened.

Belly Express

Short and effective! Intensive training of the abdominal muscles is ensured through specific exercises.

Body and Balance

Body, mind and soul will be harmonized during this easy-going fitness class.

Body Styling

If you wish to enhance your endurance, strength and agility, this whole body training will be right for you. Training equipment like weights, therapeutic ribbons and balls can be used.

Introduction to apparatus training

Would you like to expand your personal power training? Take advantage of this class that introduces you to the application and effects of endurance and power apparatus.

Gentlemen’s Workout

Don’t expect complex step combinations derived from aerobics. You will be participating in an elaborate and intensive muscle-strengthening power training using various equipment or apparatus.

Progressive Muscle relaxation

Gain complete relaxation of the whole body by arbitrary and deliberate tightening and untightening of your muscles.

Back training, “Rücken Fit”

We focus on an upright posture gained by a strengthened muscular system of the torso and abdomen. We recommend adding this course to your individually designed training schedule for an optimum of success.

Stretching & Relaxation

Do you like to do a little bit of everything ? This class combines agility, posture, balance and coordination, muscular strength, stretching and relaxation for a more flexible way of staying in shape. Stretching loosens tense muscle tissue and enhances blood circulation. Try it after a day of hiking or a demanding workout.

Tai Chi – taking an imaginary journey

These traditional Tai Chi exercises are based on Eastern Science and the Asian concept of the “Qi”, the force of life. We combine various elements derived from the Chinese Movement Theory. Our class ends with an imaginary, meditative and relaxing journey that will balance both body and mind.

Winter Walking

In order to keep in healthy condition your bone structure, your muscular system, your heart as well as your mind, a person should walk at least 3 miles a day. Rebekka, our degreed sport’s therapist, will be happy to take you along on her walk through our beautiful winter wonderland. Walking sticks can be obtained without charge at the reception desk.

Yoga

This philosophical theory from India teaches us physical and mental exercises. The term “Yoga” expresses “unity” and, in addition, “tension”. Tension that arises when one’s body prepares the soul for concentration and inner balance. Find out whether your emphasis is on mental concentration or physical exercise.