

WORK OUT AT STENUNGSBADEN

Work out with our personal trainers

EASY YOGA | 30 min

This easy yoga helps the participants to become more attentive but also relaxed. It helps to improve the capacity to focus and memorization. It's a short practice focused on bringing awareness while lowering stress and anxiety feelings.

SAUNA YOGA | 30 min

A moment to relax, contemplate and de-stress with breathing, stretching and aromatherapy. Aromatherapy helps awaken the senses. Pranayamas (breathing) and easy seated stretching (asanas) together with acupressure points to release body tension. Two times we dip ourselves in the cold ocean to increase the production of good hormones and balance the nervous system.

HATHA FLOW | 60 min

Increases body energy levels while de-stressing the mind. Helps release tensions and stiffness. Set of techniques to bring the participant to a different mindset, feeling happier and more relaxed overall.

YOGA NIDRA | 60 min

Activates the parasympathetic nervous systems which is responsible for the body's ability to relax and restore. Improves quality of the mind, memorization and logic thinking. Helps fight insomnia and anxiety.

YOGA 30 MIN

1-40p 2300kr
40-p 3300kr

YOGA 60 MIN

1-40p 3800kr
40-p 5000kr

OBSTACLE COURSE

We start the session with briefing and warm-up. After that, you fight your way together over rocks and stones. A fun session that adapts to the weather. Non-sore work out clothes, shoes that can withstand getting dirty and gloves to protect the hands are recommended.

220kr per person
Minimum 3500
Suitable for groups of 10-50 people
Time: 1,5h

Included: loan of towel, shower and of course some training soreness. Entrance to our spa can be purchased additionally.

BOOTCAMP

The fact that training should be fun is the highest priority for us! This is a varied workout that boosts your metabolism. Comfortable clothes and gloves are recommended as the session is outdoors regardless of the weather. Be prepared to get both dirty, physically tired and leave the session with a big smile!

1-15p 4900kr
16-30p 6100kr
31-50p 7400kr

STATION WORK OUT

An effective outdoor workout in the arena and around the hotel. Fun and challenging interval workout where we help to motivate and push each other, you set the bar according to your own day form. The pass is tailored to the group's wishes. Popular arrangement and as a suggestion, we start the session with fun, sweaty, simple cooperative exercises followed by tabata.

1-15p 4900kr
16-30p 6100kr
31-50p 7400kr

CORE & BALANCE 30 MIN

A session where we focus on core strength, stability and balance. The session is held indoors to pleasant music. Stabilization exercises that create imbalance in the body that will make you laugh as much as you train your whole body's nervous system. Cozy clothes and training clothes work just fine for this class.

1-15p 4335kr
16-30p 5645kr
31-50p 6795kr

