



TRAUBE TONBACH
best since 1789



Fit & Active
Work Out

Dear guests,

here at Traube Tonbach, we believe that exercise is all about moving and having fun. Our exercise programme has a wide range of different activities and the courses are designed for all levels, from beginners to more athletic types. Everyone is welcome to give our classes a try.

Aqua Gym.

This water workout gets your entire body moving. It strengthens your cardiovascular system and muscles while protecting your joints.

Ab Focus.

Strengthens all of the abdominal muscles. The deep abdominal muscles in particular provide the basis for a stable core and strong back.

Abs, Legs & Glutes

A class specifically focused on working the muscles in your legs, stomach and buttocks.

Fit Abs & Back.

An intense workout for your abdominal and back muscles. The abdominals complement and support the back and torso muscles when the body is in motion and are important for good posture.

bodyART.

The goal of bodyART™ is to increase overall strength and flexibility, improve your balance and increase your core strength while balancing your bodies' energies. Using therapeutic based, yoga inspired and traditional exercises, bodyART™ challenges your body as a whole.

Body-Styling.

Full-body training with or without props (tubes, hand weights) to train your endurance and flexibility.

Cardio Fit.

Endurance and coordination training with music boosts your cardiovascular system and metabolism.

Functional Training.

Be in shape, have fun, feel good and enjoy the music! This full-body workout helps your endurance and targets your arms, legs, glutes and back muscles.

Flexi-Bar Workout.

The Flexi-Bar® (made in Germany) is a fibreglass bar about 1.50 m long originally designed for use in physical therapy. Small impulses make the device vibrate, moving the ends of the Flexi-Bar up and down. The vibrations cause tiny muscles throughout the body to tense up to balance out the centrifugal force. While conventional strength training focuses on the surface, the Flexi-Bar stimulates muscles deep within the body.

Flexi-Bar.

An introduction on how to control the Flexi-Bar during exercise followed by a workout.

Flexi-Bar Wellness.

This workout combines elements of yoga, Pilates and classic back exercises with the benefits of the Flexi-Bar.

Flexi-Bar / Abs, Legs & Glutes.

A targeted workout for abs, legs and glutes combined with FLEXI-BAR exercises to stabilise the body and improve posture.

Indoor Cycling.

Full speed ahead with Birgit Frey. The perfect endurance workout for all cycling fans. Get ready to sweat!

Nordic Walking.

Nordic Walking is one of the healthiest endurance sports - stimulating the cardiovascular system and metabolism while strengthening all muscles. We will provide the walking sticks free of charge.

Pedelec Bike Tour.

Enjoy the pleasure of "easy" cycling. Pedelec bikes are the ideal combination of cycling fun and comfort. Once you start pedalling, quiet electric engines help to support your forward motion - making every bike tour a true pleasure.

Personal Training.

We are happy to put together a personal fitness programme to meet your needs and interests. You can also book a private Nordic Walking or bike tour. Please contact our course instructors or event team for more information.

Pilates.

Pilates is a unique training method developed in 1883 by Joseph Hubert Pilates. This holistic approach to physical training targets the deep and tiny muscle groups that are often weaker than the rest of the body, but are essential to correct and healthy posture. This workout includes strength exercises and stretching in combination with specific breathing techniques.

Exercises for healthy back.

Back exercises designed to mobilise and stabilise the spine.

Fit back.

A strong back supports and protects us, helping us to stand upright and remove pressure from the spine. We will show you special exercises designed to strengthen the back muscles and improve spinal flexibility.

Togu Brasil.

Shaping your figure, your back, the deep muscles, your whole body and doing some-thing good for your soul, without working yourself too hard. Duration 50 minutes. Registration until 1.00 p.m. Meet at the small conference room.

XCO Training / XCO-Walking.

XCOs are hand weights similar to dumbbells filled with 35% slate granules. Swinging the XCOs back and forth shoots the loose filling from one side to the other for an intense arm workout that targets deep muscles and tissues without straining the joints.

Zumba.

An intense aerobic workout to Latin American rhythms. Zumba is easy to learn, great fun and burns loads of calories.

Registration.

For organisational reasons, please contact the events team to take part in our courses - just dial 697. Thank you and have a great workout!

You´re in good hands!

Iris Mahler

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with a focus on "Functional Training & Communication"

Co-author of "Home-Fitness", published in 2002 by Droemer Knauer Verlag.

Nordic Walking Instructor NWU

Certification FLEXI-BAR Group Fitness

Qigong - Basic Certification

Kinesis Instructor/Life Fitness Certification