

Group Courses Winter

Registration at the Spa Desk or Concierge

Monday	08.00 - 09.00 17.00 - 18.00	Power & Stretch 30 min strength / 15 min stretching Stretch & Relax / Mobility Flow
Tuesday	08.00 - 09.00 17.00 - 18.00 18:30 - 19:30	Yoga ¹ Pilates Reformer Class "THE BEAT x SUVRETTA SPA" Sound Healing «THE BEAT x SUVRETTA SPA"
Wednesday	08.00 - 09.00 17.00 - 18.00	Fascia Training Back training
Thursday	08.00 - 09.00 17.00 - 18.00	Yoga ¹ Pilates Reformer Class "THE BEAT x SUVRETTA SPA"
Friday	08.00 - 09.00 17.00 - 18.00	Ski warm up Back Training
Saturday	08.00 - 09.00 17.00 - 18.00	Meditative Training / Body & Mind ¹ Pilates Reformer Class "THE BEAT x SUVRETTA SPA"
Sunday	08.00 - 09.00 17.00 - 18.00	Progressive Muscle Relaxation Yoga

THE BEAT X SUVRETTA SPA	50 min	CHF 300.00 (1 person)
Private Pilates Reformer Class	50 min	CHF 360.00 (2 persons)

Personal Training	60 min	CHF 170.00 (1 person)
	60 min	CHF 230.00 (2 persons)

¹ CHF 100.00 per person; maximum 4 participants; registration required 24 hours in advance due to high demand

Guide to Fitness & Mental Strength

Power & Stretch	30 minutes of strength training + 15 minutes of stretching
Stretch & Relax Mobility Flow	Improve your joint mobility, body awareness, and posture through flowing, functional movements – for more lightness and stability in daily life.
Fascia Training	A functional training that aims to improve the mobility, flexibility and range of motion.
Pilates Reformer Classes THE BEAT X SUVRETTA SPA	Experience effective, deep-acting training and feel the difference in every Reformer class.
Yoga	For flexibility, strength, and mental balance.
Ski Warm Up	Are especially great for loosening up your shoulders and hip joints.
Back Training	Target, the primary muscles of the back to reduce the strains, sprains and other injuries.
Meditative Training Body & Mind Fitness	Focus on breathing, posture, and mental strength.
Sound Healing Class	A holistic method that uses targeted sounds and vibrations to harmonize body, mind, and emotions.