



Fitness-Classes with Tess Bamber



Day / Time	9 am – 10 am	6 pm – 7 pm
Monday	Bootcamp	HIIT
Tuesday	Indoor Cycling	Ski Fit
Wednesday	HIIT	Ladies Night
Thursday	Indoor Cycling	Bootcamp

Please arrive 5 – 10 minutes before the class begins

BOOTCAMP

These bootcamp sessions combine resistance and cardiovascular training to maximise improvements in fitness throughout the whole body. Fun yet challenging, and suitable for all ages and abilities, try out this session if you want an all-round workout that will make you feel stronger and full of energy in no time!

HIIT

High intensity interval training is one of the most efficient ways to burn fat and increase your cardiovascular fitness. Push yourself beyond what you thought was possible, put your metabolism into overdrive (burning calories for hours afterwards!), grow lean muscle tissue and improve your sleep quality. Remember, it's YOUR 'high intensity', so what's stopping you?

INDOOR CYCLING

With a combination of different tracks to challenge you, group indoor cycling is a fantastic alternative for getting fit! Think hill climbs to improve muscular strength, sprint intervals to get your cardiovascular fitness through the roof, and jump tracks to challenge your muscular endurance (and mental determination!). The sense of accomplishment afterwards is well worth the sweat! Numbers are limited in this class so please make sure to book a space.

PERSONAL TRAINING

As a certified trainer, Tess Bamber wants to help you to feel good about yourself. She always thinks of it as the CLEVER way to get fitter, stronger, healthier.

1 Stunde CHF 100.-

PRICES FOR FITNESS CLASSES

Hotel guests free
Locals CHF 15.- per class

SKI FIT

This session is focused on improving your 'ski fitness' – how can you get your body into the best physical condition so that you can get the most out of your time on the mountain, whether that's improving your technique, skiing for longer without having to rest, or simply not having aching legs the following morning!

By breaking down the specific physical requirements of skiing, this session will develop your functional strength and lower body power whilst challenging your coordination. Anaerobic threshold training will improve your muscular endurance (no more having to stop half way down a run because your legs are on FIRE!). Ending the session by training your core strength and stability will improve movement patterns and alignment, helping you remain injury free this winter.

Include this session into your weekly routine to lay the best foundations for improving your skiing this winter or just pop by to a session for some exercises that you can take with you whenever you want to get fit for the mountains.

LADIES NIGHT

Improve your cardio and muscular fitness in a fun and energising women-only environment. Using a combination of resistance band, free weight and bodyweight exercises, we will tone, sculpt and strengthen, to become more confident and powerful versions of ourselves. Research suggests that women feel more supported, confident and work harder in a female-only environment, so along with a killer playlist, you'll be channelling your inner Beyoncé before you know it!



RESORT & SPA SAAS-FEE

