



Aqua Fitness

**Time to get fit in the water –
dive into the refreshing cool!**

Aqua fitness is a joint-friendly full-body workout using various small equipment in the water. It improves endurance, muscle strength, and flexibility for almost all fitness levels and age groups.

The training takes advantage of the buoyancy of the water, which reduces the effect of body weight and allows for a greater range of motion than on land. This makes it especially suitable for participants with joint issues, seniors, and pregnant women – whether as an alternative or a supplement to traditional workouts.

Thanks to the constant resistance of the water, exercises are gentle on the joints but still highly effective. Water doesn't allow for rest between movements – which means no „relaxation phases“ and consistent muscle engagement. Varying intensities, combined with music and dynamic movement, allow for a powerful, energetic workout within just one hour.

In addition, the hydrostatic pressure of the water supports the body's natural detoxification process. It acts like a gentle massage on the lymphatic system and blood vessels, promoting circulation in the skin and connective tissues.

Circuit Training for Strength



Build everyday strength and fitness with dynamic full-body workouts.!

In this course, we train our entire body by moving through different stations after a short warm-up.

Each station offers varied exercises with different levels of difficulty. Intensive training phases alternate with short but valuable rest periods.

This method is an effective full-body workout that improves strength, endurance, balance, and mobility.

Almost all muscle groups are continuously engaged.

We use a combination of large equipment, small weights, and sometimes just our own body weight.

Thanks to the short breaks, both body and mind remain fully engaged throughout the session, leading to a high metabolism and increased energy demand. The dynamic group atmosphere and motivating music help us give it our all – and have fun doing it – for a full hour.



Private Fitness Coaching with Gaby



Start your journey to a healthier, more active life – today!

Let's schedule your first step together.

I'll be your dedicated guide on your personal path to fitness and well-being.

Personal and physical fitness is not a sprint – it's a marathon.

It grows from the synergy of focused training, balanced nutrition, and mental strength.

My personal goal is to create the best possible training and nutrition plan for each individual – one that is sustainable, health-oriented, and leads to long-term success.



Gaby Maass

is a certified graduate sports instructor and a state-recognized motopedagogue. Since 1993, she has been revitalizing the fitness industry as a top-qualified trainer.

Availability and Appointments

*Tuesdays and Thursdays
from 1:00 PM to 3:00 PM at the hotel
(Advance appointment required
at the spa reception!)*

*Or by email for personal arrangements:
optimalestraining@hotmail.com)*

*60 minutes – €70
3-session package (3 x 60 min.) – €200
Payment is made on-site*





Availability and Appointments

Tuesday: 6:00 PM – 7:00 PM

Thursday: 4:00 PM – 5:00 PM

Instructor: Gaby Maass, Team ICG® Master Trainer

*Registration: by phone (+43 5558 8888 615)
or at the spa reception*

*€12 per person
(payable at the spa reception or
charged to your room)*

Indoor Cycling

**Simply put, indoor cycling is:
riding a bike – to music – in a group – on
wheels that don't actually go anywhere.**

*Indoor cycling is one of the few sports
where beginners, intermediate riders,
and professionals can all train together in
the same session.*

*The intensity of the workout can be opti-
mally controlled through the individually
adjustable resistance settings and by
varying the pedaling speed. This allows
each participant to tailor the effort to
their own fitness level and goals, ensuring
that everyone gets the maximum benefit
from the training.*

