

Park Igls Sample Weekly Group Activity Schedule

Monday

06:45 Drinking bitter water

07:20 - 07:50 Morning group walk with guide

07:30 - 11:30 Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor

08:00 - 08:25 Good morning! gymnastics

09:00 - 09:25 Strength training in the water

09:30 - 09:55 Pelvic floor training - for women AND men in German

11:00 - 11:50 Nordic walking

15:00 - 15:50 Self-Care with Dr. Melanie Robertson in English

16:00 - 16:50 Yoga relaxation in German

17:00 - 17:25 Aqua Jogging

17:00 - 17:50 Yoga relaxation in German

Tuesday

06:45 Drink bitter water

07:20 - 07:50 Morning group walk with guide

07:30 - 11:30 Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor

08:00 - 08:25 Good morning! gymnastics

09:00 - 09:25 Strengthening the hip muscles

11:10 - 12:00 Mind-Set with Mag. Thomas Blasbichler in English

11:30 - 11:55 Thera-Band training

12:30 - 12:55 Correct walking – step by step

13:00 - 13:25 Golf-specific strength & coordination training in German

14:00 - 16:00 Walk with Dr. Gartner

15:30 - 15:55 Aqua Jogging

16:00 - 16:50 Stretching & Mobilisation

17:05 - 17:30 Evening group walk

19:30 - 20:30 Autohaemotherapy & liquid lift for rejuvenation & regeneration of juvenescent face contours
Lecture by Dr Fabian Petschke in the conference room (German & English)

Wednesday

06:45	Drink bitter water
07:20 - 07:50	Morning group walk with guide
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:00 - 08:25	Good morning! gymnastics
09:00 - 09:25	Back training in the water
10:30 - 10:55	Healthy Neck - exercises for a strong and mobile cervical spine
12:30 - 12:55	Assistance to our guests in the fitness room (3rd floor)
13:00 - 13:25	"Pre Shot" - preparation for a proper golf swing in German
14:00 - 14:50	Nordic walking
15:30 - 15:55	Pilates
16:00 - 16:25	Aqua Jogging
16:00 - 16:50	Yoga - strengthen & relax the back in German
16:30 - 16:50	Kybun Training - balance and coordination
17:00 - 17:50	Yoga - strengthen & relax the back in German
17:05 - 17:30	Evening group walk
18:00 - 21:00	Exhibition of jewellery by Atelier Arakelian in the lobby

Thursday

06:45	Drink bitter water
07:20 - 07:50	Morning group walk with guide
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:00 - 08:25	Good morning! gymnastics
08:30 - 08:55	Aqua fit
09:00 - 10:00	Relaxation training according to Jacobson with Mag. Thomas Blasbichler in English
10:00 - 10:25	Assistance to our guests in the fitness room (3rd floor)
11:00 - 11:50	Pilates
14:00 - 14:50	Nordic walking
14:00 - 16:00	Herbal Workshop - preparation of herbal products (oil, salt, cream etc)
15:30 - 15:55	Aqua Jogging
16:00 - 16:50	CrossFit indoor- varied cardio & strength training
17:00 - 17:50	Easy Yoga in English
17:05 - 17:30	Evening group walk
18:00 - 19:30	Exhibition of bags by Elisabeth Märker in the lobby
19:30 - 20:20	Relaxation through music with Maria Ritter (Harp)
19:30 - 20:30	"Syndrome X" lecture by Dr Peter Barth in the conference room (German & English)

Friday

06:45	Drink bitter water
07:20 - 07:50	Morning group walk with guide
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:00 - 08:25	Good morning! gymnastics
09:00 - 09:25	Workout in Waterworld
09:30 - 09:55	Trampoline Move - coordination & strengthening on the bellicon® trampoline for everybody
13:00 - 13:50	Nordic walking
14:00 - 14:25	Body Balance - balance & coordination training
15:30 - 15:55	Aqua Jogging
16:00 - 16:50	Mobilisation & Relaxation
17:05 - 17:30	Evening group walk
19:00	Music entertainment with Florian Plattner (guitar) in the lobby

Saturday

06:45	Drink bitter water
08:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
10:00 - 10:25	Good morning! gymnastics
10:30 - 10:55	Good morning! gymnastics
11:15 - 11:40	Thera-Band training
11:45 - 12:10	Thera-Band training
13:00 - 13:50	Assistance to our guests in the fitness room (3rd floor)
14:00 - 14:50	Nordic walking
15:30 - 15:55	Aqua fit
19:00	DVD evening – Untouchables, French comedy-drama with Francois Cluzet & Omar Sy in the lecture room (German & English)

Sunday

06:45	Drink bitter water
08:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
10:00 - 10:25	Good morning! gymnastics
10:30 - 10:55	Good morning! gymnastics
11:15 - 11:40	Stretching & Mobilisation
11:45 - 12:10	Stretching & Mobilisation
13:00 - 13:50	Nordic walking
14:30 - 14:55	Aqua Jogging
17:30	Welcome cocktail followed by a brief explanation of the first therapy day meeting at the tea bar / at the chimney
19:30 - 20:30	“F.X. Mayr Regeneration - Theories in Diagnosis and Therapy” lecture by Dr Peter Barth in the conference room (German & English)

Information for our movement programs (see next page)

Possible changes will be printed in the daily morning post. Our Sports trainer will be at your disposal for further information regarding our sport program at the fitness area (3rd floor).

There are 5 divisions of our movement programs:

- I). Cardiovascular/metabolic
- II). Muscle toning/strength training
- III). Flexibility
- IV). Relaxation
- V). Sensorimotor/co-ordination

■ Energising ■ Relaxing

Vital Programme - Overview

In case of conflicting schedules with your personal therapy plan please contact the medical reception.
Possible changes will be printed in the daily morning post.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)		
08:00 - 08:25 Morning gymnastics (I+II) (Registration)	08:00 - 08:25 Morning gymnastics (I+II) (Registration)	08:00 - 08:25 Morning gymnastics (I+II) (Registration)	08:00 - 08:25 Morning gymnastics (I+II) (Registration)	08:00 - 08:25 Morning gymnastics (I+II) (Registration)		
			08:30 - 08:55 Aqua fit in the pool (I+II) (Registration)			
09:00 - 09:25 Strength training in the pool (II) (Registration)	09:00 - 09:25 Hip training in the pool (III) (Registration)	09:00 - 09:25 Back training in the pool (II) (Registration)	09:00 - 10:00 Relaxation training Jacobson (IV) in English (Registration)	09:00 - 09:25 Workout in Waterworld in the pool (I+II) (Registration)	10:00 - 10:25 Morning gymnastics (I+II) (Registration)	10:00 - 10:25 Morning gymnastics (I+II) (Registration)
09:30 - 09:55 Pelvic floor training (II) in German (Registration)	11:10 - 12:00 Mind-Set (IV) in English (Registration)	10:30 - 10:55 Healthy Neck (III+II) (Registration)	10:00 - 10:25 Assistance fitness room	09:30 - 09:55 Trampoline training (II+V) (Registration)	10:30 - 10:55 Morning gymnastics (I+II) (Registration)	10:30 - 10:55 Morning gymnastics (I+II) (Registration)
11:00 - 11:50 Nordic Walking (I) (Registration)	11:30 - 11:55 Thera-Band training (II) (Registration)	12:30 - 12:55 Assistance fitness room	11:00 - 11:50 Pilates (II) (Registration)		11:15 - 11:40 Thera-Band training (II) (Registration)	11:15 - 11:40 Stretching (III) (Registration)
		13:00 - 13:25 Golf - Pre Shot (II+V) in German (Registration)	14:00 - 14:50 Nordic Walking (I) (Registration)		11:45 - 12:10 Thera-Band training (II) (Registration)	11:45 - 12:10 Stretching (III) (Registration)
15:00 - 15:50 Self Care (IV) in English (Registration)	12:30 - 12:55 Richtig Gehen (I) (Registration)	14:00 - 14:50 Nordic Walking (I) (Registration)	14:00 - 16:00 Herbal Workshop (Registration)	13:00 - 13:50 Nordic Walking (I) (Registration)	13:00 - 13:50 Assistance fitness room	13:00 - 13:50 Nordic Walking (I) (Registration)
	13:00 - 13:25 Golf - strengthening & coordination (II+V) in German (Registration)	15:30 - 15:55 Pilates (II) (Registration)	15:30 - 15:55 Aqua jogging in the pool (I+II) (Registration)	14:00 - 14:25 Body Balance (V) (Registration)	14:00 - 14:50 Nordic Walking (I) (Registration)	14:30 - 14:55 Aqua jogging in the pool (I+II) (Registration)
	14:00 - 16:00 Walking with Dr. Gartner (I) (Registration)	16:00 - 16:25 Aqua jogging in the pool (I+II) (Registration)	16:00 - 16:50 CrossFit indoor (I+II) (Registration)	15:30 - 15:55 Aqua jogging in the pool (I+II) (Registration)	15:30 - 15:55 Aqua fit in the pool (I+II) (Registration)	
	15:30 - 15:55 Aqua jogging in the pool (I+II) (Registration)	16:00 - 16:50 Yoga for the back (V+IV) in German (Registration)				
16:00 - 16:50 Yoga relaxation (IV) (Registration)	16:00 - 16:50 Stretching (III) (Registration)	16:30 - 16:50 Kybun (II+V) (Registration)	17:00 - 17:50 Easy Yoga (II+V) (Registration)	16:00 - 16:50 Mobilisation & Relaxation (III) (Registration)		
17:00 - 17:25 Aqua jogging in the pool (I+II) (Registration)	17:05 - 17:30 evening walk (I) (Registration)	17:00 - 17:50 Yoga for the back (V+IV) in German (Registration)	17:05 - 17:30 evening walk (I) (Registration)	17:05 - 17:30 evening walk (I) (Registration)		
17:00 - 17:50 Yoga relaxation (IV) (Registration)		17:05 - 17:30 evening walk (I) (Registration)	19:30 - 20:20 Relaxation through music (Registration)			

