



AQUA FITNESS

Rediscover your own power! Aqua Fitness is a gentle and effective whole-body workout, which optimizes endurance, strength and mobility. The course takes place in the indoor pool area.

STABILIZATION TRAINING

Attitude please! Targeted exercises stabilize the entire body over the long term. Your body tension is strengthened, balance is promoted, and your core is strengthened for a healthy posture.

CORE TRAINING

Strengthen your center through targeted training. This sustainably improves body stability and increases performance. For everyone who dreams of a strong upper body.

BACK FITNESS

Do you spend your working life at a desk? Then build up your back muscles in a targeted and tactical manner to prevent pain! With regular back training, the strength and mobility of the back can be maintained and improved.

THE BEST FOR YOUR BACK!

This training specifically strengthens the back muscles, improves posture and gently relieves tension. Training for noticeably more mobility and well-being! Registration at reception.

MEDITATION

Mindfulness through breathing. Breathing techniques improve mental activity and increase physical health for more serenity and vitality.

LATIN DANCE WORKOUT

Vamos a bailar! Dance and fitness merge into a rhythmic workout that gives you energy and exhilaration. We take you into the world of Latin American dances by bringing Latin America to the Chiemgau.



DEAR GUEST,

FOR YOUR HAPPY STAY IN OUR HOUSE, WE REGULARLY COME INTO GREAT ACTIVITIES, WHICH WE WOULD LIKE TO PRESENT TO YOU HERE.

Please note: There are only a limited number of places available for certain activities such as our yoga courses or our gastronomic offers. It is best to contact our concierge or reception in good time and we will be happy to reserve a seat for you. Subject to change.

Indoor/outdoor activities:

Please make sure you wear appropriate clothing and suitable footwear. Participation in workouts, hikes, etc. is at your own risk.





STRETCHING

Would you like more mobility and would you like to feel more dynamic? Lay the foundation for a healthy body. Targeted stretching will noticeably improve your mobility.

FASCIA TRAINING

Get the connective tissue in shape and loosen adhesions through specific exercises. In this way, the original ability of the muscles can be restored. The training leads to an increase in performance and complaints are reduced.

IT'S TIME FOR LIFE FITNESS

Have you always wanted to train on fitness equipment, but don't know which equipment is right for you? We take you into the world of Life Fitness and give you an overview of what your future training could look like. Particularly suitable for beginners.

GYM EXPERIENCE (FOCUS ON STRENGTH, ENDURANCE, MOBILITY)

We will show you in a taster course how you can achieve your individual sporting goals. Depending on your wishes and fitness level, the training will be tailored to you. The Gym Experience is perfect for you if you want to keep fit and set new goals.

CIRCUIT TRAINING

Round and round we go. With this special method of fitness training, stations for training different muscle groups are completed one after the other. Strength, flexibility and above all endurance are improved.

YOGA

The ideal supplement for all those who want to release physical tension through calm movement sequences. Deep-seated structures are stretched and relaxed through slow movement and holding yoga positions. You are welcome to book a private lesson or take part in the free course. When the weather is nice, you can relax in the countryside.



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GOLF-FITNESS

The golf swing requires coordination and flexibility. If you then also want to hit the golf ball far, our training will help you to improve your strength. The exercises carried out ensure consistency, stability and mobility for a successful game.

GOLF TRIAL COURSE

We could rave about the benefits of golf for hours. The best thing to do is to try it out for yourself: immerse yourself in the exciting world of golf with a free introductory course with our golf pros. Simply register at reception or in the ACHENTAL shop.

GOLF SHOW WITH SIMON HANGEL

Experience first-hand that our favorite sport can also be wonderfully entertaining. Our world champion and golf pro Simon Hangel takes you on an exciting journey into the world of golf. Whether it's a 300-meter shot or a trick shot - you'll be surprised what else Simon can do besides the perfect golf swing.

PRO TALK WITH HAGEN FAHR

A tip for all golf enthusiasts who would like to have a technical discussion in a relaxed atmosphere: Come to the PRO TALK with our Golf Pro Hagen Fahr in the Achenal Lounge & Bar. Here you can relax and talk shop with a delicious drink in front of the fireplace..



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SPA EXPERTS TALK: POWER OF NATURAL COSMETICS

Local herbs, regional rejuvenating plants, creamy textures and delicate fragrances that will remind you of relaxing and soothing times in DAS ACHENTAL even in your home spa. We take you into the world of Team Dr. Joseph and show you the unlimited possibilities of this unique natural cosmetics.

SPA EXPERTS TALK: SECRETS FOR YOUR HOME SPA

Would you like to continue your relaxation at home? No problem. We will give you valuable tips on how you can pamper and care for yourself in everyday life. We promise you; you are guaranteed to have these remedies at home!

SPA EXPERTS TALK: YOUR CARE ROUTINE

Your skin care routine has never been more important than it is now. Wearing a mask every day, constantly disinfecting and then there are the cool temperatures. We share our secrets with you and tell you how you can restore radiance, vitality and purity to your skin.

SAUNA INFUSION WITH PEELING

Experience the power of warmth and pause. A highlight in the sauna area is the sauna infusion in the Finnish sauna followed by body peeling. Let yourself be caressed by wonderfully fragrant notes, reach your limits and then treat yourself to rest and relaxation. Valuable essences give you vitality.

CANDLELIGHT SWIMMING

Enjoy magical moments with our candlelight swimming in our indoor pool. Soothing flickering of the candles and gentle sounds of relaxing music invite you to relax and settle down. Experience moments of contentment and enjoy the time for yourself or with your loved ones.



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