



Fitness & Wellness Activities

*Group Classes**

| | 9 a.m. - 10 a.m. CHF 40 | 4 p.m. - 4.30 p.m. CHF 25 |
|------------------|----------------------------|------------------------------|
| Monday | Pilates | Lu Jong |
| Tuesday | Tai-Chi | Qi-gong |
| Wednesday | Yin Yang Yoga | Pump it |
| Thursday | Bootcamp | Barre |
| Friday | Aqua Fitness | HIIT Cardio |
| Saturday | Yoga Fusion | Core Ball |
| Sunday | Pilates Mat | Hatha Yoga |

Day Spa: 50% off on all group classes of the day

Hotel guests: 9 a.m. classes are complimentary

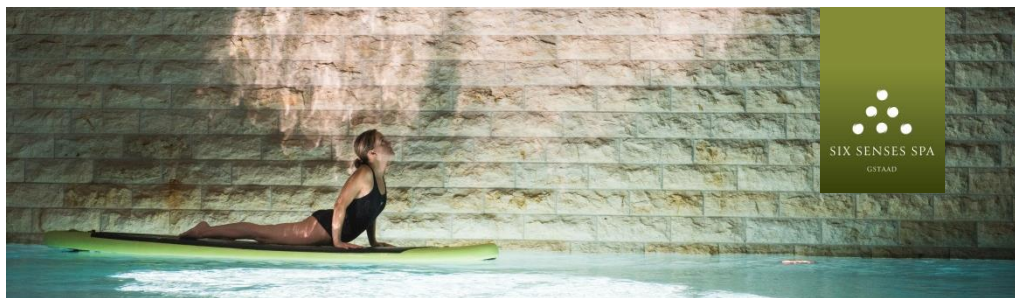
Spa members: All classes are complimentary

*Classes might change without prior notice, please make sure to confirm your attendance by 8:00 p.m. one day prior to the class.

Six Senses Spa at The Alpina Gstaad

www.sixsenses.com

T: +41.33.888 9898 E: reservations-alpinagstaad-spa@sixsenses.com



Personal Training

Get the most out of your fitness routine with a personal trainer.

60 minutes sessions

- 1 session: CHF 140
- 10 sessions: CHF 1,250

Paddle

60 minutes session

- 1 session: CHF 150

Integrated Wellness

Wellness Screening: 60min | CHF 170

Wellness Screening: 30min | CHF 110

This personal consultation uses advanced technology which analyses key physiological biomarkers of health. Results are used to prepare a wellness program specific to your individual need.

Movement Efficiency test by Fusionetics: 45min | CHF 105

The test involves the conducting of six different movements with the execution of these being registered to Fusionetics' software, an evidence-based sports science platform, helping you to understand, monitor and optimize your performance, while reducing the risk of injury.

Summer Membership

1850 CHF.-

1 Month Membership

700 CHF.-

*Prices exclude accommodation.

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