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FITNESS TRAINING
AT A HIGH LEVEL

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Burg

OBERLECH | ARLBERG

HOTEL

FITNESS TRAINING AT A HIGH LEVEL

You want to do something good for your body? Then simply arrange a workout with our fitness trainers Julia Wehinger and Stefan Jäger. These two will definitely get you into shape.

When?

Each Tuesday and Wednesday between 9 am and 5 pm or arrange a date by telephone calling +43 (0)5583 / 22 91-0 – with us at BURG Oberlech.

Registration:

BURG reception, T: +43 (0)5583 / 22 91-0, E: info@burghotel.at

Power-Workout – Wellbeing for your body and soul



For HER

Skin firming training – effective training
increases muscle tone

Power workout – for muscle strengthening

Nordic Walking – for body and soul

For HIM

Coordination training – motor function and fine adjustment

Endurance and running training – for more stamina

Weight and athletics training – for more strength and speed

Running school – tips for an economic running style



Duration: 1.5 – 2 hours per unit

Price: 99 Euros per unit



Stefan Jäger, Personal Fitness Trainer

Stefan Jäger has a longstanding experience as personal fitness trainer. He completed specialist training to become a fitness and cardio trainer and nutritionist. Customers benefit from the individual consultation and a tailor-made training program for all areas.



Julia Wehinger, Trainer and Physiotherapist

She offers Pilates, physiotherapy, racing bike and weight training. She easily manages to inspire others for sport and a healthy lifestyle since she leads by example. „Regular sport unites body and soul and increases the quality of life drastically,“ says this passionate Trainer and Therapist. She completed her physiotherapist training from 2000 – 2004 at the “Tim van der Laan” Academy for Physiotherapy in Landquart (Switzerland).

Facts Stefan Jäger

Coach at Olympiazentrum Dornbirn

Endurance trainer for the Ladies Volleyball Team in Dornbirn

Endurance trainer for football club Austria Lustenau (2008)

Training partner: Skier Patrick Bechter, Bobsledder Jürgen Locker,

Ex-Karate World Champion Daniel Devigili

www.stefanjaeger.at





FAMILY LUCIAN

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