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Der Krallerhof
The best side of life

Fitness and Personal Training




Refugium.

Movement is life. Not only does it liberate the mind, it also ensures fitness and thus a wonderful sense of physical well-being. Whether the objective is to get the cardiovascular system going, to activate the metabolism, to minimize body fat or to tone the musculature – the Krallerhof provides you with the perfect infrastructure to reach your goals.

The first step of our fitness consultation is an analysis of the status quo; because every person has distinct prerequisites and demands. By means of a “Figurwell” test we determine your metabolism. Based on these results, our professional trainers develop your individual fitness programme. Under expert instruction and with personal coaching, the joy of movement will kick in almost automatically.

Be it indoors in supervised training using fitness equipment, targeted training such as Pilates for problem areas, individualised gymnastics in the case of back problems, and much more – the options for physical activity are almost unlimited at the Krallerhof. Or are you an outdoors aficionado? In the fantastic Leogang mountains you can discover numerous hiking and cycling paths, running routes and Nordic walking trails.



“Figurwell” test including nutrition guide

This test analyses your metabolism via the breathable air. It provides precise information on whether your cells are obtaining energy from lipids or carbohydrates, how much oxygen reaches your cells and what their performance is like. Based on your constitution, we develop an ideal nutrition plan for you.

Duration 45 minutes € 55.00

Day special

The perfect introduction to our fitness offerings: after the metabolism analysis by means of the “Figurwell” test and the nutrition consultation, you can relax with an intensive massage.

- “Figurwell” test incl. nutrition guide, 45 minutes
- Intensive back treatment: combination of classic massage and hot-stone treatment, 50 minutes

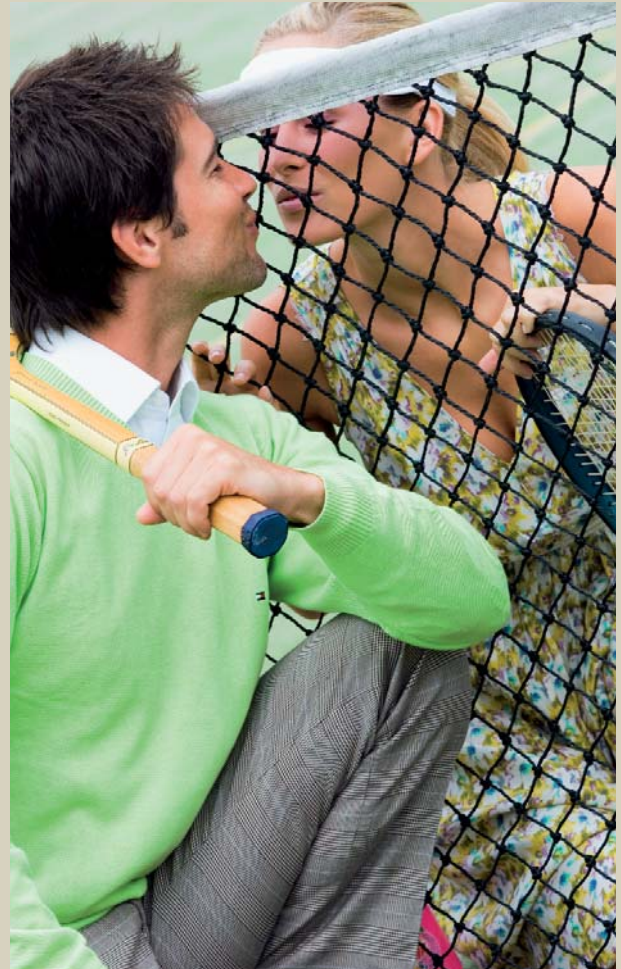
€ 98.00

Warm up

The trial package as a taster: experience the effects of your ideal training programme. After the “Figurwell” test, one training session is used to compile and implement the appropriate programme for you.

- “Figurwell” test incl. nutrition guide, 45 minutes
- Personal coaching incl. training instructions, approx. 90 minutes

€ 118.00



Burn-out relaxation package

Counteract a possible burn-out as early as possible: after detailed analysis of your “Figurwell” test, you will get acquainted with the best paths to relaxation and enjoy an anti-stress massage. Your personal coach will compile the appropriate programme for you.

- “Figurwell” test incl. nutrition guide, 45 minutes
- Personal coaching start-up with breathing and relaxation techniques, 55 minutes
- Anti-stress massage, 60 minutes
- Personal coaching, 55 minutes

€ 250.00

Opening Times

Indoor pool	7 am – 9 pm
Family sauna	10 am – 7 pm
Fitness world	7 am – 9 pm
Refugium	9 am – 7 pm
Sauna world	3 pm – 8 pm
Relax room	9 am – 8 pm

We ask you to ensure that you inform us of your concrete desired appointments before your arrival. Otherwise we cannot guarantee that you will get the appointments and treatments you want, due to the high demand. Appointment cancellations up to 24 hours prior are free of charge. After this, we will have to charge 50% of the treatment costs.

The Refugium is a place of calmness and relaxation. We hope you understand that mobile phones have no place here. Generally, the sauna area is a no-clothing area. In order to protect your privacy you do, of course, have the option to cover yourself with a towel. Children are only admitted from the age of 14 (with the exception of the swimming pool and family sauna).