

# Sports World & Sports Medicine



**Time for  
elemental.**





# Your goals are our goals.

Whether to enhance performance, for a healthy body, on your way to a dream figure or simply for the pure joy of it: There are a thousand reasons and goals for making exercise a bigger part of your life.

Our team is excited to welcome you to Sports World, the fitness center of Alpentherme Gastein, and to the Sports Medicine department of the Health Center, offering professional and personal care. Exercise-hungry guests are categorized according to ability level and then, with the help of modern testing approaches and a wide variety of training methods, given the optimal environment in which to achieve their goals.

# Sports Medicine at the Health Center.

Whether you are just beginning to discover an active lifestyle for yourself or you are already an ambitious amateur athlete: Our team of sports scientists will put your training on a firm foundation and support you in achieving your goals. To that end, we use state-of-the-art testing methods along with the latest scientific approaches to training and elite sports. The close cooperation of the team with the doctors and therapists of the Health Center gives you the assurance that you will be following a healthy path to better performance.



**Performance Analysis** ca. 3 hours **139.30**

Performance diagnostic/step-test on the stationary bike or treadmill with lactate measurement (stress ECG and blood-pressure measurement on the bike) to determine current training condition and personal training zones, sports-medicine check-up including ECG at rest, written evaluation and sports-medicine training consultation.

+ Spirometry **171.90**  
with airtight breathing mask. Measurement of gas exchange, breathing frequency, breath volume as well as heart frequency and performance. Determination of pulse frequency zones for training, max. oxygen absorption capacity as well as energy consumption and the FATmax Zone (optimal zone for fat metabolism) during training, written evaluation and sports-scientific training consultation.

**Perfect Complements to Performance Analysis**

**Control test** (within one year) without sports-medicine examination.

Performance analysis **96.20**  
+ Spirometry **118.70**

**Sports Science Training Consultation** 1 month **101.20**  
(4 weekly plans)

3 months (12 weekly plans) **227.90**

6 months (training plan & periodization as desired) **367.10**

Creation of personal training plans to achieve your personal goals, weekly plans with times and heart frequencies as well as intermediate performance mileposts.

**Additional Sports Medicine Offers**

**Personal Coaching** ca. 90 min **96.20**  
Lactate-focused training session with monitored heart rate, individual support from a fitness trainer and sports scientist.

**BIA Body Analysis** ca. 20 min **33.70**

(bio-electrical impedance analysis) measurement of body fat, muscle percentage, hydration, muscle oxygenation, BMI, consultation and written evaluation.

**Follow-Up Measurement** **16.80**

**Laterality Test** ca. 30 min **60.80**

Functional analysis of the leg muscles on an isokinetic stationary bicycle to determine strength deficits, written evaluation, oral consultation.

**Maximum Strength Test** ca. 45 min **67.10**

Diagnostic of the isometric maximum strength of leg muscles (flexing and extending) incl. lateral comparison, written evaluation.

**Lung-Function Test** ca. 20 min **25.30**

With a lung-function test, you can determine various parameters that provide valuable information about respiratory flow and lung volume.

**Simulated Altitude Training (Hypoxia)** ca. 60 min **240.50**

either actively on a stationary bicycle or treadmill, or passively wearing a hypoxic training mask; ideal for strengthening the immune system, reduction of allergies, improved metabolism and stamina as well as pre-acclimatization. 10 sessions, 60 min each, incl. 2 x 4 hours in the thermal spa & sauna

**Starter Package** **228.00**  
**Effective path to a dream figure**

1 month weight-loss package

- ▶ Nutrition counseling (ca. 50 min)  
+ 2 follow-up appointments (each ca. 25 min)
- ▶ 2 BIA body analyses = bio-electrical impedance analysis (ca. 20 min each)
- ▶ Monthly pass for Sports World (daily admission), incl. coached training session and creation of a personal training plan

May be further supplemented by personal nutritional & sports medicine support services

**Gait Analysis** ca. 60 min **78.00**

Gait analysis helps to pinpoint and subsequently correct unusual walking or running patterns.

**Training on a stationary bicycle** **10.10**  
(as prescribed by a doctor)

**Set up your personal appointment**

by phoning  
**T** +43 (0)6432/8293-200 or send an  
**Email** therapie@alpentherme.com

# Sports World at the Alpenherme.

Enjoy a fantastic workout. Fitness training in our Sports World will get you right back into shape. We promise. Our fitness team is there at your side to assist with the cardio and strength equipment. Whenever needed, top up your empty batteries at the Fitness Bar with shakes and isotonic drinks. And to regenerate afterwards, combo tickets for fitness, spa resort and sauna are a hot tip. Entrance to Sports World is possible without having to visit the spa resort itself.

## Have you already heard?

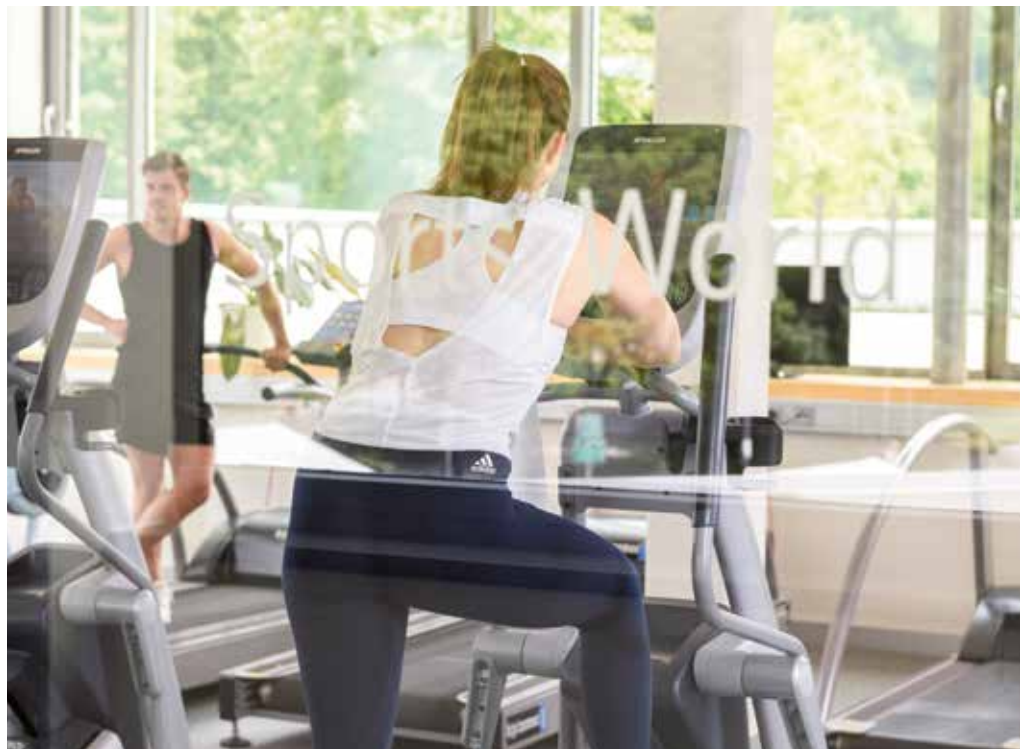
Our team designs training plans for Sports World at no extra charge. In the Health Center, you also have the opportunity for a performance analysis including individual training recommendations.

In addition to annual memberships, you also have affordable single- and multiple-entry tickets to choose from – allowing you to tailor your training perfectly to your personal daily routine.

## Sports World Opening Hours:

Daily 9 AM to 9 PM

Saturday and Sunday  
10 AM to 8 PM



### Sports World Prices

<b>Single admission</b>	<b>10.00</b>
<b>Block of 12</b>	<b>100.00</b>
<b>Monthly pass</b>	<b>69.00</b>

### Combo Tickets – Spa Resort, Sauna & Sports World

<b>3-week combo ticket</b>	<b>265.00</b>
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<b>5-week combo ticket</b>	<b>719.00</b>
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<b>Activity Day</b>	<b>45.00</b>
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- ▶ All-day admission to the spa resort, sauna & Sports World
- ▶ Relaxation & activity program
- ▶ 1 Alpentherme Gastein shampoo or shower gel (30 ml)
- ▶ 1 fitness shake
- ▶ 10 % rebate voucher for beauty treatments & massages (treatments valued from 30.00 excludes product purchases)

<b>Towel to borrow</b>	<b>1.00</b>
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All tickets are issued to a specific person. Security deposit on multiple-entry tickets or data media

**11.00**

### Annual Memberships for Sports World

Take advantage of these benefits for your training:

- ▶ 12 months of effective training thanks to flexible timeouts of 6x2 weeks
- ▶ Sports World is open for you daily
- ▶ Especially affordable combo offers for fitness & spa resort
- ▶ -5% if annual membership paid upfront
- ▶ Convenient monthly payments via direct debit
- ▶ 1x free introductory training by appointment

<b>U20</b>	ages 16–20	<b>29.00*</b>
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- ▶ Intro to the equipment
- ▶ Free-training year-round
- ▶ Participation in rotating group courses\*\*
- ▶ Monthly pricing\*

<b>Standard</b>	<b>59.00*</b>
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- ▶ Intro to the equipment
  - ▶ Free-training year-round
  - ▶ Participation in rotating group courses\*\*
  - ▶ Monthly pricing\*
- Your Bonus:**
- ▶ Massage voucher (25 min) for Beauty World or BIA body analysis + follow-up measurement
  - ▶ 2x 4-hour ticket spa resort & sauna every month

<b>Combo</b>	<b>107.00*</b>
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- ▶ Intro to the equipment
  - ▶ Free-training year-round
  - ▶ Participation in rotating group courses\*\*
  - ▶ Unlimited use of the spa resort and Sauna World 365 days a year
  - ▶ Monthly pricing\*
- Your Bonus:**
- ▶ Lactate step-test on the stationary bicycle or treadmill, massage voucher (50 min) for Beauty World

\*12-month contract with direct-debit contract, deposit equivalent to one-month payment due when signing the contract.

\*\*Subject to minimum participation; Participation subject to available capacity.

### Please Note:

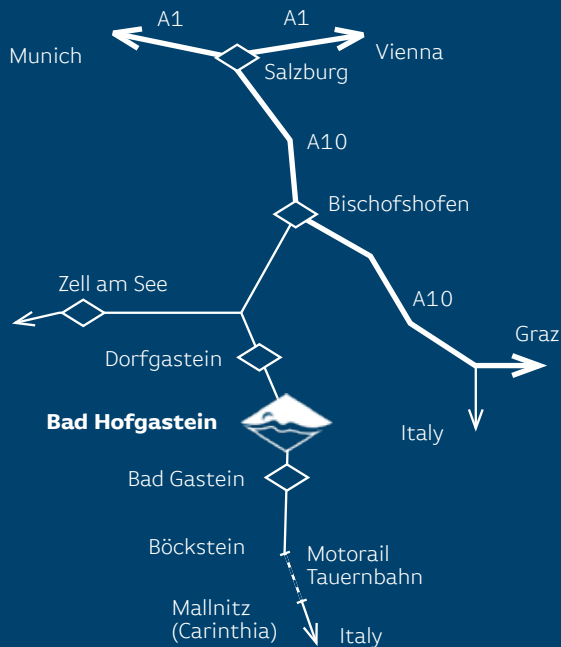
All listed prices are valid from 01.12.2022 to 31.05.2023 or until revoked. All prices are in euros and include VAT. Not liable for errors or inaccuracies. Subject to change!



# ALPENTHERME

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Gastein



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