

# WORK OUT AT STENUNGSBADEN



## Work out with our personal trainers

### MINDFULNESS 15 MIN

Want to ensure your participants get the most out of your conference? Stenungsbaden offers an exclusive add-on package - a 15-minute mindfulness session designed to elevate focus, relaxation, and overall well-being. Led by an experienced instructor, this guided meditation will help your group reach a more present and centered state of mind. Participants will feel more focused, engaged, and deeply relaxed.

The session can take place in your conference room, outdoors, or in our beautiful spa. No prior experience is needed - this moment is designed for everyone.

1-25p 2500 SEK | 26-50p 3500 SEK | 51+ 5000 SEK

### CHAIR YOGA & MEDITATION | 30 min

A simple yet effective yoga session designed to increase awareness while promoting relaxation. This practice enhances focus, improves memory, and reduces stress and anxiety. Perfect for resetting the mind and body in the middle of a busy day.

1-25p 2800 SEK | 26-50p 3700 SEK | 50+p 5000 SEK

### HATHA YOGA

Increases the body's energy levels while calming the mind. Helps release tension and stiffness. A set of techniques to guide participants into a different mindset, making them feel happier and more relaxed overall.

**60 MIN:** 1-10p 3350 SEK | 11-30p 4490 SEK | 31+p 5800 SEK

**30 MIN:** 1-10p 2600 SEK | 11-30p 3600 SEK | 31+p 4430 SEK

### OBSTACLE COURSE | 75 MIN

A fun and dynamic team challenge! After a warm-up and safety briefing, your group will work together to navigate natural obstacles like logs, rocks, and uneven terrain. This session is tailored to suit different fitness levels and weather conditions.

We recommend wearing comfortable workout clothes, durable shoes that can get muddy and wet, and gloves for extra hand protection.

1-15p 4900 SEK | 16-30p 6100 SEK | 31-50p 7400 SEK

### CIRCUIT TRAINING | 45 MIN

Indoor & Outdoor

A varied and engaging workout featuring different exercise stations that focus on strength, endurance, and balance. Whether you're a beginner or an experienced athlete, each station is adapted to your fitness level, making this an inclusive and rewarding experience for everyone.

1-15p 4700 SEK | 16-30p 5900 SEK | 31-50p 6870 SEK

### CORE & BALANS | 30 MIN

A focused workout designed to strengthen the core and lower back, improving posture, stability, and overall strength.

1-15p 4295 SEK | 16-30p 5495 SEK | 31-50p 6495 SEK

### TABATA | 45 MIN

Indoor or outdoor

A high-intensity interval workout that combines strength and cardio. Each station follows the Tabata structure: 20 seconds of intense effort, followed by 10 seconds of rest, repeated for 8 rounds before moving to the next exercise. No prior experience is needed - just bring your energy!

1-15p 4700 SEK | 16-30p 5900 SEK | 31-50p 6870 SEK

### STRETCH & RECOVERY | 45 MIN

With trigger ball

The ultimate way to end your day! This session combines deep stretching, breathing exercises, and trigger ball techniques to release muscle tension and stiffness. Essential oils are used to enhance relaxation. A perfect way to wind down and restore balance after a long day.

1-15p 4295 SEK | 16-30p 5495 SEK | 31-50p 6495 SEK

### AQUA TABATA, KALLBAD & BASTU

Maximum 10 participants per session

A fun and refreshing interval-based workout in the pool, suitable for all fitness levels. After the session, unwind with a relaxing sauna and a refreshing dip in the sea.

1-10p 295 SEK

All prices are excluding VAT

