

Objective

In a healthy body
lives a healthy spirit.
A healthy spirit
needs a healthy body.

Only when we adhere to both these ideas through prevention, rehabilitation and cure do we prolong our holistic health. This is essential for professional, social and inner success. You will change your attitude and your ways of coping with stress, as well as be able to overcome hurdles more easily and attain your goals in a motivated and self-confident way.

With our exclusive personal training and sports management programmes, our priority is to keep you healthy and increase your spiritual and physical capabilities through your own wellbeing.



Your team

Alain Gussmann ■ Fitness trainer,
swimming instructor, Nordic walking instructor,
nutritional advisor, running instructor, health trainer

Kim-Jasmin Zeitträger ■ Fitness and aerobics trainer,
Pilates and yoga instructor, Nordic walking instructor

Benni Erdmann ■ Fitness trainer, health trainer,
running instructor, boxing instructor, core trainer

Dr. Mark A. Wolter ■ Plastic and esthetic surgeon

Juri Dalski ■ Graduate physiotherapist and manual
therapist, graduate sports instructor

Dr. Daniel Hoffmann ■ Orthopaedic surgeon



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Léonce



Contents



FITNESS

- Mental training
- Problem zone training
- Weight reduction
- Rehabilitation –
Sports injuries and imbalances
- Muscle building
- Body toning
- Fitness for pregnant women
- Training for adolescents and seniors
- Training in back pain prevention
- Health training
- Physiotherapy
- Orthopaedics
- Actor training

METHODS

- Aqua aerobics
- Yoga
- Pilates
- Foot reflexology massage
- Resistance training
(dumb-bells/machines)
- Swimming instruction
- Power plate training
- Nordic walking and jogging
- Inline skating
- Running
- Nutritional advice
- Martial arts aerobics
- Boxing instruction
- Aroha
- Massage (injury training)
- Individual personal training
- Couple's training
- Small group training
(max. 3–5 people)
- Corporate training



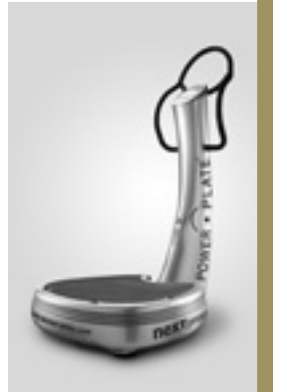
SUPPORT

- Purchase of equipment
- Nutritional supplements
- Orientation and programme design
Fitness and training areas

Implementation

WHERE AND WHEN

- In your breaks or free time
- Before or after work
- At your home or workplace
In swimming pools,
fitness studios or
at sports facilities
- Outdoors
- In hotels



WE SUPPLY

- Positive mood
- Motivation
- Experience
- Music
- Mobile massage bench

YOU REQUIRE

- Courage to take the first step
- Desire to have fun

Form and duration according to individual agreement and goals

Training can be carried out in English, French, Russian and Hebrew