



## Adults & family weekly summer programme (example)



### SATURDAY

- 18.30 **Welcome cocktail** with family Dr. Zitka in the lobby  
 from 18.45 Buffet with Austrian specialities

### SONNTAG

- 07.30 Good-morning-stretching
- 10.00 **Table football** tournament in our indoor play arena.  
 Meeting point direct there.
- 11.00 **Golf trial lesson** on the driving range of our local Golf Club (fee).  
*Recommendation* Registration at the golf club or directly at the front desk.
- 17.00 Get fit with **aerobic, thighs-bums-tums** and **stretching**  
*Maximum number of participants: 10 persons.*  
 Meeting point: „Fit & Relax“ gymnastic room
- from 20.00 Piano evening in our restaurant and hotel bar

### MONTAG

- 08.00 **Morning run** along the Gastein river  
 Meeting point at the reception
- 09.00 **Introduction of our fitness gym**  
 Meeting point at the reception
- 09.45 **Active „get2gether“ for children and teens**  
 Meeting point at the reception
- 10.30 **Easy family walking tour** to the traditional hut „Obere Asten Alm“  
 Total walking time: approx. 1 hr
- 14.00 **Beach-Volleyball-match** on our beach volleyball court. In case of rain: alternative  
 in our indoor play arena
- 15.45 **Badminton tournament** on our beach volleyball court. In case of rain: alternative  
 in our indoor play arena
- 17.00 **Progressive Muscle Relaxation PMR**  
*Maximum number of participants: 10 persons.*  
 Meeting point: „Fit & Relax“ gymnastic room

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## Highlight

- 20.30 Sonngastein is looking for the **target goal king!**  
We will give you one chance to place 6 shots on the goal wall (3 in the bottom corner and 3 in the top corner)  
Our awards:  
The winner of the season (winter/summer) wins a free day at the hotel 😊  
The daily winner wins a cocktail of choice  
6 shots, 6 hits, you win one week at the hotel – the ranking is continuously actualized on *facebook*.

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## TUESDAY

- 10.00 **Guided walking tour** with Renate Zitka to the traditional hut “Schattbachalm” (1.683m): Total walking time: approx. 3 hrs.
- 13.15 **Archery afternoon** at the archery parcours close to the Bellevue-Alm (fee)  
Meeting point at the front desk
- 18.15 **Basketball-tournament**  
Meeting point at the reception
- from 18.30 **Italian Buffet**
- 20.30 **Air-Hockey** tournament in our adventure arena.  
Meeting point direct there.

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## WEDNESDAY

- 08.00 **Aqua Fit**  
Meeting point in our indoor thermal pool
- 10.00 **Guided walking tour** to the cosy hut „Poserhöhe“.  
Total walking time: approx. 4 hrs  
Inscription and meeting point at the front desk.
- 16.00 **Progressive Muscle Relaxation PMR**  
*Maximum number of participants: 10 persons.*  
Meeting point: „Fit & Relax“ gymnastic room
- 17.00 Get fit with **aerobic, thighs-bums-tums** and **stretching**  
*Maximum number of participants: 10 persons.*  
Meeting point: „Fit & Relax“ gymnastic room
- 18.00 **Yoga**  
Find a new body balance through easy exercises  
*Maximum number of participants: 10 persons*  
Meeting point: “Fit & Relax“ gymnastic room.
- from 20.00 **Piano night** in our restaurant and hotel bar
- 20.30 We play cards or board games  
Meeting point at the reception
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## THURSDAY

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- 08.00 **Aqua Fit**  
Meeting point in our indoor thermal pool
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- 08.00 **Guided hiking tour** with Dr. Franz-Alexander Zitka to the lakes „Höhkar“ on 2.000 m. For experienced hikers. Total walking time: approx. 7 hrs.  
Inscription and meeting point at the front desk.
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- 09.00 **Mountainbike – excursion in the Kötschach valley (Prossau)**  
Distance: approx. 6 kilometres. Difference of altitude: approx. 500 metres.  
Meeting point at the front desk.
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- 13.30 **Excursion the “Flying Waters” in Bad Gastein (fee)**  
“Fly” high above the waterfall in the heart of Bad Gastein
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- 16.00 **Gymnastics for your back and spine**  
*Maximum number of participants: 10 persons.*  
Meeting point: „Fit & Relax“ gymnastic room
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- 17.00 **Table tennis tournament** in our adventure arena
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- 17.35 **Dance afternoon**– get loose with hot Caribbean dance rhythms.  
Meeting point at the front desk.
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- 20.30 **Game night “Outburst”** in the hotel hall

## FRIDAY

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- 08.00 **Nordic Walking** along the river
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- 09.30 **Rafting** on the river „Salzach“ with snacks (fee)  
or  
**E-Biketour** (fee)
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- 17.00 **Pilates**  
*Maximum number of participants: 10 persons.*  
Meeting point: „Fit & Relax“ gymnastic room
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- from 19.00 Romantic candle-light **Gala-Dinner** in our restaurant  
(Elegant dress code). Enjoy a beautiful evening with delicious dishes.



The participation of all programmes is at one's own risk and danger.

