

# Strength & Conditioning

Day: Saturday

Time: 8:00 am

Duration: 60 Minutes

Location: Fitness Center

Instructor: Björn / Natalie



## In a Nutshell



Under the guidance of an experienced trainer, you will perform a series of exercises that will enhance strength and conditioning, adapted to your personal level and needs. Our Trainer is here to motivate you and show you the best selection of exercises that are proven to work and can easily be adjusted to your individual needs.

## Why you need this Class and what it does for you

Since we limit the maximum number of participants of this group class to six, our instructor has the chance to better attend to your individual needs and show you the modification of an exercise that fits your situation best. Whether you are looking to improve your cardiovascular health or wish to tone your muscles, we will show you the right approach. This strength and conditioning class can help you improve overall health and can mark the first step towards some long-term lifestyle changes. We can help you improve sporting performance, prevent injuries, work on your posture and elevate your metabolism. Weight training is also proven to reduce wear and tear of your joints and strengthen your bones.

## The Instructor

Our instructors Bjorn and Natalie are highly educated in the fields of Personal Training, Nutrition and Physiotherapy and have more than 10 years of experience coaching clients toward their best selves.

Besides their degrees in Physical Training, Personal Training, Physiotherapy and Nutrition they're very passionate about their own physical and mental health. They love a good strength training

session but enjoy yoga and meditation just as much to keep them centered and focused. They lead by example but know and emphasize the challenges of work and family life, as they are parents themselves and previously ran their own Personal Training Gym back in Hamburg, Germany. Bjorn and Natalie are excited to share their nuggets of wisdom and spread an even healthier mindset amongst all our guests.

