

# MY SAALBACH PROGRAMME

## 20 MAY - 13 AUGUST 2024

### Thursday, 23 May 2024

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#### Pilates

Pilates A strong core is the basis for a healthy spine and effective movement sequences

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach

**Start:** 19:00

**Infos:** Evy Lecher +43/680 3323667,

### Monday, 27 May 2024

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#### Hike on the Reiterkogel

Hike on the Reiterkogel

**Where:** Reiterkogelweg 215, 5754 Hinterglemm

**Start:** 09:15

**Infos:** +43 650 8206978, a.steiner@saalbach.com

### Wednesday, 29 May 2024

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#### Hut to Hut Hike

Hut to Hut Hike Guided mountain hike to the most rustic huts in the Glemmtal. Experience a fantastic day in the valley head with our mountain hiking guide Hans and learn everything interesting and worth knowing about alpine life in Saalbach Hinterglemm while visiting a rustic hut.

**Where:** Talschlussweg, 5754 Hinterglemm

**Start:** 10:10

**Infos:** +43 650 82 06 978, a.steiner@saalbach.com

#### Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

**Where:** Glemmtaler Landesstraße 628, 5753 Saalbach

**Start:** 18:00

**Infos:** Carina Embacher +43/664 3924707,

### Monday, 03 June 2024

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#### HIKE AT THE KOHLMAIS

HIKE AT THE KOHLMAIS

**Where:** Skiliftstraße, 5753 Saalbach

**Start:** 09:30

**Infos:** +43 650 8206978, a.steiner@saalbach.com

### Tuesday, 04 June 2024

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#### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 7pm until 8pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach

**Start:** 19:30

**Infos:** +43/680 3323667,

## Wednesday, 05 June 2024

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### Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

**Where:** Glemmtaler Landesstraße 628, 5753 Saalbach  
**Start:** 18:00  
**Infos:** Carina Embacher +43/664 3924707,

## Thursday, 06 June 2024

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### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 6pm to 7pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 17:30  
**Infos:** +43/680 3323667,

## Friday, 07 June 2024

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### Sonnspitze

Sonnspitze

**Where:** Talschlussweg, 5754 Hinterglemm  
**Start:** 09:15  
**Infos:** +43 650 8206978, a.steiner@saalbach.com

## Monday, 10 June 2024

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### Coaching on the via ferrata

Coaching on the via ferrata Tips & tricks for mastering the difficult sections

**Where:** Oberweißbach 9, 5093 Weißbach  
**Start:** 09:00  
**Infos:** +43/66475052351, info@mountainguides-saalbach.at

### Hike on the Reiterkogel

Hike on the Reiterkogel

**Where:** Reiterkogelweg 215, 5754 Hinterglemm  
**Start:** 09:15  
**Infos:** +43 650 8206978, a.steiner@saalbach.com

## Tuesday, 11 June 2024

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### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 7pm until 8pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 19:30  
**Infos:** +43/680 3323667,

### Torch hike

Torch hike

**Where:** Glemmtaler Landesstr. 306, 5753 Saalbach  
**Start:** 21:00  
**Infos:** +43(6541 6800-204, a.steiner@saalbach.com

## Wednesday, 12 June 2024

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### YOGA Session

YOGA Session Yoga is for everyone! Therefore, this hour is suitable for all, whether beginner:in or advanced.  
Duration 75 minutes.

**Where:** Haidweg 357, 5754 Hinterglemm  
**Start:** 18:00  
**Infos:** , miriam\_scharnagl@hotmail.com

## Thursday, 13 June 2024

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### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 6pm to 7pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 17:30  
**Infos:** +43/680 3323667,

## Tuesday, 18 June 2024

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### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 7pm until 8pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 19:30  
**Infos:** +43/680 3323667,

## Thursday, 20 June 2024

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### CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 6pm to 7pm Registration with Evy: +43/680 3323667

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 17:30  
**Infos:** +43/680 3323667,

## Friday, 21 June 2024

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### Hike Manlitzkogel

Hike Manlitzkogel Guided mountain hike to the Manlitzkogel. Experience a fantastic day in the Glemmtal mountains with our mountain guide Hans. Get to know the nature and history of our region and let yourself be whisked away to a time-out all to yourself.

**Where:** Zwölferkogelweg 208, 5754 Hinterglemm  
**Start:** 09:15  
**Infos:** +43 650 82 06 978, a.steiner@saalbach.com

## Wednesday, 26 June 2024

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### **Bike riding technique beginner course**

For all mountain bike & e-bike beginners - this training will help you improve your performance on the bike and feel safer. More safety means more fun! Riding technique made easy!

**Where:** Reiterkogelweg 400, 5745 Hintertglen  
**Start:** 13:30  
**Infos:** +43/6541-6800204, a.steiner@saalbach.com

### **YOGA Session**

YOGA Session Yoga is for everyone! Therefore, this hour is suitable for all, whether beginner or advanced.  
Duration 75 minutes.

**Where:** Haidweg 357, 5754 Hintertglen  
**Start:** 18:00  
**Infos:** , miriam\_scharnagl@hotmail.com

### **Pilates**

Pilates A strong core is the basis for a healthy spine and effective movement sequences

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 19:00  
**Infos:** Evy Lecher +43/680 3323667,

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## **Tuesday, 02 July 2024**

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### **Smartphone photo workshop with Daniel Roos "On Location"**

Smartphone photo workshop with Daniel Roos "On Location"

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 14:00  
**Infos:** +43/6541-6800 204, a.steiner@saalbach.com

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## **Wednesday, 03 July 2024**

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### **Bike riding technique beginner course**

For all mountain bike & e-bike beginners - this training will help you improve your performance on the bike and feel safer. More safety means more fun! Riding technique made easy!

**Where:** Reiterkogelweg 400, 5745 Hintertglen  
**Start:** 10:00  
**Infos:** +43/6541-6800204, a.steiner@saalbach.com

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## **Thursday, 04 July 2024**

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### **Workshop course for bikers**

Workshop course for bikers The bike mechanic course with Peter from Paradise Workshop is for all do-it-yourselfers. Here you will learn how to maintain, repair and service your bike yourself.

**Where:** Unterdorf 353, 5753 Saalbach  
**Start:** 18:00  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

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## **Monday, 08 July 2024**

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### **German course for beginners A1**

German as a foreign language - in this language course the non-German speaking employees of the Glemmtal companies learn the basic knowledge of the German language.

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 14:30  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

## Tuesday, 09 July 2024

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### German course for advanced learners A2

German course for advanced learners A2 German as a foreign language - for all employees with previous knowledge of German at level A1

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 14:30  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

## Thursday, 18 July 2024

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### Herb Workshop for beginners

Herb Workshop - With its healthy, natural meadows and forests, the Glemmtal is a treasure chest of nature. Get to know numerous edible & beneficial wild herbs of our region at this workshop and learn exciting things about the old healing knowledge from the Pinzgau.

**Where:** Vorderglemm 68, 5753 Saalbach  
**Start:** 14:00  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

## Friday, 26 July 2024

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### Hike: Staffkogel

Hike: Staffkogel Guided mountain hike with summit. Experience a dreamlike day in the mountain world of the Glemmtal valley head with our mountain hiking guide Hans. Get to know the nature and the history of our region and let yourself be carried away into a time-out all for yourself.

**Where:** Talschlussweg, 5754 Hinterglemm  
**Start:** 09:30  
**Infos:** +43 650 82 06 978, a.steiner@saalbach.com

## Thursday, 01 August 2024

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### WORKSHOP "Vegan is cool"

WORKSHOP "Vegan is cool" In the "VEGAN IS COOL!" workshop, things heat up in the kitchen!

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 14:00  
**Infos:** +43/6541-6800 204, a.steiner@saalbach.com

## Friday, 02 August 2024

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### Workshop course for bikers

Workshop course for bikers The bike mechanic course with Peter from Paradise Workshop is for all do-it-yourselfers. Here you will learn how to maintain, repair and service your bike yourself.

**Where:** Unterdorf 353, 5753 Saalbach  
**Start:** 18:00  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

## Tuesday, 13 August 2024

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### Creative workshop - Fabric printing

Creative workshop - Fabric printing

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 14:00  
**Infos:** +43/6541-6800 204, a.steiner@saalbach.com



**Tourismus Service Center Saalbach Hinterglemm**  
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