

# MY SAALBACH PROGRAMME

## 12 JULY - 26 SEPTEMBER 2025

**Monday, 14 July 2025**

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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

### Pilates

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

**Where:** Glemmtaler Landesstr. 447, 5753 Saalbach  
**Start:** 16:00  
**Infos:** Evy Lecher +43/680 3323667,

**Tuesday, 15 July 2025**

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### Hike Stemmerkogel

Hike Stemmerkogel

**Where:** Schwarzacherweg, 5754 Hinterglemm  
**Start:** 09:30  
**Infos:** +43 (0)650 8206978,

### Bike technique training with Pavel

This training helps you to improve your performance on the bike and feel safer. More safety means more fun! Riding technique made easy!

**Where:** Schwarzacherweg 200, 5745 Hinterglemm  
**Start:** 13:30  
**Infos:** +43/6541-6800204, rental@gumpold.com

### 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:** 14:00  
**Infos:** +43/6541/6800-204, a.steiner@saalbach.com

### Functional Fitness MASTERS - CrossFit 55+

Functional Fitness MASTERS CrossFit 55+ Fit, strong and agile at the best age This course is exclusively for HOL TEAM Card members over the age of 55 - IMPORTANT!

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

### Sound bath - a moment to take a deep breath

Sound bath - a moment to take a deep breath

**Where:** Glemmtaler Landesstraße 613, 575 Saalbach  
**Start:** 19:00  
**Infos:** +49 170 8304812, leniyoga@web.de

### **CrossFit (Basics)**

CrossFit (Basics)

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

## **Wednesday, 16 July 2025**

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### **RELAXED BACK**

Relaxed back Do you regularly have back problems? Exercise is the remedy here! The combination of mobilization, strengthening and stretching in this unit counteracts everyday stresses and strains and improves your posture. Special awareness and relaxation exercises also help you to release muscular tension and improve your body awareness.

**Where:** Glemmtaler Landesstr. 613, 5753 Saalbach  
**Start:** 14:30  
**Infos:** +43/6541-6800 204, hallo@physiocorinne.at

### **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,

### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

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

### **Hypnosis - Power & Motivation**

Hypnosis - Power & Motivation Experience relaxation & lightness in a safe space. And recharge yourself with strength and motivation

**Where:** Glemmtaler Landesstr. 341c, 5753 Saalbach  
**Start:** 18:45  
**Infos:** +43/664 3603059, federleicht.yoga.hypnose@gmail.com

## **Thursday, 17 July 2025**

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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 5:30 - 6:30pm Registration with Evy: +43/680 3323667

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

## **Friday, 18 July 2025**

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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

## **Sunday, 20 July 2025**

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### **yoga & brunch at the alm hut**

yoga & brunch at the alm hut Enjoy a relaxing morning with the HOL TEAM! We start with a gentle yoga session that brings body and mind into harmony. Whether you are a beginner or experienced, the exercises are suitable for all levels. After practicing yoga together, we will round off the morning with a delicious, healthy brunch. Enjoy fresh delicacies and recharge your batteries for the rest of the day.

**Where:** Schwarzacherweg 69, 5754 Hinterglemm  
**Start:** 09:30  
**Infos:** +43 / 677 62035081 ,

## **Wednesday, 23 July 2025**

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### **Forest Yoga & Brunch**

Forest Yoga & Brunch

**Where:** Reiterkogel Talstation, Reiterkogelweg, 5754 Hinterglemm  
**Start:** 09:00  
**Infos:** +43 6604810464, miriam\_scharnagl@hotmail.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,

## **Thursday, 24 July 2025**

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### **Vision Board Workshop**

Vision Board Workshop

**Where:** Glemmtaler Landesstr. 550, 5753 Saalbach  
**Start:** 18:00  
**Infos:** +43/6541-6800 204, a.steiner@saalbach.com

## **Sunday, 27 July 2025**

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### **Team on Fire - barbecue evening for the Home of Lässig TEAM**

Team on Fire - barbecue evening for the Home of Lässig TEAM We're not just celebrating embers, smoke and fine flavours - we're celebrating us: the Home of Lässig TEAM! Team on Fire is about more than just good food - it's about coming together, exchanging ideas, getting to know each other and having a really relaxed time together.

**Where:** Glemmtaler Landesstr. 317, 5753 Saalbach  
**Start:** 19:00  
**Infos:** Evy Lecher +43/680 3323667,

## **Wednesday, 30 July 2025**

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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,

### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

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

## **Wednesday, 13 August 2025**

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### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced.  
Duration 75 minutes.

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

## **Friday, 15 August 2025**

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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, 19 August 2025**

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### **Creative workshop - Eco Print**

Creative workshop - Eco Print We print various natural materials onto fabric using a special technique and pure plant power.

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

## **Wednesday, 20 August 2025**

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### **Forest Yoga & Brunch**

Forest Yoga & Brunch

**Where:** Reiterkogel Talstation, Reiterkogelweg, 5754 Hinterglemm  
**Start:** 09:00  
**Infos:** +43 6604810464, miriam\_scharnagl@hotmail.com

## **Sunday, 24 August 2025**

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### **yoga & brunch at the alm hut**

yoga & brunch at the alm hut Enjoy a relaxing morning with the HOL TEAM! We start with a gentle yoga session that brings body and mind into harmony. Whether you are a beginner or experienced, the exercises are suitable for all levels. After practicing yoga together, we will round off the morning with a delicious, healthy brunch. Enjoy fresh delicacies and recharge your batteries for the rest of the day.

**Where:** Schwarzacherweg 69, 5754 Hinterglemm  
**Start:** 09:30  
**Infos:** +43 / 677 62035081 ,

## **Wednesday, 27 August 2025**

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### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced.  
Duration 75 minutes.

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

### **Hypnosis - Power & Motivation**

Hypnosis - Power & Motivation Experience relaxation & lightness in a safe space. And recharge yourself with strength and motivation

**Where:** Glemmtaler Landesstr. 341c, 5753 Saalbach  
**Start:** 18:45  
**Infos:** +43/664 3603059, federleicht.yoga.hypnose@gmail.com

## **Wednesday, 03 September 2025**

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### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced.  
Duration 75 minutes.

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

## **Wednesday, 10 September 2025**

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### **Yoga session**

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced.  
Duration 75 minutes.

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

## **Monday, 22 September 2025**

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### **4. CLOTHES-SWAP-PARTY**

4. CLOTHES-SWAP-PARTY Refresh your closet without spending any money! Do you have clothes that you no longer wear and would like to swap for new favorite pieces?

**Where:** Glemmtaler Landesstr- 550, 5753 Saalbach  
**Start:** 18:00  
**Infos:** +43 6541 6800204, a.steiner@saalbach.com

## **Wednesday, 24 September 2025**

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### **Sourdough bread baking course by Brototyp**

Sourdough bread baking course by Brototyp In this course we will focus on baking with rye sourdough and you will learn step by step how to bake a flavoursome crusty bread aka wholemeal rye mixed bread. Baking takes place in the beautiful rooftop kitchen of the Grand Pension Franziska. Of course, the course ends with a tasting of the results over a snack with antipasti. Ideal as an introduction to baking with sourdough!

**Where:** Glemmtaler Landesstr. 317, 5753 Saalbach  
**Start:** 16:00  
**Infos:** Evy Lecher +43/680 3323667,

## **Friday, 26 September 2025**

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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

**Tourismus Service Center Saalbach Hinterglemm**  
Glemmtaler Landstraße 550, A-5753 Saalbach  
Tel.: +43 (0)6541 6800-68, Fax: +43 (0)6541 6800-69  
[contact@saalbach.com](mailto:contact@saalbach.com)