

MY SAALBACH PROGRAMME

27 AUGUST - 08 OCTOBER 2025

Wednesday, 27 August 2025

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, 28 August 2025

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,

Saturday, 30 August 2025

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,

Monday, 01 September 2025

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: 17:00

Infos: +43 6541 6800204, a.steiner@saalbach.com

Tuesday, 02 September 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 08:00

Infos: Evy Lecher +43/680 3323667,

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,

CrossFit (Basics)

CrossFit (Basics)

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Wednesday, 03 September 2025

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: 09:15

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

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

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,

Workshop: Happiness – a moment, a feeling, a path?

Happiness – a moment, a feeling, a path? In this workshop, we invite you to discover your personal happiness. Not in a theoretical or intellectual way, but in a realistic, creative, and profound way. You don't need to bring anything with you – just yourself and perhaps a little curiosity.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach

Start: 18:15

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

Tuesday, 09 September 2025

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

Wednesday, 10 September 2025

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

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 18:00
Infos: Evy Lecher +43/680 3323667,

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

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,

Tuesday, 16 September 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 08:00
Infos: Evy Lecher +43/680 3323667,

Wednesday, 17 September 2025

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,

Tuesday, 23 September 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 10:00
Infos: Evy Lecher +43/680 3323667,

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,

Wednesday, 24 September 2025

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

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, 01 October 2025

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,

Wednesday, 08 October 2025

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: 18:15

Infos: +43/6541-6800 204, hallo@physiocorinne.at

Tourismus Service Center Saalbach Hinterglemm
Glemmtaler Landstraße 550, A-5753 Saalbach
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