

MY SAALBACH PROGRAMME

22 DECEMBER 2025 - 22 MARCH 2026

Monday, 22 December 2025

Conditioning

Conditioning You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 18:30

Infos: Evy Lecher +43/680 3323667,

Strength training

Strength training You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Tuesday, 23 December 2025

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,

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,

CrossFit (Basics)

CrossFit (Basics) In this hour you can expect a workout-based functional strength and endurance training with kettlebells, dumbbells, endurance machines and your own body weight. The intensity can be adjusted to any fitness level.

Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Friday, 26 December 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.

Registration with Evy: +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 17:30

Infos: +43/680 3323667,

Monday, 29 December 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 09:00

Infos: Evy Lecher +43/680 3323667,

Conditioning

Conditioning You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 18:30

Infos: Evy Lecher +43/680 3323667,

Strength training

Strength training You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Tuesday, 30 December 2025

Guided snow shoe hike: Talschluss

Guided snow shoe hike: Talschluss Enjoy the wonderful side of the Glemmtal valley head on a guided snowshoe hike. Make your own tracks through the powdery snow, forget everyday life and work and let yourself be carried away by the beauty of nature.

Where: Talschlussweg, 5754 Hinterglemm

Start: 10:00

Infos: +43/664 8752927, lappianne@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, 01 January 2026

Guided snow shoe hike: Reiterkogel

Guided snow shoe hike: Reiterkogel

Where: Zwölferkogelweg 208, 5754 Hinterglemm

Start: 10:00

Infos: +43/664 8752927, lappianne@hotmail.com

Friday, 02 January 2026

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.

Registration with Evy: +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 17:30

Infos: +43/680 3323667,

Tuesday, 06 January 2026

Guided snow shoe hike: Talschluss

Guided snow shoe hike: Talschluss Enjoy the wonderful side of the Glemmtal valley head on a guided snowshoe hike. Make your own tracks through the powdery snow, forget everyday life and work and let yourself be carried away by the beauty of nature.

Where: Talschlussweg, 5754 Hinterglemm
Start: 10:00
Infos: +43/664 8752927, lappianne@hotmail.com

Wednesday, 07 January 2026

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

Thursday, 08 January 2026

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,

Guided snow shoe hike: Reiterkogel

Guided snow shoe hike: Reiterkogel

Where: Zwölferkogelweg 208, 5754 Hinterglemm
Start: 10:00
Infos: +43/664 8752927, lappianne@hotmail.com

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. Registration with Evy: +43/680 3323667

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

Friday, 09 January 2026

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

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: 18:00
Infos: +43/6541-6800 204, hallo@physiocorinne.at

Sunday, 11 January 2026

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 ,

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

Tuesday, 13 January 2026

Guided ski tour for advanced skiers with a mountain guide

Guided ski tour for advanced skiers with a mountain guide Our mountain guides from Mountainguides Saalbach will take you on an unforgettable day of ski touring and show you the beauty of the Glemm Valley. Meeting Point at Westgipfel valley station, 9am-4pm

Where: Schwarzacherweg, 5754 Hinterglemm
Start: 09:00
Infos: +43/66475007628, info@mountainguides-saalbach.at

German course for advanced learners A2/B1

German language course for advanced learners A2/B1 German as a foreign language - for all employees with previous knowledge of German at level A1/A2

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

Thursday, 15 January 2026

Avalanche theory course

Avalanche course - your safety is important to us! It doesn't matter whether it's a ski tour, freeriding or snowshoeing, if you're out in the mountains away from paths and slopes in winter, you should be familiar with the subject of snow and alpine dangers. For this reason we organize a holistic avalanche course with the Alpinskischule Markus Hirnböck

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 19:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Friday, 16 January 2026

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: 09:00
Infos: +43/6541-6800 204, hallo@physiocorinne.at

Avalanche course practical day

Avalanche course practical day - play it safe! On this day, our mountain guide Markus trains you avalanche awareness in the field and shows you everything you need for a safe day in the wintry mountains. Theory part is not a prerequisite!

Duration: 9-15 h. If you don't have your own equipment, you get it from the guides.

Where: Hochalmbahn Talstation,
Start: 09:00
Infos: +43/6541-6800204, a.steiner@saalbach.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

Tuesday, 20 January 2026

Guided ski tour for beginners with a mountain guide

Guided ski tour for beginners with a mountain guide

Where: Schwarzacherweg, 5754 Hinterglemm
Start: 09:00
Infos: +43/66475007628, info@mountainguides-saalbach.at

German course for advanced learners A2/B1

German language course for advanced learners A2/B1 German as a foreign language - for all employees with previous knowledge of German at level A1/A2

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

Wednesday, 21 January 2026

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

Thursday, 22 January 2026

AI Workshop

AI Workshop Artificial intelligence in tourism AI basics in tourism: overview and practical examples

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Infos: +43 6541 6800204, a.steiner@saalbach.com

Friday, 23 January 2026

Glemmy Offroad Adventure Park

Glemmy Offroad Adventure Park

Where: Burgsteinweg 2, 5752 Viehhofen
Start: 15:30
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Tuesday, 27 January 2026

Freeride day with a mountain guide

Freeride day with a mountain guide

Where: Glemmtaler Landesstr. 306, 5753 Saalbach
Start: 09:00
Infos: +43/66475007628, info@mountainguides-saalbach.at

Thursday, 29 January 2026

Creative Wood - Workshop

Creative Wood - Workshop

Where: Dorfstr. 272, 5754 Hinterglemm
Start: 14:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Monday, 02 February 2026

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,

Tuesday, 03 February 2026

Guided ski tour for advanced skiers with a mountain guide

Guided ski tour for advanced skiers with a mountain guide Our mountain guides will take you on an unforgettable day of ski touring and show you the beauty of the Glemm Valley. Meeting Point at Westgipfel valley station, 9am-4pm

Where: Schwarzacherweg , 5754 Hinterglemm
Start: 09:00
Infos: +43/66475007628, info@mountainguides-saalbach.at

Sunday, 08 February 2026

TEAM Igloo Building & Cheese Fondue

TEAM Igloo Building & Cheese Fondue Snow turns into team spirit! Experience a special winter day full of nature, team spirit, and fun! Together, we will build a real HOL TEAM igloo at the end of the valley—block by block, side by side with members from different companies and under the guidance of our mountain guide Markus Hirnböck.

Where: Talschlussweg, 5754 Hinterglemm/Lengau
Start: 09:00
Infos: +43/6541-6800 204, a.steiner@saalbach.com

Tuesday, 10 February 2026

Foot Reflexology Workshop

Foot Reflexology Workshop In this practical workshop, you will gain a simple, everyday insight into the application of foot reflexology massage.

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

Sunday, 15 February 2026

Glemmy Offroad Adventure Park

Glemmy Offroad Adventure Park

Where: Burgsteinweg 2, 5752 Viehhofen
Start: 14:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Wednesday, 25 February 2026

Tapas evening

Tapas evening A table full of small delicacies, good conversations, laughter, genuine encounters – without expectations, without a program. Just a space where you can be yourself.

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 18:30
Infos: +43/680 3323667,

Monday, 09 March 2026

Creative workshop - natural cosmetics

Creative workshop - natural cosmetics Together we'll make some great natural cosmetic products and you'll be amazed at how brilliant it is to use your own cosmetics and know exactly what's inside!

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

Tuesday, 10 March 2026

Creative Wood - Workshop

Creative Wood - Workshop Planing, grinding, carving - discover your creativity! In this workshop you can let your creativity run free and create your own work of art out of wood. The artists at Glemmart Holzmanufaktur will show you everything you need and much more.

Where: Dorfstr. 272, 5754 Hinterglemm
Start: 16:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Wednesday, 11 March 2026

Glemmy Offroad Adventure Park

Glemmy Offroad Adventure Park

Where: Burgsteinweg 2, 5752 Viehhofen
Start: 15:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Monday, 16 March 2026

5. CLOTHES-SWAP-PARTY

5. 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

Sunday, 22 March 2026

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 ,

Tourismus Service Center Saalbach Hinterglemm
Glemmtaler Landstraße 550, A-5753 Saalbach
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contact@saalbach.com