



Wellness⁺

Bildungszentrum
Sprockhövel

ACTIVE LEARNING

CLEAR.
COMPETENT.
COOPERATIVE.

EDUCATION
in Sprockhövel

www.igmetall-sprockhoevel.de

A very warm welcome to our house,
learn actively – be invited by: The surrounding wooded
conservation area, our new wellness area, and, of course,
all our competent colleagues, working there.

RELAX

Our attractive **sauna area** is open in the evenings including **two Finnish saunas and a steam bath**, as well as massage and changing areas, wonderful showers and a beautiful relaxation room. In the morning or in the evening, you may want to use on our **new gym machines** (2 x treadmill, 2 x crosstrainer, 2 x ergometer, 1 x power-tower) Ask **Fred or Dietmar** – our sauna attendants, to get instructions how to use the machines.



ENJOY

The much-loved **massages** by **Helga, Katja and Marvin** (all of them well-qualified professionals) provide relaxation, blood circulation and detoxification. Body, soul and mind **find their peace after a long day** or during the lunch break in the seminar. Your favoured kind of treatment and/or special wishes or complaints can be discussed **individually** with our massage team. Please book your appointments **as soon as possible** at the **reception desk in the foyer** during the week. This renders it much easier for us to plan and organise and it guarantees your requested appointment time.

DISCOVER

Two new **fitness rooms** are just waiting for you to use them – individually or in a group. A lot of enjoyment offers the group exercise and gym sessions with **Anja or Katrin**. The certified sports teachers offer two hours of **sheer exercises** every Monday and Wednesday evening, respectively. **Both exercising hours focus on different issues.** Thus, they can be excellently combined. The programme is moderate, matched to age, interests and wishes in the group as well as according to the weather.



EXPERIENCE

Apart from that, the slogan is: **Off to the countryside!**

Have a go at using the lawns for some downtime or discover the neighbourhood on bikes (rental bikes available). Directly opposite of the main entry, the circular walking trail through the local woods starts (simply always keep left and you automatically get back to the house. The surrounding woods are an ideal terrain for enjoyable walks, lovers of Nordic-Walking (sticks can be borrowed), for the spontaneously founded jogging-group or the regularly arranged jogging meeting.

SPORTIVE

Or: Off to the sports ground and test your fitness playing football, handball, volleyball, basketball, tennis or badminton. Or you test next door your skill to play boule.

All sports equipment at the reception.



REFUEL

Various offers invite to a healthy stay. Even those who normally do not exercise regularly or who do not often allow themselves some time to relax are warmly invited. Enjoy the **IGM home advantage “Sprockhövel”**. Treat yourself to a break ...

OVERVIEW

Directions

The **wellness area** is located on **garden level**. There are two best ways of accessing it:

Access 1: Starting from your room you can conveniently and comfortably use (already in your bath robe or sports clothing) the **wellness elevator** or the corresponding flight of stairs. Elevator and stairs are signposted on all hotel floors.

Access 2: Starting at the foyer or the restaurant you can use the **stairs from the bistro** in the direction of the garden level/pub. Downstairs the access is signposted.



OVERVIEW

Offers/Times

SAUNA TIME

05:30 p.m.–11:00 p.m.

Tuesdays: **Sauna only for women**

Thursdays: **Sauna only for men**

All other days: Mixed sauna for everybody. Separate changing rooms with showers. Starting from the changing areas, please use the saunas, showers and the relaxation room **only barefoot or in bathing shoes, thank you!**

MASSAGE TIME

01:00 p.m.–02:00 p.m. and

06:00 p.m.–09:30 p.m.

(start of last appointment)

Make a reservation with Helga Roßner, Marvin Zierau or Katja Rockmann

Information, rates and reservations at reception!



FITNESS 1:
daily and
individually

You can use the **gym machines** (2 x treadmill, 2 x crosstrainer, 2 x ergometer, 1 x powertower) in the wellness area:

Daily: 06:30 a.m.–08:30 a.m.

Noon–11:00 p.m.

Recommendations:

- Rental bikes (at reception desk)
- Bowling (Pub)
- Circular walking trails through the woods (starting in front of the house)
- Sports ground and the Boule lane

FITNESS 2:
Monday and
Wednesday
Group Exercise Sessions with Anja or Katrin.

05:45 p.m.–7:00 p.m.:

Session 1

Strengthen your back, improve your posture, release tensions. **Invigoration, mobilisation and relaxation.**

07:00 p.m.–08:15 p.m.:

Session 2

Straighten your body and conditioning training, exercises with fun.

Moderate training for your fitness and condition.

