

Private excursions

Power Plate

Whether you want to lose weight, beautify your figure, build muscle or fight your back problems - come fast and easy with POWER PLATE, a whole lot closer to your personal goals.

30 min. – CHF 80

Personal Training

Forgot your good intentions?

Our Giardino Coach is your motivator, training partner and coach. Active, healthy and fit into the future no matter if muscle building, condition or rehabilitation.

60 min. – CHF 180

Mountain Bike and Road Bike

Do you know the best trails and tours in Locarnese region? Vladimir Zic, our Giardino Coach, will accompany you up and down, explain the differences in the two activities and bring you safely to the finish.

60 min. – CHF 100

every additional hour CHF 50

Functional Training

Functional training is an everyday-relevant and cross-sport training form. It involves complex movements that involve multiple joints and muscle groups simultaneously. It has made its entry into different fields of action.

Nordic Walking

As part of a guided tour, the Giardino Ascona Hotel offers the opportunity to learn and apply the general basics of Nordic Walking. Nordic Walking is a walking style with sticks, which burns about 20-30% more calories than normal walking.

Powerlates

Powerlates is a full-body workout that combines the elements of fluid movement, control, concentration, breathing, and relaxation from the Pilates with power exercises from the fitness area. In one hour, the entire body is effectively trained to achieve better body shape and posture.

Info: [Transport from Hotel and back](#)

Back – Spinal Gymnastic

Targeted back exercises for a strong, painless and flexible back.

Core Training

In this activity we strengthen our body CORE, which is a vital connection between lower and upper body.

Gym Instruction

Introduction to fitness room. Our trainer is available in the gym.

GIARDINO

Giardino Coach
giardino.ch

ASCONA

Weekly program

24.6.–30.6.
2019

Exert yourself with sport or relax and recharge

Excursion and training program with the Giardino Coach



Part of Giardino Hotel Group

Weekly programme

	Mo,24. June	Tue, 25. June	Wed, 26. June	Thu, 27. June	Fr, 28. June	Sa,29. June	Su, 30. June
08.00 – 10.00		FUNCTIONAL TRAINING Yoga tent, 45 min. Functional training is an everyday-relevant and cross-sport training form.	CORE TRAINING Yoga tent 60min In this activity, we strengthen our body CORE, which is a vital connection between lower and upper body	BACK – SPINAL GYMNASTIC Yoga tent Targeted back exercises for a strong, painless and flexible back.	CORE TRAINING Yoga tent 60min In this activity, we strengthen our body CORE, which is a vital connection between lower and upper body	POWERLATES Yoga tent 45min Combination of Pilates and strenght Training.	
10.00		BIKE TOUR Hotel Lobby – 2 Hours Bike Tour from Giardino Ascona to our Hotel Giardino Lago, easy and enjoying along the banks of Lago Maggiore.	E-BIKE INFO HOUR Hotel Lobby – 45min Everything about E-BIKE. Learn all about E-BIKES with our Giardino Coach. CHF 30	SUP –STAND-UP PEDALLING AT GIARDINO LAGO Hotel Lobby – 2-3 hours Tour starts from Hotel out.. CHF 50	HIKING: ORSELLINA-CONTRA-ORSELLINA Hotel Lobby – 4-5 hours Tour starts from Hotel out. Meals are provided. CHF 50	E - BIKE TOUR WONDERFULL VALLE MAGGIA Hotel lobby, 3h Bike tour with E-BIKES in the Valle Maggia. CHF 75	
13.00 –							
16.00 – 17.00				GYM INSTRUCTION Fitness studio Introduction to our fitness room. Our trainer is available in the gym.			
17.00 – 18.00		GYM INSTRUCTION Fitness studio Introduction to our fitness room. Our trainer is available in the gym.	POWERLATES Yoga tent 45min Combination of Pilates and strenght Training.	CORE TRAINING Yoga tent 60min In this activity, we strengthen our body CORE, which is a vital connection between lower and upper body	FASCIA TRAINING Yoga Zelt 60min Fascia training describes a movement-therapeutic or athletic training method for targeted promotion of the properties of the muscular connective tissue and fascia.	BACK – SPINAL GYMNASTIC Yoga tent Targeted back exercises for a strong, painless and flexible back.	

Registration

Until 8 p.m. on the day before at the dipiù Spa reception