

## The course Instructors

### Strength Training

Hi, I'm **Stefan Dumitrica**,

and I aim to support your well-being with over 15 years of experience in the fitness industry as a personal trainer, and over 25 years of experience in sports and competition. I hold a Bachelor's Degree in Physical Education with a major in Track and Field, as well as a Master's Degree in the Management of Sporting Activities. I remain an active competitor in Track and Field, holding multiple titles at the national level and in The Scottish Highland Games with 5 European Titles and a World Champion Title in the lightweight division.

Everyone can benefit from a simple approach to strength, enhancing everyday life quality and supporting longevity. Bodyweight exercises, kettlebells, dumbbells, suspension training, and Animal Flow are just a few of the tools we could utilize in an office setup.

I would be very happy to introduce you to these training methods or assist you in taking them to the next level.

LETS ACHIEVE YOUR FITNESS GOALS!



## Yoga, Yogalates

Hello, my name is **Tanja Mariananda**.

I am a fitness and health personal trainer, Pilates and yoga teacher. I love creating a feel-good space in which I can give people physical and mental well-being in a sustainable way! A good 20 years ago I discovered my love for yoga and initially completed training as a fitness and health personal trainer. Because I love mindful training, Pilates and yoga training followed. I am now a yoga teacher for Hatha, Ashtanga and Yin yoga as well as restorative yoga and meditation with a lot of dedication and love.

I love yoga so much because it is an all-encompassing workout for the body and mind. Regardless of whether it is powerful or gentle and relaxing, through mindful perception of the body in a variety of positions, the mind also relaxes in a wonderful way. Every yoga session for me contains breathing exercises and small meditations, so much benefit in one training session! I'm looking forward to doing you some good with a little break from your everyday life!

SEE YOU ON THE MAT!



## Full body training, resilience training

Hello, my name is **Manuela Weber-Smith**.

For 20 years, I have been helping people improve their posture, be more mobile in everyday life and build resilience.

As a doctor of sports science, former gymnast, masseuse with training in TCM ear acupressure and much more, I always look at people as a whole.

That's why I like to incorporate tips and tricks into my whole-body training with a focus on "healthy back - healthy joints" that promote general well-being.

The resilience training includes the interaction of embodiment and my special resilience formula. This allows the nervous system to be regulated quickly and effectively. As a result, challenges are overcome more easily.

LET'S GET THE MOST OUT OF OUR INTERNAL AND EXTERNAL POSTURE.



## HIIT, Circuit training, Power Workouts

Hi, my name is **Elisa Winkler**.

I am a health and fitness trainer with special focus on back and core training, which is the base for every kind of movement.

I am looking forward to guiding you through energizing workouts that will get everything out of you.

After 15 years of experience as a group-fitness instructor and personal trainer I offer you a special mixture of cardio and strength exercises that make you burn a maximum on calories and bring your body into a nice shape.

After a long day of work, HIIT and circuit classes will free your mind and help you to calm down and leave any kind of stress behind you!

The cardiovascular exercises push your heartrate and improve your endurance while the strength exercises help you gain muscles and strengthen your whole musculoskeletal system. In these sessions you will work with your own bodyweight. We will also be using kettlebells, rubber bands and wrist weights.

LET'S BRING YOUR FITNESS UP TO THE NEXT LEVEL AND HAVE FUN TOGETHER!



## Classical Pilates, Elevated Pilates, Barre

Hi, nice to meet you! My name is **Maggie Moitzi**.

I am overwhelmed to invite you to my Classical and Elevated Pilates Classes.

Pilates is a fine tune to help us sculpt beautiful muscle tone throughout your entire body - longer, leaner lines. Improving our strength, flexibility and bringing more ease into our minds.

I'm here not only to help you create the body we desire, but a better, stronger relationship with ourselves.

THERE IS NO TIMELINE FOR FEELING & LOOKING GOOD.

Remember, your body is your home. Take good care about it!

ROLL OUT YOUR MAT AND FLOW WITH ME!



## Dance Fit, Mindful Movement

Hello, my name is **Juli Gabor**,

I come with a background of 30 years of practicing different dance and movement forms and almost 20 years of teaching. I never stop to be fascinated by the effect movement and dance has on us humans. This fascination led me to study Psychomotor Therapy in Denmark, a Bachelor study where I had the chance to study us humans as “whole” where body and mind cannot be separated. My studies had many different angels: physical training, free movement & reflection, body-mind-awareness, psychology, physiology, anatomy and bodywork.

For me movement and dance are the best medicine, and I would like to share this with you! When we dance we don't just train our body, but also fire many kinds of connections between the body and brain, so that these connections can become stronger! In my sessions generally. I will have focus on a balanced whole body experience as well as the social and the fun factor. As we know, laughter is also one of the best medicines!

I LOOK FORWARD TO TRAIN AND DANCE WITH YOU!



## EMS Training

Hello, my name is **Martin Hochreiter**,

I studied sports science in Vienna and can build on 30 years of professional experience this year.

In recent years I have specialized in EMS training. I am thrilled with the efficiency of this type of training! Normal strength training trains the muscles primarily individually (isolation training). With EMS training, ALL muscles can be controlled and trained at the same time! After just 10 minutes of EMS training, ALL muscles are under tension for 4 minutes - with conventional strength training you would have to do 4 sets for EACH muscle (e.g.: abdominal muscle training 4x10 repetitions)! And with all your muscles!! The duration of muscle tension (time under tension) and the intensity of tension is the most important thing in strength training!!

EMS training is GENTLE ON THE JOINTs as no additional weights are needed: the trainee tenses their muscles and the electrical impulse increases this tension!

EMS comes from physiotherapy and is THE training to strengthen your core muscles (abdomen + back)!

So simple and so effective!

OPTIMIZE YOUR (TRAINING) TIME!

