



July 22
until July 28
2024

Programme of the week

Hotel Reception	Anja (department head), Claudia, Janine, Daniela, Lara, Martina, Leonie and Katharina	9 / 501 502	
	Daily Cashier	7am – 7.30pm 7am – 6pm	
Medical Reception	Babsi (department head), Maria, Alexandra, Carolina, Carina, Isabella and Sabrina	514 508	
	Monday to Friday Saturday	7.30am – 4pm 9am – 12 noon	
Medical Night staff		599	
Guest Relation	Beatrix Gasser	567	
Housekeeping		9	
Panorama Fitness area	Marlene, Leonie, Simone and Gert	524	
	Daily	7am – 10pm	
Bath department	Daniela (department head), Claudia, Patricia, Christine C. and Natalie	512	
Cosmetics	Sonja (department head), Tabea, Melanie, Leonie, Maria and Katharina	505	
	Monday to Friday Saturday	8.30am – 6pm Appointments on request	
Restaurant	Elisabeth (department head), Inge, Monika, Andrea, Iris, Julia, Lucie, Tamara, Juliette, Jasmina, Saskia and Lilly	517	
	Breakfast Lunch Dinner	7.15am – 9.30am 12 noon – 1.30pm 6pm – 7pm	
Hotel Shop	Ingrid and Mariam Monday to Saturday	541 9am – 01.30pm 5pm – 7pm	
Swimming pool	Daily	7am – 10pm	
Textile sauna	Daily	10am – 10pm	
	For all our guests – with swim wear		
Sauna & Steam bath	Daily	2pm – 9.30pm	
Infrared cabin	Daily	10am – 9.30pm	
Table Tennis	Daily (except Wednesday)	6pm – 9.30pm	
Internet / WLAN	park_web	open / free	
Hairdresser Head and Soul by Claudia Steixner	Tuesday Wednesday Thursday Friday Saturday*	9am – 5pm 9am – 5pm 10am – 4pm 10am – 6pm 09.30am – 2pm	540
Appointment arrangements: +43 660 90 40 528	*the first two Saturday's of the month		
Taxi	0699-10161741		
Telephone information (for Austria and Germany)	11 8877		
Telephone information (international)	900 11 8877		

SMOKING & PHONE

Since health is central at Park Igls, the entire building is a smoke-free zone.

Please try not to make any undue noise (e.g. phones) in the restaurant and medical department.

Monday, July 22, 2024

Mrs. Daniela Grob, our permanent make-up specialist, will be in the beauty therapy department to give advice. Approx. 10 minutes.

Please contact Daniela Grob directly: +49 (0)171 30 60 660.

- 06:45 **Drinking bitter water**
-
- 07:20 - **Sun salutation Yoga in German**
07:45 in the gym (basement)
-
- 07:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
-
- 08:00 - **Morning workout & mobilisation**
08:25 in the gym (basement)
-
- 08:30 - **Strength training in the water**
08:55 in the pool (ground floor)
-
- 09:05 - **Fitnessboxing**
09:55 meeting in the gym (basement)
max. 6 participants
-
- 10:10 - **Slingtraining (TRX training) - muscular deep stabilisation**
10:40 in the gym (basement)
Registration at the medical reception please (max. 3 participants).
-
- 11:10 - **Introduction to therapy climbing**
11:40 Strengthening and mobilisation for the whole body - also suitable for beginners!
meeting in the gym (basement) max. 4 participants
-
- 11:45 - **Introduction to strength training for beginners**
12:35 in the fitness room (3rd floor)
Registration at the medical reception please (max. 3 participants).
-
- 12:50 - **Forest walk for advanced walkers**
13:50 meeting at the entrance
-
- 14:00 - **Lifestyle modifications in English with Dr. Melanie Robertson**
14:50 in the meeting room (ground floor)
-
- 15:50 - **Aqua Jogging**
16:15 in the pool (ground floor)
-
- 16:30 - **"F.X. Mayr Regeneration - Theories in Diagnosis and Therapy"**
17:30 Introduction lecture by Dr. Katharina Breit
in the conference room (German & English)
-
- 17:00 - **Yoga relaxation in German**
17:50 in the gym (basement)
-
- 17:45 - **pelvic floor training for women**
18:30 in the conference room (ground floor)
-
- 18:45 - **pelvic floor training for men**
19:30 in the conference room (ground floor)
-
- 19:30 **Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck "Thilo Wolf Big Band"**
Free admission with the Welcome Card, the concert takes place outdoors.
If you are interested, please contact our hotel reception.
-
- 19:45 - **Respiratory therapy**
20:15 meeting in the gym (basement)
-

Tuesday, July 23, 2024

-
- 06:45 **Drinking bitter water**
-
- 07:20 - **Morning group walk with guide**
07:50 meeting at the entrance
-
- 07:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
-
- 08:00 - **Morning workout & mobilisation**
08:25 in the gym (basement)
-
- 08:30 - **Training for the spine in the water**
08:55 in the pool (ground floor)
-
- 09:05 - **Boccia**
09:55 meeting point at the entrance
max. 4 participants
-
- 10:35 - **NATUREletics - bodyweight exercises outdoor**
11:25 meeting at the entrance
-
- 11:30 - **"Pre Shot" - preparation for a proper golf swing on the on-site chipping green in German**
12:20 meeting at the chipping green (in case of bad weather: in the gym/basement)
max. 5 participants
-
- 12:30 - **E-Bike - technique & short bike tour**
13:25 meeting at the entrance
Registration at the medical reception please (max. 3 participants).
-
- 15:00 - **Aqua Jogging**
15:25 in the pool (ground floor)
-
- 15:30 - **Assistance to our guests**
16:20 in the fitness room (3rd floor)
-
- 16:00 - **Exhibition of Sonnia Jewellery Design**
20:30 in the lobby
-
- 16:30 - **Evening group walk**
16:55 meeting at the entrance
-
- 17:00 - **Hatha Yoga - Body, Breath & Meditation in English**
18:20 in the gym (basement)
-
- 19:30 **Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck**
"Wind ensemble of the Milan scala"
Free admission with the Welcome Card, the concert takes place outdoors.
If you are interested, please contact our hotel reception.
-
- 19:30 - **Health begins in the mouth: Why is the mouth so important for human health?**
20:30 lecture by Dr. Walter Wille-Kollmar
in the conference room (German & English)
-

Wednesday, July 24, 2024

- 06:45** **Drinking bitter water**
-
- 07:30 - 08:20** **Morning workout in nature - walk & exercises outdoor**
Meeting at the entrance.
-
- 07:30 - 11:30** **Hydrotherapy treatments (Kneipp Circuit)**
in our medical dept. 1st floor
-
- 08:30 - 08:55** **Shoulder & arm training in the water**
in the pool (ground floor)
-
- 11:10 - 11:35** **Trampoline Move - coordination & strengthening on the bellicon® trampoline for everybody**
in the gym (basement)
Registration at the medical reception please (max. 5 participants).
-
- 12:10 - 12:40** **Training for the feet in German**
in the gym (basement)
-
- 12:45 - 19:00** **Golf excursion to the Golf Club Achensee**
meeting at the entrance, free ride by our shuttle bus to Pertisau, where Hanni Gartner will present you one of the nicest golf courses of Austria. One flight is available. Greenfee per person Euro 97,00. Registration at the medical reception please (max. 4 participants).
If the flights are not fully booked we are also pleased to welcome non-golfers to do a nice excursion. Registration at the medical reception please (max. 4 participants + 4 non-golfers).
-
- 14:00 - 17:00** **Sightseeing tour through the city of Innsbruck with our guide**
meeting at the entrance, possible admission fees
Registration until 10:00 a.m. at the hotel reception please (min. 4 participants).
-
- 14:05 - 15:05** **Forest walk**
meeting at the entrance
-
- 15:15 - 15:40** **Aqua fit**
in the pool (ground floor)
-
- 15:45 - 16:15** **Aufguss session in the Sauna with Elmar**
Proper sauna with peeling, infusion, cooling, rest and drink
Registration at the medical reception please.
-
- 16:00 - 16:25** **Training for the feet in English**
in the gym (basement)
-
- 17:00 - 19:30** **Exhibition of handmade shoes for men & women - Schuhwerk Innsbruck**
in the lobby
-
- 19:00** **Jazz evening with Clemens Ebenbichler (piano) & Katharina Kurz (trumpet; vocal)**
in the lobby
-
- 19:30** **Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck "R.E.T. Brass Band"**
Free admission with the Welcome Card, the concert takes place outdoors.
If you are interested, please contact our hotel reception.
-

Thursday, July 25, 2024

- 06:45 **Drinking bitter water**
-
- 07:20 - **Morning group walk with guide**
07:50 meeting at the entrance
-
- 07:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
-
- 08:00 - **Morning workout & mobilisation**
08:25 in the gym (basement)
-
- 08:30 - **Knee stabilisation in the water**
08:55 in the pool (ground floor)
-
- 09:15 - **Coordination training**
09:45 in the gym (basement)
-
- 10:00 - **Circuit Training**
11:00 in the fitness room (3rd floor)
-
- 11:10 - **Kybun Training - balance and coordination**
11:40 in the gym (basement)
Please bring socks for the training!
-
- 12:00 - **Golf - Putting & Chipping on the hotel`s own practise green in German**
12:50 meeting at the chipping green (in the case of bad weather:
in the gym/basement) max. 4 participants
-
- 12:30 - **Stretching for "Desk-Warriors" - easy exercises for the office**
12:55 in the gym (basement)
-
- 13:00 - **Organ meditation in English**
14:00 in the gymnastic room
-
- 14:15 - **E-Bike - Bike Tour for Advanced**
15:45 meeting at the entrance
Registration at the medical reception please (max. 3 participants).
-
- 16:00 - **Aqua "power" jogging**
16:25 in the pool (ground floor) max. 6 participants
Registration at the medical reception please (max. 6 participants).
-
- 16:35 - **Evening group walk**
17:00 meeting at the entrance
-
- 17:00 - **Hatha Yoga - Body, Breath & Meditation in German**
18:20 in the gym (basement)
-
- 19:30 **Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck
"Wind Philharmonic Carinthia"**
Free admission with the Welcome Card, the concert takes place outdoors.
If you are interested, please contact our hotel reception.
-
- 19:30 - **Heart Attacks and Strokes – Just Bad Luck?**
20:30 lecture by Dr. Katharina Breit
in the conference room (German & English)
-

Friday, July 26, 2024

06:45	Drinking bitter water
07:30 - 08:20	Morning workout in nature - walk & exercises outdoor meeting at the entrance.
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:30 - 08:55	Strengthening the hip muscles in the pool (ground floor)
09:00 - 09:50	Food and Mood in English in the meeting room (ground floor)
10:05 - 10:55	Pilates in German in the gym (basement)
11:40 - 12:30	Assistance to our guests in the fitness room (3rd floor)
13:00 - 13:50	Badminton meeting at the entrance max. 4 participants
14:00 - 14:50	Mobilisation & Relaxation in the gym (basement)
14:00 - 17:30	Trip to the Mountain Hut Stöttlalm in Mieming with Beatrix meeting at the entrance, sturdy shoes are recommended Registration till 10:00 a.m. at the hotel reception please (min. 3 & max. 7 participants).
15:30 - 15:55	Aqua Jogging in the pool (ground floor)
16:35 - 17:25	Into the weekend walk meeting at the entrance
19:00	Movie night "Mafia Mamma" American comedy film with Toni Collette & Monica Bellucci in the conference room (only in English)
19:30	Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck "Sinfonietta da Camera Salzburg feat. Nina Proll" Free admission with the Welcome Card, the concert takes place outdoors. If you are interested, please contact our hotel reception.
20:00	Innsbrucker Festival of Early Music Ambras Castle / Spanish Hall "Playgrounds" meeting at the entrance, departure at 06:30 p.m., introduction at 07:00 p.m. Registration till 10:00 a.m. on the previous day at the hotel reception please.

Saturday, July 27, 2024

- 06:45** **Drinking bitter water**
-
- 08:30 -** **Morning workout & mobilisation**
08:55 in the gym (basement)
Registration at the medical reception please (max. 10 participants).
-
- 08:30 -** **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
-
- 09:05 -** **Circuit Training**
09:55 in the fitness room (3rd floor)
-
- 10:10 -** **Abs, legs & gluteals**
10:35 in the gym (basement)
-
- 10:50 -** **Thera-Band training**
11:15 in the gym (basement)
-
- 11:30 -** **Aqua Jogging**
11:55 in the pool (ground floor)
-
- 13:15 -** **Slingtraining (TRX training) - muscular deep stabilisation**
13:40 in the gym (basement)
Registration at the medical reception please (max. 3 participants).
-
- 14:00 -** **Nordic Walking in "Ullwald"**
15:20 meeting at the entrance; march off: as soon as all walking poles are adjusted
-
- 14:00 -** **Hike to the Herrensteig in Natters with Beatrix**
17:00 meeting at the entrance, sturdy shoes are recommended
Registration till 10:00 a.m. at the hotel reception please (min. 3 & max. 7 participants).
-
- 19:00** **Movie night "Some Kind of Beautiful"**
American comedy film with Pierce Brosnan & Jessica Alba
in the conference room (only in German)
-
- 19:30** **Innsbruck Promenade Concert in the inner courtyard of the imperial Hofburg Innsbruck**
"Dolce & Banana"
Free admission with the Welcome Card, the concert takes place outdoors.
If you are interested, please contact our hotel reception.
-
- 20:00** **Innsbrucker Festival of Early Music Ambras Castle / Spanish Hall "Dedicated to love"**
meeting at the entrance, departure at 06:30 p.m., introduction at 07:00 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.
-

Sunday, July 28, 2024

06:45 **Drinking bitter water**

08:30 - **Morning workout & mobilisation**

08:55 in the gym (basement)

08:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

09:05 - **Forest walk for advanced walkers**

09:55 meeting at the entrance

10:10 - **Stretching & Mobilisation**

11:00 in the gym (basement)

11:30 - **Knee stabilisation in the water**

11:55 in the pool (ground floor)

13:05 - **Circuit Training**

13:55 in the fitness room (3rd floor)

14:00 - **Nordic walking**

15:20 meeting at the entrance

17:30 **Welcome cocktail followed by a brief explanation of the first therapy day**

meeting at the tea bar / at the fireplace

Plant of the month



Yarrow (*Achilles millefolium*)

Yarrow can be found in meadows, (sheep) pastures, semi-dry grasslands, fields and roadsides. In the Alps it grows up to around 1900 meters. It is very rare in Mediterranean areas.

CONTENTS:

Coumarins, tannins, potassium, copper, essential oils, flavonoids, protein, bitter substances,

PROPERTIES:

Anti-inflammatory, hemostatic, wound healing, antispasmodic, appetite stimulant, antioxidant, astringent, expectorant

APPLICATION:

Loss of appetite, flatulence, digestive problems, liver and gallbladder problems, menstrual problems, wounds

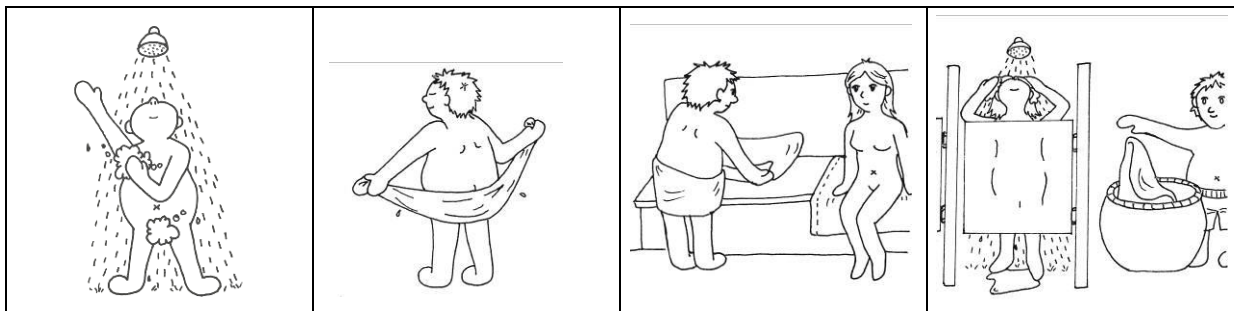
Austrian Sauna Culture

Dear Guest,

our Health Centre offers a wide range of wellness facilities including a choice of sauna options, widely used by our increasingly international clientele.

Sauna traditions and cultures vary from country to country. To ensure that all our guests can enjoy a relaxing and unencumbered sauna experience, we will be grateful if you can observe a few principle rules for the benefit of all:

- The sauna is a **relaxation area** for adults, so please speak quietly and try not to make any undue noise (e.g. phones and music player).
- The sauna is a **textile free zone**. Please leave your bathing suits in the changing room and cover yourself with a towel in the public area. Should you wish to wear a bathing costume in the sauna, please use our textile sauna in the swimming pool area.
- For reasons of hygiene, please sit or lie down on a **towel** when using the sauna or infrared cabin, and dispose of it in the laundry basket after use.
- Please always **shower** after leaving the cabin and prior to using the cold plunge pool. In the shower you will also find a cold water hose to help you cool down.

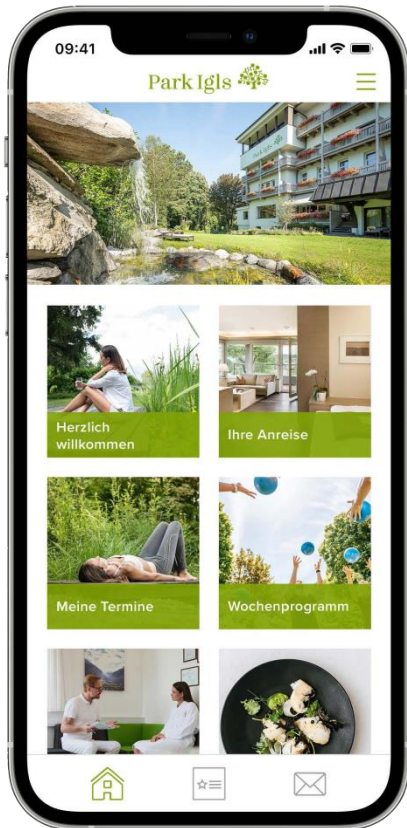


We thank you for your comprehension and cooperation
and wish you a pleasant stay in the sauna area!

May we introduce?

Our Park Igls App

In our app you will find



- your appointments**
- the weekly programme**
- hotel information**
from A - Z
- excursion tips**
- ... and much more!**

Scan the QR-Code and let's go!

**You find the app in the Google Play Store
and in the App Store for download under "Park Igls".**

