

Press release

Tik-Tok, cryotherapy, parkour: Boost your immune system in a unique way with Urban Sports Club

Berlin, Germany, 22.10.2020 – Boosting your immune system can be easy and fun. Instead of a long, chilly run you can try over 50 sports with Urban Sports Club, including aerial yoga, jumping fitness and disco barre. Urban Sports Club makes the perfect "partner in crime" to activate your body's killer cells and declare war on viruses and bacteria. From classic cardio fitness to cryotherapy and Tik-Tok dance workshops, Urban Sports Club stands for effective and extraordinary workouts and wellness treatments, where the fun factor is never neglected.



Let's rock - Tik-Tok dances, Jumping Fitness and Parkour

You can sweat and have fun in Berlin with [Activsports Lichtenberg](#), and boost your immune system and your heartbeat with their "Jumping Fitness" class. Try something new and train with [Parkour Akademie](#) - their classes take place in the fresh air outside the gates of Berlin's Max Schmeling Hall. Daylight boosts vitamin D which synthesis the skin and plays a decisive role in regulating the immune system. Enjoy the latest dance trends with [DJs Dance School](#). Besides courses like "Pole Dance Beginner" and "Voguing Beginner" you can now try "TikTok Beginner" – a completely new concept that'll boost your immune defence as well as your social media followers.

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Let's pump it - classic cardio fitness

Classic endurance sports such as jogging, cycling or swimming have been proven to strengthen the heart and blood circulation. Plus they accelerate the breakdown of fat and activate the body's immune defences. Fitness First – our new partner with ten selected studios on board – focuses on effective cardiovascular workouts with “Cardio-Fitness”. Members of Urban Sports Club can now train with Fitness First at selected locations in Berlin, Frankfurt, Düsseldorf, Münster, Rostock and Mannheim. At [Fitness First Münster-Aaseestadt](#) athletes can try classes such as "Athletic Fight" or set their muscles on fire with "Hot Iron Cross" at [Fitness First Düsseldorf – Schadow Arkaden](#). And if that's not enough, get your circulation going with "Step Intense" at [Fitness First Frankfurt-Sachsenhausen](#).

Fans of functional training get their money's worth at [Phoenix Human Prime](#) in Düsseldorf, where their motivating, small group workouts activate the entire body.

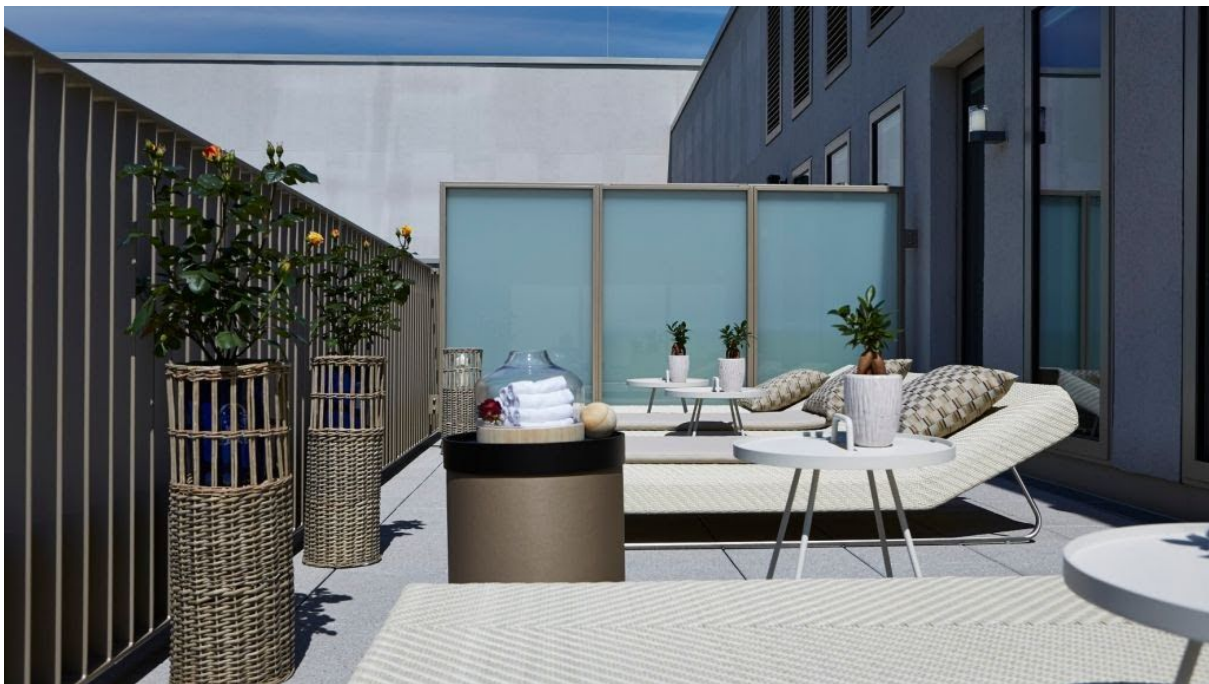
Let's freeze - Cryotherapy

Off to the cold chamber! Courageous people of Cologne can visit [Körperkälte](#) and freeze in a cold chamber at -110 degrees Celsius for 2 - 3 minutes. The treatment, which is particularly popular in the beauty sector due to its anti-aging effect, also supports physical and mental health, combats pain and inflammation, strengthens organ function and releases endorphins. Cryotherapy can also be used to support the treatment of depression. In Berlin, members can uncover the numerous advantages of the

power of cold at [Cryopoint](#). In addition to the ice box, special lymphatic massages are also offered here, which provide positive support for the entire body in a natural and holistic way.

Let's breathe - Yoga and Meditation

Stress and mental strain are the gateway to many diseases and both the body and mind need regular rest periods. Yoga, Pilates and meditation can help to lower stress levels and reduce anxiety. At [Komjun Yoga Köln](#), yogis can heal as they breathe with courses such as "Restorative Yin Yoga", "Singing Bowl Sound Healing" or "Progressive Muscle Relaxation." Deep relaxation lets the mind come to rest and promises a peaceful sleep. [enso Yoga](#) hosts a wide variety of yoga classes, from "Wake up Yoga" to "Lunch Yoga" and "Prenatal Yoga." The "Guided Good Night Meditation" by [The Life Barn](#) takes place as a live online class and makes the perfect sleep-aid after a long day and simultaneously acts as a balm for the immune system. The Guided Good Night Meditation helps you let go of tension and worry and thus counteract stress-related changes to the body.



Let's relax - sauna, wellness, infrared

A wellness day is just like a short vacation. In the versatile and beautiful [Claudius Therme](#) in Cologne, Urban Sports Club members can bathe in the warm, healing waters of their whirlpools, drinking fountains, hot-cold grottoes, bubble loungers, neck showers, indoor and outdoor pools or flow streams. The positive impact of these thermal baths are well known across the country and is a place for pure relaxation. Underwater music with soothing lights, colours and sounds as well as a floating

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pool with salt enriched from the Dead Sea supports the relaxing effect. Wellness fans can enjoy a spectacular view of the government district from the sky lounge of the Steigenberger Hotel am Kanzleramt with three different saunas, a steam bath and an outdoor terrace. Enjoy roller massage at Turnhalle – Hightech Sports where the wooden rollers will loosen fasciae, massage muscle tension and stimulate lymph flow. This intensive massage is supported by infrared light and has a totally relaxing and regenerating effect on the entire body.

About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied range of sports offers. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can choose from over 50 sports to create their own unique training plan and discover new activities to feel passionate about. With over 10,000 partner locations in six countries in Europe (Germany, France, Spain, Italy, Belgium, Portugal), members can check-in for sports via the Urban Sports Club app. Since merged with OneFit, the Urban Sports Club network has more than 12,000 partners to choose from. Private and corporate customers can choose to train in studios, outdoors or online via livestream. Urban Sports Club employs over 40 different nationalities in locations across Europe.

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