

Press release

Trampoline Fitness, Rock'n'Rollerblading and Hypnosis – A different kind of sports routine with Urban Sports Club

Berlin, Germany, 24.06.2020 – Finding the right routine for your sports program is crucial to staying fit and healthy. But having to stick to the same old training plan can lead to boredom. Plus, when you only stick to certain movements and training styles, you only train certain muscle groups. So not only is the fun factor missing, but so is the positive impact of sport. That's why Urban Sports Club is dedicated to providing sports variety in everyday life. From jumping fitness to Surfyoga to Self-Care Sunday, you can find courses that will turn your routine upside down - whether in the studio, in the park or online. Since the introduction of live online courses, Urban Sports Club members have an even more eclectic and flexible course repertoire at their disposal.





Chair Dance

If classical dancing is a little old-fashioned and you're missing a dance partner anyhow, why not use your furniture as a replacement? The "Chair Dance" is multifaceted and unites very different styles such as the sensual movement of Burlesque as well as modern and contemporary styles. Those who want to improve their flexibility can do so by checking into online classes with [Muse Pole Dance](#) or [Pole Flow Berlin](#) or visit [Cologne Pole Fitness](#).

Jumping Fitness

"Jumping Fitness" is a trampoline workout guaranteed to combine fun with effective training. The movements on the jump mat strengthen the cardiovascular system and stimulate purification processes in the body. During the full-body-workout all muscles will be activated, plus it's the perfect way to let go of everyday stress and release some happy hormones. You'll find this on-trend fitness class at [Vitamed Sport- und Gesundheitszentrum](#) in Hamburg amongst other locations.

Rock'n'Rollerblading

Berlin's [TRASH'N'ROLL](#) does exactly what it says on the tin. This intensive workout on inline skates includes dance and fitness exercises to trashy rock'n'roll and funk music. All the fun takes place in the fresh air at Berlin's favourite recreational area, Tempelhofer Feld. Here you'll find plenty of sun and great company to round off the activity.

Self-Care Sunday

On Sunday, everything revolves around your own wellbeing. Massage therapists Iris and Gerald lead sessions designed to teach meditation, breathing, stretching and self-massage techniques. The focus is on pure relaxation which automatically generates body-positivity and better blood circulation. The course takes place via livestream, just check-in via [Irene Colantoni Massagen](#).

Hypnose, Sound und Visuals

Join hypnotists Alexandra Matthes and Haegar Deutsch on a journey through your own head. The participants will be introduced to hypnosis techniques supported by sounds and live mixed visuals. Those who would like to embark on the journey can do so easily from home via the livestream. Check in via [Luft & Liebe](#).



Surfyoga

Although beer yoga is about drinking beer and cat yoga is about cuddling cats, Surfyoga isn't necessarily about the surfboard. Instead the aim is to train the body and muscles in such a way that standing on the board will become easy. It's perfect for experienced surfers and for those who want to become surfers and the powerful Vinyasa is also great for people who don't intend to conquer the waves but want a great workout. In her small classes, Bianca from [BBalance Yoga](#) in Munich offers a program of physically demanding asanas, stretches and small meditations that will make everyone sweat.

Kryotherapie

If you're brave enough, try getting frozen in a cold chamber at around -110 degrees Celsius for a few minutes. There are a number of positive side effects: not only will your performance increase, but sore muscles will recover more quickly and the icy temperatures stimulate blood circulation which promotes the removal of acidic metabolic products. In addition, the cold air melts excess fat away. Members can boost their immune system with anti-aging effects at [CRYOPOINT](#) in Hamburg, Berlin, Kiel, Cologne and Wiesbaden.



About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to motivate people to take part in sports through the largest and most varied range of offers and to encourage them to lead a healthier and more active lifestyle. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can compile their individual training plan from over 50 sports and more than 8,000 partner locations - including OneFit there are more than 10,000 - in six countries (Germany, France, Spain, Italy, Belgium, Portugal) and check in to the sport via smartphone app. Diversity, flexible conditions as well as organized team sports and wellness offers round off the range of services for private and corporate customers.

Due to the current COVID-19 situation, Urban Sports Club provides a flexible all-round offer consisting of live online courses and classic courses on site. This gives users access to thousands of courses from hundreds of partner locations in Germany and Europe.

Please do not hesitate to contact us if you have any questions.

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