

Courses at Limmathof



Back exercises

The back gymnastics are training for healthy posture, as well as for the prevention of imbalances and tension. Using strength, balance and stretching exercises, the posture of the body is required and promoted. Anyone can benefit from the exercises: from those who are not very active to hobby and performance athletes.



Yoga

Yoga is training for flexibility, balance and strength. You improve circulation in your muscles and your inner balance through concentrated meditative breathing exercises. Yoga influences both your mental and physical health and is recommended for people of all ages and all fitness levels.



Pilates

Pilates is systematic whole body training. The pelvic floor, stomach and back muscles are strengthened in a targeted manner. Pilates takes place on a mat, but various aids, such as the pilates role, are also employed.



Aquagymnastik

You can strengthen your muscles and improve your circulation with water aerobics without putting your joints under stress. In addition to strength and stretching exercises, the cardiovascular system is also stimulated through short cardio exercises.