

Planung Eines Gesundheitskonzepts Für Die Fitnessanlage 'batavia' - Julia Huber

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Die Studiofläche beträgt insgesamt ca. 2000 m² über zwei Etagen verteilt. Die Anlage verfügt über einen großzügigen Trainingsbereich (Trainingsfläche Cardiobereich 300 m², Trainingsfläche Kraftbereich 500 m²) mit einer Auswahl von über 80 Cardio- und Kraftgeräten. Ein separater Freihantelbereich 60 m² und ein Therapiegarten 60 m² (mit speziellen Geräten für Bauch und Rückentraining) sind ebenfalls vorhanden. Es gibt 2 Kursräume (120 m² und 90 m²), in denen wöchentlich über 40 Kurse stattfinden. Für Squash-Begeisterte stehen sechs speziell ausgestatteten Räume zur Verfügung. In einem separaten Spielzimmer wird täglich zu bestimmten Zeiten mit Berücksichtigung Kursangebote eine kostenlose Kinderbetreuung angeboten. Die Saunalandschaft des Studios beinhaltet auf einer Fläche von 400 m² neben vier verschiedenen Saunen (Dampfsauna, Finnische Sauna, Biosauna und Damensauna) ein Schwallduschenraum und Fußbadbereich sowie mehrere Ruheräume. Solarium wird ebenfalls angeboten. Der übrige Nassbereich, Duschen, Toiletten und Umkleieräume, erstrecken sich auf einer Fläche von 300 m². Darüber hinaus verfügt das Studio über einen 50 m² großen Schulungsraum. Author: Huber, Julia
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