

MY SAALBACH PROGRAMME

15 JUNE - 26 SEPTEMBER 2025

Monday, 16 June 2025

German course for advanced learners A2/B1

German language course for advanced learners A2/B1 German as a foreign language - for all employees with previous knowledge of German at level A1/A2

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Tuesday, 17 June 2025

Hike Stemmerkogel

Hike Stemmerkogel

Where: Schwarzacherweg, 5754 Hinterglemm
Start: 09:30
Infos: +43 (0)650 8206978,

German course for beginners A1

German as a foreign language - in this language course the non-German speaking employees of the Glemmtal companies learn the basic knowledge of the German language.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Functional Fitness MASTERS - CrossFit 55+

Functional Fitness MASTERS CrossFit 55+ Fit, strong and agile at the best age This course is exclusively for HOL TEAM Card members over the age of 55 - IMPORTANT!

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 17:30
Infos: Evy Lecher +43/680 3323667,

CrossFit (Basics)

CrossFit (Basics)

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 19:30
Infos: Evy Lecher +43/680 3323667,

Wednesday, 18 June 2025

Hike on the Reiterkogel

Hike on the Reiterkogel

Where: Reiterkogelweg 215, 5754 Hinterglemm
Start: 09:15
Infos: +43 650 8206978, a.steiner@saalbach.com

Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

Where: Glemmtaler Landesstraße 628, 5753 Saalbach
Start: 18:00
Infos: Carina Embacher +43/664 3924707,

Thursday, 19 June 2025

CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level.

From 5:30 - 6:30pm Registration with Evy: +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 17:30

Infos: +43/680 3323667,

Monday, 23 June 2025

Pilates

Pilates A strong core is the basis for a healthy spine and effective movement sequences

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 09:00

Infos: Evy Lecher +43/680 3323667,

Team & dough - pizza workshop on the rooftop

Team & dough - pizza workshop on the rooftop On 23 June, things will get hot on the roof of the Grand Pension Franziska - we're firing up the pizza oven and inviting the Home of Lässig TEAM to a pizza evening together!

Where: Glemmtaler Landesstr. 317, 5753 Saalbach

Start: 17:00

Infos: Evy Lecher +43/680 3323667,

Tuesday, 24 June 2025

German course for beginners A1

German as a foreign language - in this language course the non-German speaking employees of the Glemmtal companies learn the basic knowledge of the German language.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach

Start: 14:00

Infos: +43/6541/6800-204, a.steiner@saalbach.com

Functional Fitness MASTERS - CrossFit 55+

Functional Fitness MASTERS CrossFit 55+ Fit, strong and agile at the best age This course is exclusively for HOL TEAM Card members over the age of 55 - IMPORTANT!

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 17:30

Infos: Evy Lecher +43/680 3323667,

Wednesday, 25 June 2025

Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

Where: Glemmtaler Landesstraße 628, 5753 Saalbach

Start: 18:00

Infos: Carina Embacher +43/664 3924707,

Friday, 27 June 2025

German course for advanced learners A2/B1

German language course for advanced learners A2/B1 German as a foreign language - for all employees with previous knowledge of German at level A1/A2

Where: Glemmtaler Landesstr. 550, 5753 Saalbach

Start: 14:00

Infos: +43/6541/6800-204, a.steiner@saalbach.com

Sunday, 29 June 2025

Sound bath - a moment to take a deep breath

Sound bath - a moment to take a deep breath

Where: Glemmtaler Landesstraße 613, 575 Saalbach
Start: 19:00
Infos: +49 170 8304812, leniyoga@web.de

Monday, 30 June 2025

HIKE AT THE KOHLMAIS

HIKE AT THE KOHLMAIS

Where: Skiliftstraße, 5753 Saalbach
Start: 09:30
Infos: +43 650 8206978, a.steiner@saalbach.com

Tuesday, 01 July 2025

German course for beginners A1

German as a foreign language - in this language course the non-German speaking employees of the Glemmtal companies learn the basic knowledge of the German language.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Wednesday, 02 July 2025

Creative workshop - natural cosmetics

Creative workshop - natural cosmetics Together we'll make some great natural cosmetic products and you'll be amazed at how brilliant it is to use your own cosmetics and know exactly what's inside!

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:30
Infos: +43/6541-6800 204, a.steiner@saalbach.com

Friday, 04 July 2025

German course for advanced learners A2/B1

German language course for advanced learners A2/B1 German as a foreign language - for all employees with previous knowledge of German at level A1/A2

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Wednesday, 09 July 2025

Hut to Hut Hike

Hut to Hut Hike Guided mountain hike to the most rustic huts in the Glemmtal. Experience a fantastic day in the valley head with our mountain hiking guide Hans and learn everything interesting and worth knowing about alpine life in Saalbach Hinterglemm while visiting a rustic hut.

Where: Talschlussweg, 5754 Hinterglemm
Start: 09:15
Infos: +43 650 82 06 978, a.steiner@saalbach.com

Friday, 11 July 2025

Hike Manlitzkogel

Hike Manlitzkogel Guided mountain hike to the Manlitzkogel. Experience a fantastic day in the Glemmtal mountains with our mountain guide Hans. Get to know the nature and history of our region and let yourself be whisked away to a time-out all to yourself.

Where: Zwölferkogelweg 208, 5754 Hinterglemm
Start: 09:15
Infos: +43 650 82 06 978, a.steiner@saalbach.com

Monday, 14 July 2025

HIKE AT THE KOHLMAIS

HIKE AT THE KOHLMAIS

Where: Skiliftstraße, 5753 Saalbach
Start: 09:30
Infos: +43 650 8206978, a.steiner@saalbach.com

Wednesday, 16 July 2025

RELAXED BACK

Relaxed back Do you regularly have back problems? Exercise is the remedy here! The combination of mobilization, strengthening and stretching in this unit counteracts everyday stresses and strains and improves your posture. Special awareness and relaxation exercises also help you to release muscular tension and improve your body awareness.

Where: Glemmtaler Landesstr. 613, 5753 Saalbach
Start: 14:30
Infos: +43/6541-6800 204, corinne@physio-schattberg.at

Hypnosis - Power & Motivation

Hypnosis - Power & Motivation Experience relaxation & lightness in a safe space. And recharge yourself with strength and motivation

Where: Glemmtaler Landesstr. 341c, 5753 Saalbach
Start: 18:45
Infos: +43/664 3603059, federleicht.yoga.hypnose@gmail.com

Friday, 18 July 2025

Workshop course for bikers

Workshop course for bikers The bike mechanic course with Peter from Paradise Workshop is for all do-it-yourselfers. Here you will learn how to maintain, repair and service your bike yourself.

Where: Unterdorf 353, 5753 Saalbach
Start: 18:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Sunday, 20 July 2025

yoga & brunch at the alm hut

yoga & brunch at the alm hut Enjoy a relaxing morning with the HOL TEAM! We start with a gentle yoga session that brings body and mind into harmony. Whether you are a beginner or experienced, the exercises are suitable for all levels. After practicing yoga together, we will round off the morning with a delicious, healthy brunch. Enjoy fresh delicacies and recharge your batteries for the rest of the day.

Where: Schwarzacherweg 69, 5754 Hinterglemm
Start: 09:30
Infos: +43 / 677 62035081 ,

Wednesday, 23 July 2025

Forest Yoga & Brunch

Forest Yoga & Brunch

Where: Reiterkogel Talstation, Reiterkogelweg, 5754 Hinterglemm
Start: 09:00
Infos: +43 6604810464, miriam_scharnagl@hotmail.com

Sunday, 27 July 2025

Team on Fire - barbecue evening for the Home of Lässig TEAM

Team on Fire - barbecue evening for the Home of Lässig TEAM We're not just celebrating embers, smoke and fine flavours - we're celebrating us: the Home of Lässig TEAM! Team on Fire is about more than just good food - it's about coming together, exchanging ideas, getting to know each other and having a really relaxed time together.

Where: Glemmtaler Landesstr. 317, 5753 Saalbach
Start: 19:00
Infos: Evy Lecher +43/680 3323667,

Friday, 15 August 2025

Workshop course for bikers

Workshop course for bikers The bike mechanic course with Peter from Paradise Workshop is for all do-it-yourselfers. Here you will learn how to maintain, repair and service your bike yourself.

Where: Unterdorf 353, 5753 Saalbach
Start: 18:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Tuesday, 19 August 2025

Creative workshop - Eco Print

Creative workshop - Eco Print We print various natural materials onto fabric using a special technique and pure plant power.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:30
Infos: +43/6541-6800 204, a.steiner@saalbach.com

Wednesday, 20 August 2025

Forest Yoga & Brunch

Forest Yoga & Brunch

Where: Reiterkogel Talstation, Reiterkogelweg, 5754 Hinterglemm
Start: 09:00
Infos: +43 6604810464, miriam_scharnagl@hotmail.com

Sunday, 24 August 2025

yoga & brunch at the alm hut

yoga & brunch at the alm hut Enjoy a relaxing morning with the HOL TEAM! We start with a gentle yoga session that brings body and mind into harmony. Whether you are a beginner or experienced, the exercises are suitable for all levels. After practicing yoga together, we will round off the morning with a delicious, healthy brunch. Enjoy fresh delicacies and recharge your batteries for the rest of the day.

Where: Schwarzacherweg 69, 5754 Hinterglemm
Start: 09:30
Infos: +43 / 677 62035081 ,

Wednesday, 27 August 2025

Hypnosis - Power & Motivation

Hypnosis - Power & Motivation Experience relaxation & lightness in a safe space. And recharge yourself with strength and motivation

Where: Glemmtaler Landesstr. 341c, 5753 Saalbach
Start: 18:45
Infos: +43/664 3603059, federleicht.yoga.hypnose@gmail.com

Friday, 26 September 2025

Hike Manlitzkogel

Hike Manlitzkogel Guided mountain hike to the Manlitzkogel. Experience a fantastic day in the Glemmtal mountains with our mountain guide Hans. Get to know the nature and history of our region and let yourself be whisked away to a time-out all to yourself.

Where: Zwölferkogelweg 208, 5754 Hinterglemm
Start: 09:15
Infos: +43 650 82 06 978, a.steiner@saalbach.com

Tourismus Service Center Saalbach Hinterglemm
Glemmtaler Landstraße 550, A-5753 Saalbach
Tel.: +43 (0)6541 6800-68, Fax: +43 (0)6541 6800-69
contact@saalbach.com