

MY SAALBACH PROGRAMME

27 JUNE - 28 SEPTEMBER 2026

Monday, 29 June 2026

Conditioning

Conditioning You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 18:30

Infos: Evy Lecher +43/680 3323667,

Strength training

Strength training You can expect challenging interval blocks on the rowing machine and assault bike, combined with functional bodyweight exercises and small equipment. An effective full-body workout for maximum endurance, strength endurance, and power. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Tuesday, 30 June 2026

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

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,

Jumping Fitness

Jumping Fitness A combination of fast and slow jumping, without complicated choreography steps on the trampoline

Where: Glemmtaler Landesstraße 471, 5754 Saalbach

Start: 18:00

Infos: Carina Embacher +43/664 3924707,

CrossFit (Basics)

CrossFit (Basics) In this hour you can expect a workout-based functional strength and endurance training with kettlebells, dumbbells, endurance machines and your own body weight. The intensity can be adjusted to any fitness level.

Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 19:30

Infos: Evy Lecher +43/680 3323667,

Wednesday, 01 July 2026

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: 08:00
Infos: +43/6541-6800 204, hallo@physiocorinne.at

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 08:00
Infos: Evy Lecher +43/680 3323667,

Outdoor Workout by the mountain lake

Outdoor Workout by the mountain lake - Probably the Highest Workout in the Alps! Under professional guidance, you can expect a varied workout in Functional Fitness, CrossFit, or HYBRID style, combining strength and endurance elements. With beautiful mountain views. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 10:15
Infos: Evy Lecher +43/680 3323667,

Yin Yoga Session

Yin Yoga Session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

Thursday, 02 July 2026

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. Registration with Evy: +43/680 3323667

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

Open Dance Night – Inspired by Ecstatic Dance & 5 Rhythms

Open Dance Night – Inspired by Ecstatic Dance & 5 Rhythms This dance evening isn't about dancing "well" or learning steps. Instead, we use music, rhythm, and free movement to shift our focus from our minds to our bodies—without any pressure to perform.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 18:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Friday, 03 July 2026

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

Sunday, 05 July 2026

Summer Brunch

Summer Brunch Enjoy, connect, and celebrate summer together: The HOL TEAM Summer Brunch invites you to relaxed moments, delicious food, and meaningful conversations in a cozy atmosphere. The perfect way to start the day – filled with ease, enjoyment, and summer vibes.

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 10:30
Infos: +43/680 3323667,

Tuesday, 07 July 2026

Jumping Fitness

Jumping Fitness A combination of fast and slow jumping, without complicated choreography steps on the trampoline

Where: Glemmtaler Landesstraße 471, 5754 Saalbach
Start: 18:00
Infos: Carina Embacher +43/664 3924707,

Yoga & Sound in the Garden

Yoga & Sound in the Garden Movement, fresh air, evening sun, and deep relaxation—the perfect way to wind down the day and recharge your batteries. Suitable for all levels

Where: Glemmtaler Landesstraße 613, 5753 Saalbach
Start: 18:30
Infos: +49 170 8304812,

Wednesday, 08 July 2026

Mountain Lake Yoga & Brunch

Mountain Lake Yoga & Brunch

Where: Glemmtaler Landesstr. 447, 5754 Hinterglemm
Start: 09:00
Infos: +43 6604810464, miriam_scharnagl@hotmail.com

Outdoor Workout by the mountain lake

Outdoor Workout by the mountain lake - Probably the Highest Workout in the Alps! Under professional guidance, you can expect a varied workout in Functional Fitness, CrossFit, or HYBRID style, combining strength and endurance elements. With beautiful mountain views. Registration at Evy +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 10:15
Infos: Evy Lecher +43/680 3323667,

Wednesday, 15 July 2026

Vision Board Workshop

Vision Board Workshop

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 18:00
Infos: +43/6541-6800 204, a.steiner@saalbach.com

Yin Yoga Session

Yin Yoga Session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

Saturday, 18 July 2026

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,

Sunday, 19 July 2026

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: +49/1708304812,

Monday, 20 July 2026

HIKE AT THE KOHLMAIS

HIKE AT THE KOHLMAIS

Where: Skiliftstraße, 5753 Saalbach
Start: 09:15
Infos: ,

Wednesday, 22 July 2026

Resilience Workshop

Resilience: Mental Strength for the Season

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

Tuesday, 28 July 2026

Hike Hohe Penhab - Schönhoferwand

Hike Hohe Penhab - Schönhoferwand Guided mountain hike to the Hohe Penhab and Schönhoferwand. Experience a fantastic day in the Glemmtal mountains with our mountain hiking 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: ,

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, 10 August 2026

6. CLOTHES-SWAP-PARTY

6. CLOTHES-SWAP-PARTY Refresh your closet without spending any money! Do you have clothes that you no longer wear and would like to swap for new favorite pieces?

Where: Glemmtaler Landesstr- 550, 5753 Saalbach
Start: 18:00
Infos: +43 6541 6800204, a.steiner@saalbach.com

Tuesday, 11 August 2026

Yoga & Sound in the Garden

Yoga & Sound in the Garden Movement, fresh air, evening sun, and deep relaxation—the perfect way to wind down the day and recharge your batteries. Suitable for all levels

Where: Glemmtaler Landesstraße 613, 5753 Saalbach
Start: 18:30
Infos: +49 170 8304812,

Tuesday, 18 August 2026

Pottery Workshop

Pottery Workshop

Where: Oberer Mühlrain 11, 5760 Saalfelden
Start: 18:00
Infos: +43/6541 6800-204, a.steiner@saalbach.com

Wednesday, 19 August 2026

Mountain Lake Yoga & Brunch

Mountain Lake Yoga & Brunch

Where: Glemmtaler Landesstr. 447, 5754 Hinterglemm
Start: 09:00
Infos: +43 6604810464, miriam_schornagl@hotmail.com

Saturday, 22 August 2026

Via Ferrata Course

Via Ferrata Course Learn how to safely climb via ferrata and open up completely new perspectives of mountain climbing and time out for yourself.

Where: Oberweißbach 9, 5093 Weißbach
Start: 09:00
Infos: +43/66475052351, info@mountainguides-saalbach.at

Monday, 24 August 2026

HIKE AT THE KOHLMAIS

HIKE AT THE KOHLMAIS

Where: Skiliftstraße, 5753 Saalbach
Start: 09:15
Infos: ,

Tuesday, 25 August 2026

Creative workshop - Self made Hair Care

Creative workshop - Self made Hair Care

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

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

Sunday, 06 September 2026

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: +49/1708304812,

Tuesday, 08 September 2026

Focaccia Workshop – La Dolce Vita

Focaccia Workshop – La Dolce Vita

Where: Glemmtaler Landesstr. 317, 5753 Saalbach

Start: 16:30

Infos: ,

Thursday, 10 September 2026

Wine & Painting Event

Wine & Painting Event

Where: Hasenbachweg 378, 5754 Hinterglemm

Start: 16:00

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

Monday, 28 September 2026

Hike Hohe Penhab - Schönhoferwand

Hike Hohe Penhab - Schönhoferwand Guided mountain hike to the Hohe Penhab and Schönhoferwand. Experience a fantastic day in the Glemmtal mountains with our mountain hiking 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: ,