

# Fitness and Wellness

Building **L**

Guests at the Zurich Development Center are encouraged to exercise not only their minds, but their bodies, too. The Fitness and Wellness Center, located in Building L, offers a range of exercise and relaxation possibilities. Towels and bathrobes are provided for your convenience. Access with Guest ID card only.

- State-of-the-art Life Fitness and TechnoGym cardio
- Water rowing machine
- TechnoGym strength equipment and personalized trainings with TechnoGym Visio
- Balance boards and other fitness gear
- Dumbbells from 1 - 30 kg
- Bike and e-bikes
- 2 Sauna 80 °C (men and women separate) • 1 Steam bath 42 °C
- 1 Relaxation system: BrainLight chair
- 1 Infrared cabin
- Relaxation zone
- Fresh fruits, juices, water and sodas

## Outdoor:

In our Garden between Buildings B & C you can visit our "City Cage". All known exercises can be done on this all-in-one urban Vita Parcour unit.

## By appointment (fee applies):

- Massage
- Health and fitness checks
- Personal fitness consultation
- Indoor and outdoor health and fitness coaching for individuals and groups
- Active break, activation sessions and health impacts

## Opening hours:

This service is available during weekdays from 3 p.m. On weekends and national holidays from 9.00 a.m. Please inform our reception team if you wish to use our wellness zone. We need about 30 min to heat up the sauna and the steam bath.

