



URBAN SPORTS CLUB

Press release

Massage, meditation and cryotherapy: Wellness for body and mind with Urban Sports Club

Berlin, 26.08.2021 - The days are getting shorter and the temperatures are dropping, which means it's time to get cozy indoors. Whether it's soothing spa visits, relaxing massages or guided meditation, Urban Sports Club has all the tools to combat the autumn and winter blues.



All-round well-being spa day

A spa visit can do you wonders on a gray November day and reset your body and mind. The Latin word term "spa" stands for "sanus per aquam" which means "health through water." Everyday stress washes away in the warmth of a pool or sauna to be replaced with peace and well-being. Thermal baths such as

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[Claudius Therme](#) in Cologne have curative properties in their water which positively impact your health, which can also be boosted by invigorating sauna sessions at one of our beautiful partners like [Stadtbad & Hotel Oderberger](#) in Berlin.

Massage and cryotherapy to activate the body

It's common for energy and motivation to drop during the autumn and winter months, but there are still many ways to positively stimulate your body and immune system. Choose a soothing massage with hot oils or stones, or try the other extreme - a cold chamber at -110 degrees Celsius. Whether red hot or ice cold, both treatments tighten the connective tissue which help you feel relaxed and energized. Try cryotherapy at [Cryopoint](#) in Berlin and experience a real mood boost from the released endorphins while burning calories. And if something warm and cozy sounds more appealing, book a massage with our wellness partners [Vabali Spa](#) in Dusseldorf or [MYSSAGE](#) in Cologne.

Meditation, yoga and Qi Gong for a balanced mind

Mental health has become increasingly in focus recently. Physical well-being goes hand in hand with mental well-being, and there are many ways to nurture mental health. Meditation and breathing exercises have a positive effect on concentration and counteract stress and anxiety. Sound meditation with [Praxis für Entspannung](#) in Düsseldorf takes participants on a melodic journey, while yoga and Qi Gong are holistic practices that train both body and mind. Urban Sports Club membership includes a variety of yoga partners with a wide range of styles, from calm yin yoga to dynamic vinyasa, on-site in the studio, via livestream from home, or as on-demand classes. [Mednord Fitnessfloor](#) in Munich, for example, offers a wide range of classes.

Whether yoga or Qi Gong, steam sauna or cold chamber, wellness today is more diverse than ever before. Urban Sports Club members can choose from a flexible range of courses according to their individual preferences and physical needs. This makes Urban Sports Club the perfect partner for whatever life may throw at you.

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It can be challenging to make time for family, work and me-time, but thanks to our corporate customer offer, you can enjoy Urban Sports Club through your employer for a healthy work-life balance.

About Urban Sports Club

Urban Sports Club offers a flexible sports and wellness membership. The goal is to encourage people to lead healthier and more active lifestyles through the largest and most diverse offer in Europe. From fitness, yoga, swimming and climbing to team sports and wellness, members can create their own personalized workout plan from over 50 activities and discover sports they are passionate about. At over 10,000 partner locations in six countries in Europe (Germany, France, Italy, Spain, Belgium, Portugal), members can check in for sports via app. As a group of companies with OneFit, Urban Sports Club's network has more than 12,000 partner locations. The private and corporate customer offer includes training in the studio, outdoors, online courses via livestream and on-demand courses. In total, employees from over 40 different nations are employed at the European locations.

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