

Press release

Travel by livestream: Discover sports and fitness hotspots in Europe with Urban Sports Club

Berlin, Germany, 14.05.2020 – We may have to re-define our idea of a summer holiday this year, but you can still travel the world virtually from your living room. With Urban Sports Club the most beautiful cities in Europe like Barcelona, Milan and Paris can be reached with one mouse click and no need for VR glasses. With its new offer, the sports and fitness flat rate provides access to numerous [live online courses](#). Whether it's an intensive full-body workout or a relaxing yoga session - each course not only has a boosting effect on health, but allows you to get immersed in the respective culture. Plus, you'll improve your French or Spanish skills by osmosis.



Lisbon: Full-body workout

A walk in hilly Lisbon can itself become a workout. But for those who aren't currently able to stroll through the city, you can at least check in at [Life Center](#) Lisbon and strengthen your muscles with their functional training session "Total Body Workout". With this trend sport you'll turn your own body into a training tool. Another course that focuses on strength and endurance is "Body Conditioning". This is offered at the [Jaya Aerial Lab](#). The studio is located in the centre of Lisbon in Saldanha, which is where the courses are streamed. You can also participate in the "Handstand Lab" to learn the techniques to

execute a handstand. Here your arms, shoulders and torso will be strengthened and your balance maximised.



Paris: Dancing as an expression of sensuality

The city of love invites you to dance. In the course “[Bewomen Beyoncé Style](#),” dance enthusiasts learn how to unleash their sensuality à la pop icon Beyoncé. For example, how does she use her heel to change the stature of her body, turning a walk into part of the dance? And what effect does this movement have on appearance and aura? Choreographer Jeanne-Pierre Chandler has the answers in this inspiring live online course. The “[Smart Bodies](#)” dance course also re-directs attention to your inner self. The method was created by the two choreographers and dancers Julie Magneville and Elodie Auger and combines a series of physical exercises from yoga, Pilates, classical and modern dance. The course “[Danse Orientale Kreadance](#)” is inspired by classical Egyptian belly dance and oriental pop. After an initial warm-up you’ll learn new movements, followed by a choreographic sequence.

**Milan: self-defence and martial arts**

Dolce far niente? Not in the bustling metropolis of northern Italy. In this vibrant city, the beauty of sport is just as celebrated as fashion, design and art. Familiarise yourself with the Chinese martial art Kung-Fu at the partner [San Dao 6](#). Artistic, powerful jumps and punches and kicks won't just train the body and mind, but can be used effectively as a form of self-defence. [Dunamis Milano](#) brings a wide variety of martial arts to the online course schedule such as shadow boxing or mixed martial arts. Thereby the traditional boundaries between the individual disciplines blur and create something completely new.



Barcelona: Latest Yoga-Trends

This cosmopolitan city has been particularly hard hit by the crisis, but with every check-in the studios can be supported locally. For example, [Shanti Vida](#) offers various online yoga courses in English. The aim is to dive deep into self-exploration and let go completely. Those who swear by Bikram Yoga should try the courses of [Hot Yoga Barcelona](#). Even without a room temperature of 35 to 40 degrees, this asana sequence will make you sweat a lot. [Glow Yoga Barcelona](#) offers "Rocket Vinyasa," a fast and dynamic yoga method based on Ashtanga which increases flexibility. Since the classes always vary a little bit, things will never get boring here.



Brussels: Relaxation for a healthy mind

Brussels is known for its slow and steady way of life. Only last week the city centre was declared a cyclist and pedestrian zone, and this calm way of life perfectly suits venues like [Prévention Yoga Massage](#). The focus here is on discovering the physiology of the human body through movement and learning to listen. At "J'aime dormir" participants learn techniques for a more restful sleep. The "[Brussels Yoga Loft](#)" is located in the heart of the lively neighbourhoods of Woluwe St-Lambert & Châtelaine and offers a wide range of wellbeing courses. Thus "Relax & Restore" combines the benefits of regenerative yoga poses with the use of small tools such as blocks, blankets and pillows. The aim is to release tension in the body and improve mental and emotional well-being. In "Yin Yoga", deep-tissue muscles are activated, thus increasing blood circulation and flexibility. it's the perfect way to let go of worries and corona stress.



About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to motivate people to take part in sports through the largest and most varied range of offers and to encourage them to lead a healthier and more active lifestyle. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can compile their individual training plan from over 50 sports and more than 8,000 partner locations - including OneFit there are more than 10,000 - in six countries (Germany, France, Spain, Italy, Belgium, Portugal) and check in to the sport via smartphone app. Diversity, flexible conditions as well as organized team sports and wellness offers round off the range of services for private and corporate customers.

Due to the current COVID-19 situation, Urban Sports Club has temporarily changed its offer to online courses. The interactive training units take place via livestream in real time. This gives users access to thousands of courses from hundreds of partner locations in Germany and Europe.

Please do not hesitate to contact us if you have any questions.

Press contact:

Urban Sports Club
Michaelkirchstraße 20
10179 Berlin

Franka Schuster

E-Mail: franka.schuster@urbansportsclub.com
Phone: +49 (0) 171 298 8941

Cristina Krenzer

E-Mail: cristina.krenzer@urbansportsclub.com
Phone: +49 (0) 170 220 9310