

Press release

## Staycation: Get that holiday feeling in your home-city with Urban Sports Club



**Berlin, Germany, 09.07.2020** – Although internal European borders have opened again, a large proportion of Germans would prefer to spend this year's summer holidays at home. But you can breathe a sigh of relief if you think this means sacrificing fun and relaxation because Urban Sports Club membership covers a wide range of needs. From stand-up paddling and beach volleyball to yoga and meditation outdoors to canoeing or swimming – Urban Sports Club lets you rediscover your own city anew, with holiday flair and vitamin D boosts included.

### **Stand-up paddling – the summer trend**

The SUP board is the sporting equipment of summer 2020. Paddling across German waters in a unique setting goes hand in hand with social distancing measures, plus this trendy sport is an effective whole-body workout that strengthens the body's core and trains balance. In Berlin, for example, the special boards can be rented at the iconic Wannsee or at Funkhaus - the former GDR radio studio directly on the Spree. In Munich, members of Urban Sports Club can enjoy Starnberger See on the SUP board and enjoy a sensational natural panoramic view. SUP Club Hamburg also rents out paddles and boards to cover beautiful routes on the Alster.

### **Outdoor bathing fun: beach, nature park or outdoor pool**

Holidays don't have to be on the wild beaches of Mallorca or in romantic bays of Italy. Local waters and open-air swimming pools are the perfect way to cool down and provide plenty of holiday feeling. Whether it's listening to club sounds in the middle of the Spree in the hip Badeschiff Berlin or swimming and feasting at Strandbad Wendenschloss in Köpenick – the capital has countless possibilities for outdoor swimming fun. Those at home in Hamburg can enjoy the cool water at Naturpark Stadtbad See in Hamburg. The bath is embedded in a beautiful park landscape in the city centre. Freibad Stadion in Frankfurt am Main is a bit more sporty and one of the oldest outdoor pools in Germany. With a variety of pools, bathing fans will get their money's worth.



### **Adrenaline kick with water ski and wakeboard**

Water ski, wakeboarding and similar sports bring back plenty of holiday memories. This year, the fun strength and endurance training can also take place on local waters. Strandbad Jungfernheide in Berlin, for example, offers beginners and professionals ideal conditions for gliding over mirror-smooth water. You can also get that holiday feeling and adrenaline kick on a wakeboard at Bleibtreusee vor den Toren Kölns or in the Cablesport Arena Pinneberg near Hamburg.

### **Canoe love or pedal boat classic?**

Is it really summer without holiday romance? Romantic hours for two can be spent just as well in your own city. Whether by canoe, kayak or pedal boat: gliding over the glistening water makes every heart



beat faster. Water sports enthusiasts can experience maritime flair at [Bootsterrassen Warnemünde](#). Here, different boats can be rented via the Urban Sports Club app. Nostalgics will get their money's worth at [Kanuliebe in Berlin](#) with restored classic pedal boats and pretty triple canoes. For two hours you can sail along the River Spree alongside the Insel der Jugend. You'll get that holiday feeling at the idyllic [Stadthafen Leipzig](#), where you can explore Leipzig's waterways by canoe or kayak.

### **Yoga under the open sky**

Whether as a kick start to your day or a sundowner, yoga is not only the ideal tool to balance everyday life, but also allows body and mind to relax during the holiday period. Many partners are also offering their classes outdoors during the summer months. With Every Damn Day Yoga, yogis can roll out their mats at popular outdoor Berlin locations such as [Holzmarkt](#) or [Haubentaucher](#). At [Steg-Yoga in Hamburg](#), the yoga practice is combined with the element of water. Here participants learn that life is in flow. At [Outdoor-Yoga München](#), the practice is also in harmony with nature. There is no better way to spend a holiday at home.



## **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 provides a flexible all-round offer consisting of live online courses and classic courses on site. 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.

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