



Press release

Valentine's Day with Urban Sports Club: self-care, couple workouts and team love

Berlin, Germany, 20.01.2021 – Fill your Valentine's Day with sports and love – Urban Sports Club will provide the variety. February 14th is also the perfect occasion to celebrate love for your own body - after all, it's literally carried us through the last year. So Urban Sports Club presents the perfect workouts for self-care with variety for any relationships that have fallen asleep, and for those with a sporty "Corona Buddy." Whether by yourself, as a couple, with your best friends or with a team, these classes are both fun and will boost your immune system. Because keeping your body and mind fit is still the order of the day, and is the ultimate act of self care for yourself and those around us.

Yoga, meditation or HIIT: workouts for greater self-care

Life in lockdown challenges us in different ways, which is why it's all the more important for busy people or parents in home office to implement some "me-time" – even beyond Valentine's Day – into

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their daily routine. Those who spend a lot of time alone can keep in touch with others through live onlineclasses and find a workout buddy to keep them company. Classes include "Online Sun Salutation Vibes" from partner [Soul Sport](#), "Ayurveda Yoga" at [Studio 148](#) or "Yin into Yoga Nidra" at [Tribe Yoga Base](#). Urban Sports Club's platform has plenty to offer, and these little time-outs are like a balm for body and soul.

Those who prefer to work up a sweat in their "me-time" will get their money's worth with courses like "Fat Burn HIIT" from partner [Your Life Change](#), the functional interval workout "Back in Shape" from Bonn partner [Loft by You](#) or "Ab-Attack in the Kitchen" from [Michael Byrne Coach](#).

Burlesque, functional training and jazz: workouts for couples

Dinner, chocolates, a bouquet of flowers? Urban Sports Club's live online-classes make the ultimate Valentine's Day rendezvous at home. They're perfect for all couples whose relationship needs a shake up from home office and couch potato mode. Courses to (re)fall in love to include "Lyrical Jazz" or "Contemporary with [Papillon Tanz](#). [Pole Dance Schule](#) Berlin teaches sporty seduction tricks with courses such as "Sensual Floorwork," "Twerking Choreo" and "Exotic Pole." Munich's [Dance with George](#) dance school introduces students to the world of salsa, bachata and kizomba with classes via livestream. A positive body image is conveyed by the [Center of Dance](#) with popular live online-classes such as "Jazz/Burlesque."





Zumba, Jumping Fitness and Hot Iron: Workouts for Besties

Working out in pairs increases motivation and the fun factor. Those who don't share a household can still arrange to work out online together. For example, a fixed weekly workout day can establish new routines and create shared experiences – a real booster for friendship in the current climate. [Fitness and Dance Munich](#) offers a versatile combination of dance and fitness classes. From "Zumba" to "Jumping Fitness" to "Hot Iron," something new can be tried out here every week. True to the motto "Summer Bodies are made in winter," courses from partner [Noch 3](#) will burn fat and ensure greater strength and stability with classes such as "Burn," "Mobility" and "Core."

HIIT or Deepwork: Team workouts to stay connected

It's been almost a year since we've been able to have lunch and coffee breaks with colleagues. But a shared workout in the form of an online course can help you stay connected and bring more movement into your home office routine. The "HIIT 30 MIN Express" course from partner [IGNITE.FIT](#), for example, can be easily integrated into your lunch break. Munich studio [The Body Workers](#) offers classic and effective "Legs Bums & Tums Express" or "Deepwork." You can also invite your secret office crush, whom you haven't met at the coffee machine for far too long, to a joint fitness challenge.

If you want to give yourself or your loved one the greatest gift of all this Valentine's Day, then give "health" in the form of an Urban Sports Club membership and personalize your [gift certificate](#) with a note. The live online courses aren't just highlights for lockdown life - "climbing," "acro yoga" and "SUP" are something to look forward to in future.

About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied range of sports offers. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can choose from over 50 sports to create their own unique training plan and discover new activities to feel passionate about. With over 10,000 partner locations in six countries in Europe (Germany, France, Spain, Italy, Belgium, Portugal), members can check-in for sports via the Urban Sports Club app. Since merged with OneFit, the Urban Sports Club network has more than 12,000 partners to choose from. Private and corporate customers can choose to train in studios, outdoors or online via livestream. Urban Sports Club employs over 40 different nationalities in locations across Europe.

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