



Press release

## **Summer vibes with Urban Sports Club: feel-good outdoor sports to boost your mood**

**Berlin, Germany, 15 March 2021** – Summer, sun, daylight - goodbye home office lethargy. The temperature's rising and outdoor season is just around the corner. Whether it's canoeing on Germany's most beautiful waters, practicing yoga in hip open-air locations or HIIT in shady parks, with Urban Sports Club you can explore your city in a new way, try out the latest sports trends, boost your health and rediscover the joy of exercise.

### **Flexible throughout summer**

With Urban Sports Club, it's easy to discover new passions and sporty hobbies. With the flexible, multi-sport offer you can try tennis today, bouldering tomorrow and stand-up paddling the next day. After months of sitting at home on the sofa, the long, light-hearted days of summer beckon. It's the ideal time to get out in the fresh air, soak up vitamin D and feel part of a community again. In addition to the many outdoor activities on offer, members can continue to enjoy a wide range of online classes

**Franka Schuster**  
Public Relations Lead  
Email: [franka.schuster@urbansportsclub.com](mailto:franka.schuster@urbansportsclub.com)  
Tel: +49 (0) 171 298 8941

**Cristina Krenzer**  
PR Manager  
Email: [cristina.krenzer@urbansportsclub.com](mailto:cristina.krenzer@urbansportsclub.com)  
Tel: +49 (0) 170 220 9310

from the comfort of their own homes and – as soon as it's possible – also train on-site at partner studios. And the best part: when sport is fun, participants develop healthy routines all by themselves.

### **Parkour, squash and tennis: try the latest trend sports**

It's true what they say – "The 80s are back!" and sports that will see a revival this season can be practiced in the fresh air. So say hello to tennis, squash and golf! Boot camps, HIIT and functional training can also be performed anywhere, and are sure to be in vogue this summer. And parkour, AKA "the art of efficient movement," will continue to increase in popularity as training happens outside in urban spaces.



### **Kayak, yoga and outdoor pools: discover new places**

Now we can finally explore again, why not go on a sporty tour of your home city? In addition to new sports, with Urban Sports Club you can discover new places. You can check in to all the outdoor pools in your city, practice yoga in edgy open-air locations or sail along picturesque waterways in a kayak or canoe. One thing's for sure: this summer will be anything but boring.

### **Qi Gong and Meditation: for physical and mental health**

The past year has taken a toll on both our physical and mental health. Exercise, fun and community are all great ways to wash the body and mind of corona blues. Although [live online classes](#) remain



part of our hybrid offering, on-site professional training with a like-minded group will strengthen the body and mind and fuel a sense of community. Outdoor activities provide real, social encounters and a sense of togetherness - while adhering to distance and hygiene rules, of course.

Classes such as singing bowl meditation, breathwork or Qi Gong create a mental balance to counteract current events, and they can all be practiced in the beautiful outdoors. So sporty summer, here we come!

### **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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**Public Relations Lead**  
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