



URBAN SPORTS CLUB

Press Release

## Summer vibes with Urban Sports Club: try these mood-boosting outdoor sports

**Berlin, 16.06.2021** - Summer, sun, daylight - bye-bye home office lethargy, hello outdoor season! Temperatures are climbing just in time for the long-awaited [reopening](#) of sports facilities, so sports can now be enjoyed again outdoors. Whether it's canoeing on Germany's beautiful waters, yoga in hip open-air locations or HIIT in shady parks: with Urban Sports Club, you can explore your city in a new way and try out trendy new sports, boost your health and rediscover the joy of exercise all at the same time.



### Flexible through summer

[Urban Sports Club](#)'s flexible multi-sport offer makes it easy to discover new fitness passions. Tennis today, bouldering tomorrow and stand-up paddling the day after. After months of isolation at home, summer beckons with warm temperatures, long days and light-heartedness. It's the ideal way to get

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URBAN SPORTS CLUB

out in the fresh air, soak up some vitamin D and enjoy that community feeling. And in addition to outdoor activities, members can work out on-site again at partner studios and continue to enjoy the extensive live online offer in the comfort of their own homes or while on summer vacation. Brand new on-demand classes now complete Urban Sports Club's hybrid offering, so you can access your favorite workouts at any time of the day or night.

### **Parkour, squash and tennis: try out new trend sports**

True to the motto "The 80s are back!" this season there'll be a revival of socially-distanced sports that can be enjoyed in the fresh air. Hello tennis and squash! Enjoy these activities at [Squash House Berlin](#), [Tennisanlage Olympiapark](#) or at [Sportpark Hamburg Öjendorf](#) amongst others. Golf, which has long been considered an elitist sport, is now accessible and ready to be enjoyed this summer by Urban Sports Club members. Get immersed in a game in the middle of the green with [Hohmann Golfsport](#) in Berlin, [Golfclub München Riem](#), Cologne's [Golf BurgKonradsheim](#) and more. Sports that can be enjoyed outside will be in vogue this summer, such as motivating HIIT and functional training at [OpenGymMunich](#), [Hit N Run](#) in Hamburg or [Krafthaus](#) in Cologne, plus dozens more. Boot camp sessions with pumping beats at [Bootbox by Original Bootcamp](#) or [V-Training Bootcamp Aachener Weiher](#) will get your heart rate up. Parkour aka "the art of efficient movement" will grow in popularity as it can be practiced outdoors in urban spaces practically anywhere. You can try it out at Cologne's [Stuntwerk](#) or at the [Parkour Akademie](#) at Berlin's Max-Schmeling-Halle.



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### **Get to know new locations with kayak routes, yoga and outdoor pool sessions**

Enjoy shared sporty experiences and explore at the same time - because Urban Sports Club is all about discovering new activities and places. So why not try out all the outdoor pools in town, practice yoga at the hottest outdoor locations, or sail along the most scenic kayak routes? With this attitude, summer will be anything but boring. Soft sandy beaches and green lawns for sunbathing await Urban Sports Club members at [Strandbad Wendenschloss](#) in Berlin-Köpenick or the [ARRIBA Strandbad](#) in Hamburg. Or enjoy a quick cool-down at the [Rheinbad Freibad](#) in Düsseldorf or the [Freibad Silo](#) in Frankfurt/Main. Train your balance on SUP boards at [Wasserski Bleibtreusee wake&ski](#), [SUP Club Hamburg](#) or at [SUP am Starnberger See](#). From Vinyasa Flow to Yin Yoga - you can finally practice with other yogis again at beautiful outdoor locations such as [Yoga Drop](#) in Cologne, [Shivasloft Flingern](#) in Düsseldorf or the [Yogibar Studio](#) in Berlin plus many more.

### **Qi Gong and Meditation: Strengthen your physical and mental health**

The past year has taken a toll on our health but exercise, fun and community all contribute to reviving your body and mind. [Live online classes](#) are a great way to boost health at home, but in-studio classes with professional guidance are great for your body and mind and bring a sense of community. You can also enjoy real encounters together with fellow yogis in the great outdoors, in accordance with distance and hygiene rules of course. Courses such as singing bowl meditation, Breathwork or Qi Gong create mental balance to counteract stress from everyday life and can also be practiced beautifully outdoors. Summer of sport, here we come!

### **About Urban Sports Club**

Urban Sports Club offers a flexible sports and wellness membership. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied sports offer. 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, Italy, Spain, 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. The offer for private and corporate customers includes training in the studio, outdoors, online courses via livestream and on-demand courses. Urban Sports Club employs over 40 different nationalities in locations across Europe.

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