



URBAN SPORTS CLUB

**Press release**

## **Train like the Locals – have an active vacation with Urban Sports Club**

**Berlin, 25.04.2022** – Summer is back, which means it's time to migrate to the south! Soon it'll be time to take well-deserved trips to faraway places, to rest, relax and some people might want to exercise in the fresh air. Padel sessions in the north of Italy or surfing off the coast of Portugal will boost your health and well-being and enhance that holiday feeling. So pack flexible sports and wellness in your luggage with Urban Sports Club, and get to know the country and its people by relaxing or exercising with the locals.



**Feel good on vacation thanks to summer, sun and sports**

Create shared experiences this summer with a sporty discovery tour. For those who find solo jogging or bodyweight sessions too monotonous, Urban Sports Club has over 12,000 partner studios in Germany, France, Italy, Spain, Portugal and Belgium with over 50 sports available. And good news for

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anyone who prefers to holiday outside a city – members have access to Live Online and On-Demand classes wherever they are.

Exercising abroad sparks new energy, inspires connections and paves the way for unique travel stories. So maintain a healthy routine in a new environment, meet local sports buddies and discover new sporting passions. And, for longer stays abroad, join a motivating training group to get that community feeling.

To maintain balance, recover from everyday stress in the long term and to successfully recharge, a focus on emotional health is key. So decelerate and regenerate abroad with wellness treatments, massages and mindfulness exercises.



### Experience the diversity of sports and wellness throughout Europe

Urban Sports Club's partner community helps travelers add variety and joy to their summer vacation sports experiences, making trips even more memorable.

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Our Urban Sports Club summer journey begins in Bordeaux. In recent years, the southern French metropolis has become a popular hotspot for cuisine and culture. In addition to UNESCO cultural heritage sites, the Atlantic coast city is known for its excellent cuisine. So why not combine delicacies with authentic insight into yoga teachings? Because, not far from Eglise St. Pierre's seasonal and local organic cuisine, [Yoga Pop](#) offers more than 20 Pilates and yoga classes and various workshops. This fusion will activate all the senses.

Next stop on our journey: Porto, the city of bridges. Portugal's coastline is known around the world for its beautiful and challenging surf spots. So if you want to try out surfing but aren't quite ready for the waves of Nazaré, [Fish Surf School](#)'s surf lessons are the perfect solution.

Don't miss Barcelona on your way out of the Iberian Peninsula. [Sharma Climbing](#) is a stone's throw from Sagrada Familia and the famous MACBA skaters in the El Raval district. Here, bouldering fans can push their limits and climb to the heart of Catalonia with Urban Sports Club.



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All roads lead to the trendy sport of padel in the north of Italy. Whether it's a romantic couples getaway or a vacation with friends, get active together at [Padel Country Club Torino](#) in the former Italian capital of Turin. You might even make some new friends in the process.

Urban Sports Club's summer tour ends in Germany – specifically, in Hamburg. The events of the last two years have made many passionate travelers rethink the concept of vacation and led them to discover the beauty of their own country through staycations. However, amongst the mayhem of the big city, wellness and self-care often gets overlooked. So enjoy thermal baths and sauna landscapes any day of the year with one of Urban Sports Club's wellness partners, such as [Bäderland Kaifu-Bad](#).

Urban Sports Club offers the European community popular sports, unusual classes and relaxing spas and wellness in one package. Get the most out of your vacation, find balance and make unforgettable memories with enriching active experiences either alone, with locals or other travelers. Are you ready? Let's train like the locals!

### ABOUT URBAN SPORTS CLUB

Urban Sports Club, Europe's leading platform for sports and wellness, is dedicated to inspiring people to live healthy and active lives through the largest and most diverse offering. From fitness, yoga, swimming and climbing to team sports and wellness offers – members can design a unique training plan from over 50 sports across Europe and check in for sports via smartphone app. Together with its members and partners, Urban Sports Club creates a diverse community that collectively follows a vision: to be active in a world where the joy of sport is at the forefront for everyone – at any time and in any place. Urban Sports Club describes this as a world of inclusive and sustainable sports. [www.urbansportsclub.com](http://www.urbansportsclub.com), Press material about Urban Sports Club [here](#).

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