



Leistungsübersicht

	MIGROS FITNESS CLUB										FITNESS PARK MIGROS			onlyFitness BY MIGROS			bernaqua	
	Aarau	Bern	Biel Elite	Biel Bözingen	Burgdorf	Köniz	Olten	Schönbühl	Solothurn	Thun Bahnhof	Thun Panorama-Center	Hallenbad Oberhofen	Time-Out Ostermundigen	Trafo Baden	Aarau	Bern	Solothurn	Bern Brünnen
Cardio-/Ausdauertraining	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
HIIT-Geräte		✓								✓				✓			✓	
Krafttraining	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Elektronische Kraftgeräte (4E Geräte, Millon)	✓		✓	✓	✓			✓		✓	✓		✓					
Freie Gewichte	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Functional Fitness Zone	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Group Fitness (Only Fitness Cyberrobics®)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Indoor Cycling	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Five Rücken und Gelenkkonzept	✓	✓				✓												
Sensopro®-Koordinationstraining										✓			✓	✓				
Personal Training*	✓	✓	✓	✓	✓	✓			✓	✓			✓	✓	✓		✓	
Sauna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Damen Sauna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Dampfbad	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Tepidarium				✓		Meditation Lounge	✓	✓		✓		✓						
Kneipp Becken													✓	✓	✓		✓	
Massage*	✓	✓			✓		✓		✓		✓		✓	✓	✓		✓	
Lichttherapie*	✓			✓		✓			✓		✓		✓	✓	Nur Frauen	✓	✓	
Schwimmbad													✓				✓	
Solebad und/oder Entspannungsbad													Whirlpool	✓	Solebad	✓	Entspannungsbad	
Römisches-Irisch Spa*																	✓	
Kidz Club / Kinderparadies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Bistro und/oder Getränkeausschank* (Heissgetränke/Eiweissshake)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Bistro	✓	Bistro	✓	✓	
Minigolf / Squash													Minigolf	✓	Squash	✓		
Parkplätze	✓		✓*	✓	✓	✓*	✓	✓*	✓	✓*	✓	✓*	✓	✓	✓*	✓*	✓*	

* Kostenpflichtig