

# EXERCISE & RELAXATION

	Arosa	Davos	Grindelwald
<b>INDOOR POOL WITH STEAM BATH</b>			
Hotel guests	free	free	free
Single admission adults (children 6 – 15 years: 50% reduction, below 6 years free of charge)	12.–	12.–	12.–
Package deal (only external users): pay for 10 sessions, 11 <sup>th</sup> session free	120.–	120.–	120.–
<b>SOLARIUM</b>			
	6 min.	6.–	6.–
<b>ROMAN-IRISH THERME, in Arosa sauna area (incl. indoor pool/steam bath)</b>			
		admission from 16 years	
Hotel guests adults	20.–	24.–	26.–
Single admission	25.–	30.–	32.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free	250.–	300.–	320.–
<b>FINNISH BLOCKHOUSE SAUNA (incl. indoor pool/steam bath)</b>			
		admission from 16 years	
Hotel guests adults	–	16.–	16.–
Single admission	–	20.–	20.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free	–	200.–	200.–
<b>FITNESS CENTRE (incl. indoor pool/steam bath)</b>			
		admission from 16 years	
Hotel guests adults	12.–	12.–	12.–
Single admission	15.–	15.–	15.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free	150.–	150.–	150.–
Summer season	280.–	280.–	380.–
Winter season	380.–	380.–	380.–
Annual abonnement (summer and winter season)	600.–	600.–	600.–
Fitness instruction (groups of 2 – 4 persons)	45 min.	45.–	45.–
Personal fitness instruction	45 min.	80.–	80.–
<b>COMBINED ENTRY (indoor pool, steam bath, sauna, therme, fitness)</b>			
		admission from 16 years	
Hotel guests adults (from 3 nights 15.– per person/night = Spa PLUS)	26.–	29.–	32.–
Single admission	32.–	36.–	39.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free	320.–	360.–	390.–
Sunstar Spa Club: summer season	400.–	440.–	580.–
winter season	500.–	540.–	580.–
Annual abonnement (summer and winter season)	860.–	920.–	980.–
<b>SOFT-AEROBIC OR WATER GYMNASTICS</b>			
Individual lesson (group) for hotel guests & club members	free	free	free
Individual lesson (group)	15.–	15.–	15.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free	150.–	150.–	150.–
<b>TENNIS/BADMINTON (in Arosa also indoor)</b>			
Rental of court for hotel guests	1 hour	16.–	–
Rental of court for external users	1 hour	20.–	–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		200.–	–
Rental of balls and racket		5.–	–
<b>BOWLING, per alley</b>			
until 5.00 p.m.	1 hour	32.–	–
from 5.00 p.m.	1 hour	44.–	–

## Sunstar sports shops

The Intersport sports shops in Grindelwald and Davos and the Sports Select shop in Arosa have a wide selection of sports equipment to buy or hire at preferential prices.

Prices in CHF per person. Exchange rate: CHF 1.– = € 0.67 (as of November 2009), where payment is in Euro, the daily exchange rate applies.

Offers subject to availability and change. Advance booking recommended.