


SPORT

Bootcamp training with a view

**DATES**

 08.08.2025 – 15.08.2025
Friday 10:00

ADDRESS

 6356 Rigi Kaltbad
Switzerland

CONTACT

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Bootcamp training with a view

Bootcamp is outdoor fitness training for everyone! Start and finish: Rigi First

Are you doing it? I run a group fitness outdoor training session. You bring: You, sportswear, something to drink and a towel. Duration: one hour training, total approx. 2 hours Fitness level: all: you decide how you can/want to challenge yourself. I offer the best possible variations for different sport and fitness levels. Procedure: We hike up to the Schild, train there for about an hour and hike back to the First via the Felsenweg. Functional warm-up (20 min), main part (strength-endurance) (30 min), warm-down (10 min). Meeting point: 10 am Rigi First at the turn-off to the Felsenweg. Timetable: 8:55 from Arth-Goldau to Rigi Wölfertschen-First, from there approx. 15 min walk. 9:15 from Vitznau to Rigi Kaltbad-First, from there approx. 15 min walk. Kind regards, Caroline Questions? cwiesel@gmx.ch or 079 382 71 64 (write only, please