

## Fitness and wellness Building L

Guests at the Zurich Development Center are encouraged to exercise not only their minds, but their bodies, too. The Fitness and Wellness Center, located in Building **L**, offers a range of exercise and relaxation possibilities. Towels and bathrobes are provided for your convenience. Access with Guest ID card only.

- Cardio equipment
- Strength equipment
- 12 Mountain bikes
- 2 Sanaria and 1 steam bath
- 2 Solaria
- Whirlpool
- Juice bar
- Massage (by appointment, for a fee)
- Health and fitness checks and personal fitness consultation (by appointment, for a fee)
- Indoor and outdoor health and fitness coaching for individuals and groups (on request for a fee)
- Active breaks and activation sessions (on request for a fee)
- Bowling alley (reservation required)

### Wellness area open:

Mon–Fri 4:00 p.m.  
to 11:00 p.m.

Sat–Sun 11:00 a.m.  
to 9:00 p.m.

### Fitness area open:

24 hours a day

