

SPORTHAUS SPA GUIDELINES

The Sporthaus was created to promote healthy and active lifestyles with a state-of-the-art facility focused on training, strength, cardio, endurance, recreation and relaxation.

Enter a world that rejuvenates the mind, body and spirit through healthy activity and restorative relaxation.

The health and fitness facility offers creative activity programs, modern strength and cardio equipment and more, in an encouraging environment focused on improving overall athleticism and endurance.

The aquatics facility delivers both recreation and relaxation in a stunning setting with two 25 yard lap lanes, complemented by spas, sauna and steam rooms.

Spa treatments are based on rejuvenating, renewing and replenishing bodies that enjoy an active lifestyle.

We invite you to experience and enjoy the Sporthaus.



DRESS CODE

Robes and slippers are provided as a complimentary service in the Sporthaus Spa and can be picked up at the front desk. The Spa and Fitness areas are a co-ed facility. Proper fitness attire including shirts and closed-toe athletic shoes are required to enter the Fitness Area.

APPOINTMENTS / CANCELLATIONS

You may make appointments for services at the Lodge Front Desk, Village Services Office, or Sporthaus Reception Desk in person or via telephone. Appointments are required for all Spa services. Please notify us at least 24 hours in advance if you need to cancel or reschedule your appointments to avoid a "no show" charge.

CHECK-IN & EARLY ARRIVAL

Allow yourself at least 30 minutes before your scheduled appointment to check in and maximize the benefits of your treatment by enjoying the steam room and/or sauna.

CELLULAR PHONES

Please turn off all cellular phones and pagers while using the facilities.

AGE REQUIREMENT

Children under the age of 14 must be accompanied by, in the presence of, and supervised by an adult at all times while in the Sporthaus.

The Sporthaus is a private fitness and aquatics center for Village at Sugar Bowl homeowners, Lodge at Sugar Bowl guests and Sugar Bowl Ski Academy athletes.

Members may bring a guest for a fee. Please see reception front desk for specifics, rules and regulations.

Additional access fees will apply for individuals taking classes who wish to use other Sporthaus facilities.

SPORTHAUS HOURS

6:00am to 9:00pm - (530) 426-9000 x7607



THE SPORTHAUS

Inspired Performance for the
Sugar Bowl Community



MASSAGES

From deep relaxation to focusing on individual needs, our massage team uses a variety of techniques with degrees of firmness suited to your comfort level.

SUMMIT SPORTS

Designed to improve performance, our signature treatment is perfect for the hard-charging mountain enthusiast, combining massage and stretching techniques to get the body back in action.

60 MINUTE - \$125 | 90 MINUTE - \$165

SWEDISH

Experience soothing movement and the warmth of continuous hand work for a truly relaxing and rejuvenating session.

60 MINUTE - \$125 | 90 MINUTE - \$165

DEEP TISSUE

Release stress, tension and soreness through slow work and deep finger pressure on concentrated areas of the body. Ideal for replenishing muscles and rehabilitation of sports injuries, this massage can be full body or targeted to a specific area.

60 MINUTE - \$125 | 90 MINUTE - \$165

HOT STONE

Calming, peaceful, therapists use warm basalt stones to relax the muscles, allowing them to get deeper into the body. This therapy will have you in a deep state of relaxation and soft tissue work easing the mind, body and soul.

60 MINUTE - \$125 | 90 MINUTE - \$165

SIGNATURE SUMMIT

Unwind, relax and renew with a divine treatment using several massage modalities, including deep tissue, Swedish, hot stone and aromatherapy.

60 MINUTE - \$125 | 90 MINUTE - \$165

THAI MASSAGE

Also known as Thai Yoga Massage, this therapeutic healing art uses point pressure with passive muscle stretching and compression. Steamed herb packs may be incorporated into a session, deeply penetrating muscles to facilitate relaxation and healing. Thai massage is performed on a traditional floor mat with the client comfortably clothed.

60 MINUTE - \$125 | 90 MINUTE - \$165

HEALTH & FITNESS

Enjoy state-of-the-art fitness equipment with modern programs and instruction, tailor-made to elevate your overall strength, endurance and conditioning.

FEATURED EQUIPMENT

CARDIO

- Precor Treadmills
- Precor Ellipticals
- FreeMotion Incline Trainer
- RealRyder Indoor Cycles
- Indo-Rower - Rowing Machines
- Concept II XC Ski Erg

STRENGTH

- FreeMotion Squat Machine
- FreeMotion Seated Epic Leg Curl
- FreeMotion Epic Assisted Dip Chin
- FreeMotion Epic Leg Press
- TRX Suspension Training
- Free Weights
- Kettle Bells
- Medicine Balls
- Plyo Boxes

YOGA

Open the day with breath-work, movement asana, core work and deep stretches. This yoga class incorporates sun salutations and asanas designed to get the mind and body ready for a full day of skiing/snowboarding. All levels are welcome as we flow into the morning. Mat, blocks and straps included.

SINGLE CLASS - \$20

PRIVATE CLASS - AVAILABLE BY APPOINTMENT (60 MIN) - \$95

Up to 5 people, \$20 per person thereafter.

Additional fee applies for use and access of Sporthaus facilities.

SKI CONDITIONING CLASSES

Ski conditioning classes will be offered during the winter season. Improve your skiing technique by increasing your strength, flexibility, balance, and coordination through proper warm up and exercise.

CROSSFIT CLASSES

CrossFit workouts incorporate elements from high-intensity interval training, olympic weightlifting, plyometrics, powerlifting, gymnastics, girevoy sport, calisthenics, strongman and other exercises.

