

TSA

Fitness & Gymnastik

Price list valid from 1. 1.2024

Im Hallenbad Floridsdorf

01 / 270 02 97

www.tsafitness.at

21., Franklinstraße 22

info@tsafitness.at



Opening hours

Reception, fitness rooms, outdoor training area*

MON	13.00 - 21.00
TUE - FRI	09.00 - 21.00
SAT	08.00 - 19.30
SUN	08.00 - 17.30

*Training stops 15 min. before closing

Trainer support in the fitness rooms

MON - FRI	16.00 - 19.00
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Sauna & wellnessarea

TUE	13.00 - 21.00
WED - FRI	09.00 - 21.00
SAT	08.00 - 19.30
SUN	08.00 - 17.30
Mixed use (in the men's area)	
TUE, THUR	13.00 - 21.00
SUN	13.00 - 17.30

Swimming pool

TUE, FRI	13.00 - 16.30
WED	13.00 - 21.00
THUR	09.00 - 21.00
SAT	08.00 - 18.30
SUN	08.00 - 17.30

Reachability & Parking

- 3 min walk from subway-/trainstation U6/S-Bahn Floridsdorf
- Fee-paying parking area for cars (access via Obere Alte Donau) EUR 5,- /day for TSA-members

21., Franklinstraße 22 • 01 / 270 02 97
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Änderungen der Öffnungs- und Betreuungszeiten sowie Preisänderungen bleiben der Geschäftsführung vorbehalten. Sauna- und Schwimmbadbetriebszeiten vorbehaltlich Änderungen durch die städtische Bodenverwaltung.

Included services

Price list 2024 (valid from 1. 1. 2024)

To participate in the courses or to use the facility during the opening hours, according to the statutes an associated membership is necessary.

Long term club memberships

	Gymnastics Fitness Swimming Pool	Gymnastics Fitness Swimming Pool Sauna
1 year	670,-	800,-
1 year – senior citizens ages 60 and older	640,-	770,-
1 year – youth*	380,-	455,-
6 months – youth*	230,-	270,-
6 months	400,-	475,-
3 months	265,-	320,-
1 month	110,-	130,-

Short term memberships

Block of Ten Useable on 10 separate days	140,-	170,-
1 day The cost of a day membership can be discounted at purchase of a long-term membership within 7 days afterwards.	19,-	23,-

Personal training

*youth memberships are only acquirable for students, apprentices, people in military /civilian service from ages 14 to 27

prices in the extra info folder

Get started anytime!

Our professional aerobics and health programs

GYMNASTICS & AEROBICS



We are the experts in gymnastics and workouts!

- Over 70 courses per week
- **2 gym halls**
 - **Health:** spinal fitness, pilates, osteoporosis gymnastics
 - **Body & mind:** yoga, qi gong
 - **Intensive:** bodywork, shape, zumba, crossfit, pump, strong
 - **Best Age:** gymnastics Light, fitball-gymnastics, fit to 100
- Gymnastic courses may be held in the **outdoor training** area if the **weather is fair**



FITNESS



- **Fitness room 1** with modern equipment for strength and endurance, air conditioned
- **Fitness room 2** with crossfit-tower and indoor-cycling
- **Fitness rooms** for **functional training** including mats, slings, balance/fascia/and mobility training equipment
- **Instruction for fitness equipment use, training schedule** und **basic fitness check**
- **Personal training** as an additional offer
- **Outdoor training** area with all-weather fitness equipment and crossfit tower



SCHWIMMING POOLS



- **25-meter sport pool**
 - Swim lanes
- **Big non-swimmer pool**
 - Aqua gymnastics
- **2 toddler pools**
- **Diving platform and diving board**
- **Lawn for sunbathing with splash pad area**

SAUNA & WELLNESS



- **2 big wellness floors**
- **Separate areas for women and men**
- **Mixed use on 3 days of the week (men's area)**
- **Finnish sauna**
- **Biosauna in the women's area**
- **Herb- and eucalyptus chamber**
- **Steam bath & whirlpool**

COURSES FOR KIDS



- **Swimming courses**
- **Parent child gymnastics**
- **Children gymnastics**

COURSES FOR ADULTS

- **Swimming courses**
- **Nordic walking**
- **Specific workshops**

About the organisation

Since 1992 the association "TSA Turn- und Sportanstalt der pädagogischen Akademie, Fitness- und Veranstaltungsverein im städtischen Hallenbad Floridsdorf" cooperates with "Wiener Bäder" to offer a complete programme of gymnastics, fitness, sport courses and wellness for everyone. The nonprofit association acts independently in political and financial matters.

The TSA Team is looking forward to your visit!