



With the offer of the Generali RUNDUM GESUND additional package you can take advantage of a comprehensive training offer and make an important contribution to the preservation and development of your health.

Trinicum Training is an innovative training concept developed by TRINICUM doctors and sports scientists. The training includes the essential factors for pain movement in order to restore healthy, natural movements.

You will receive an individual training plan by one of our highly qualified training therapists. You can complete your training in the best possible way with the help of our modern medical equipment.

We will happily take care of your insurance inquiries.

TRINICUM phone number:

+43 1 907 60 30

“Together for Health”,
Dr. Günther Malek
Medical director, TRINICUM

Schwarzenbergplatz 6
Entrance Zaunergasse 1-3
1030 Wien, Palais Fanto
www.trinicum.com

GENERALI FITNESS

- ✓ 2 month of training during the opening hours
- ✓ Modern equipment
- ✓ Medical check-ups by one of our doctors
- ✓ One hour coaching session with one of our physiotherapists or sport scientist
- ✓ Two follow-up meetings
- ✓ Motoric test
- ✓ Stability course in a group (mon, wed, fri)
- ✓ Personal wristband
- ✓ Use of our lockers
- ✓ Shower, shampoo, hairdryer

Opening hours Trinicum Training:
Monday – Sunday 6 am – 11 pm

Öffnungszeiten Trini-Training

