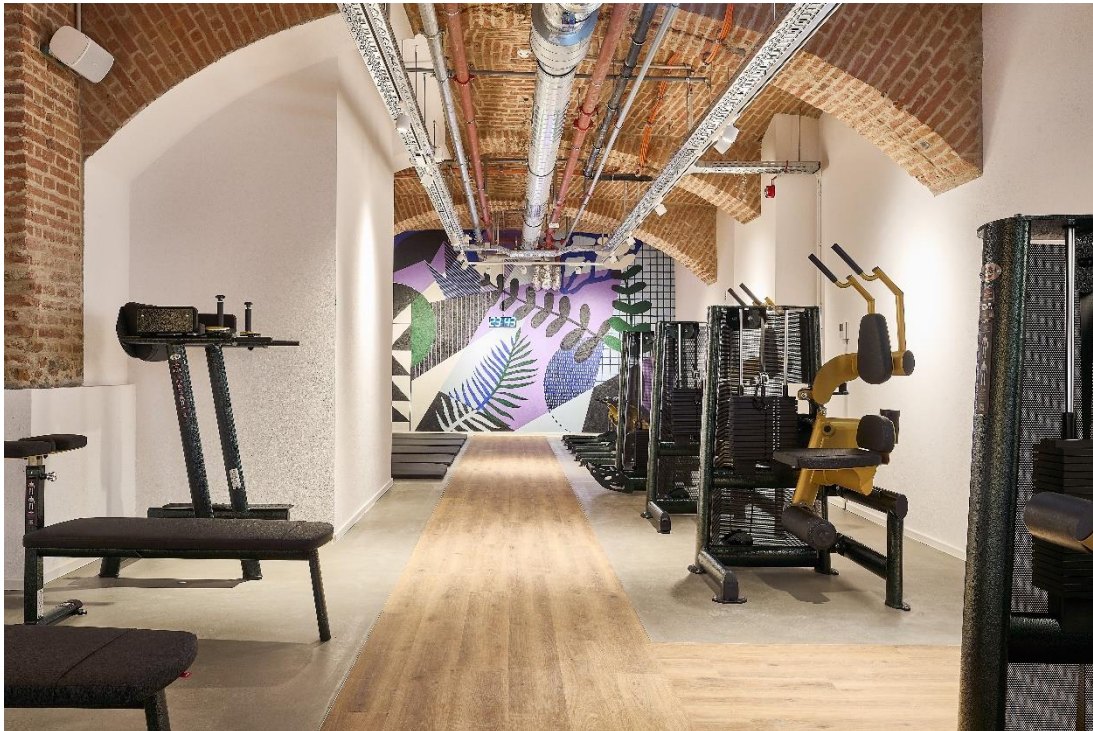




## JOHN REED Vienna Schwedenplatz: Urban training in a historic setting

RSG Group opens its 3rd JOHN REED Fitness Music Club in Vienna



**Berlin/Wien 06/03/2025** – After Salzburg, Linz, Graz and two existing locations in Vienna, JOHN REED is opening its latest fitness music club in Austria near Schwedenplatz. Centrally located in the historic former main post office of the imperial and royal monarchy, it is the perfect place for an extraordinary workout. Where the emperor's letters used to be processed, impressive architecture and modern training merge on over 2,828m<sup>2</sup>.

“At Schwedenplatz, we have innovatively integrated the history of the building into our unique concept. Together with the expansive lighting concept and motivating music, we create a spectacular club feeling and turn every workout into a very special experience,” explains Stephan Pallmann, Director Brand & Customer Management RSG Group, to which JOHN REED also belongs.

### Special highlights: Music & Design

JOHN REED not only stands for intensive workouts, but is also characterized by a unique concept that combines the three core themes of training, music and design. With live DJs, music workouts and the exclusive JOHN REED radio - which can also be heard outside the clubs - training becomes the ultimate motivational boost. The music actively accompanies the

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exercisers and creates an inspiring atmosphere. Each JOHN REED Club also displays original works of art by local and international artists. Nadine Werjant, Alexander Isakov, Christoph Häßler and KYMO One, among others, have immortalized themselves in the former post office headquarters.



### **Train to the max**

The extensive workout offer at Schwedenplatz includes cardio training with more than 15 treadmills, a spacious free weights area and equipment park (with gym80 and Matrix machines) as well as functional & group workout areas. The wide range of classes includes Zumba, Pilates, yoga and total body workouts, which take place in a separate, high-quality classroom. Body check-ups, nutrition coaching, personal training and the creation of a training plan can also be booked.

“Every member will find the right type of training for them - regardless of whether their goal is to build strength, increase stamina or relax. For me, the course room is definitely a highlight, which is particularly spacious,” explains Vanessa Pokorny, studio manager of the new club, who will also be teaching courses herself, such as ballet-inspired barre workouts.

In addition to training, the club offers space to relax. The wellness area has two saunas, including a ladies' sauna, as well as an attractively designed relaxation area. A Coffee & Health Bar provides the necessary refreshment and refreshment with hot and cold drinks as well as healthy snacks. The drink flat rate at the drinks dispenser is included.

### **Address and opening hours**

Dominikanerbastei 15, 1010 Wien

Mo – Fr: 06:00 – 23:00

Sa – So: 08:00 – 22:00

[John Reed Fitness Wien Schwedenplatz](#)

### **About JOHN REED**

*There are already 48 JOHN REED Fitness Music Clubs internationally. These include a Women's Club in Berlin and locations worldwide in Budapest, Prague, Venice, Salzburg, Linz, Zurich, Los Angeles, Dallas, Paris and Lyon.*

*For information: [www.johnreed.fitness.com](http://www.johnreed.fitness.com)*

### **About RSG Group**

*With more than 4.5 million members in its studios, the RSG Group is one of the world's leading companies in the fitness sector. Founded in 1997 by Rainer Schaller and still family-owned, the RSG Group has developed into an internationally active company. Including its franchisees, it employs 10,000 people at over 900 locations and is represented in more than 30 countries. Its extensive and future-oriented portfolio includes brands such as McFIT, the JOHN REED Family and Gold's Gym.*

*More information: [www.rsggroup.com](http://www.rsggroup.com)*

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