

## SPORTS AND HEALTH PROGRAMS IN ERLANGEN

## Fitness Courses

After registering to use the sports and leisure facilities, you can sign up for fitness courses. In addition to course registration, payment of the annual fee is required for participation.

Please note that courses requiring registration are personal and non-transferable. We do not offer trial sessions.

If spots are open, family members and retirees may also book a course.

Classes are held indoors or outdoors, depending on the weather (please check location details).

 Click on the unterlined course name for a detailed course description

Course	Course ID	Dates	Time	Sessions	Level	Location	Fee (plus annual fee)
<u><a href="#">Athletic &amp; Functional Full-Body Training</a></u>	SO26-AFGT-MI1815-1-BS	Wed, April 15, 2026 – Aug 26, 2026 (no class: May 06, May 13)	06:15–07:40 PM	18	A	Gymnasium A, Komotauer Str. 2, ERL / Basketballplatz, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Athletic &amp; Coordination Training</a></u> <b>NEW</b>	SO26-ATKO-MO1700-1-AJ	Mon, April 13, 2026 – Aug 17, 2026 (no class: May 25)	05:00–05:50 PM	18	B/A	Gymnasium B, Komotauer Str. 2, ERL / Basketballplatz, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Back Fitness with and without small equipment</a></u>	SO26-RF-DI1800-2-SV	Tue, July 07, 2026 – Aug 25, 2026	06:00–07:00 PM	8	B/A	Room 358, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 40.00
<u><a href="#">Barbell Training</a></u>	SO26-HAT-MO1900-1-BE	Mon, April 13, 2026 – Aug 03, 2026 (no class: May 25)	07:00–07:50 PM	16	A	Room 358, Komotauer Str. 2, ERL	€ 64.00
<u><a href="#">Boot Camp</a></u>	SO26-BC-MI1900-1-MS	Wed, April 15, 2026– Aug 26, 2026	07:00–07:45 PM	20	B/A	Outdoor Parcours, Komotauer Str. 2, ERL <b>(Note: This is an outdoor course)</b>	€ 80.00
<u><a href="#">Bodyforming</a></u>	SO26-BF-MI2000-1-MS	Wed, April 15, 2026– Aug 26, 2026	08:00–08:45 PM	20	B/A	Room 301, Komotauer Str. 2, ERL	€ 80.00
<u><a href="#">Boxing Training</a></u>	SO26-BT-MI1900-1-AM	Wed, April 15, 2026– Aug 26, 2026	07:00–07:55 PM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u><a href="#">Calisthenics Outdoor</a></u>	SO26-CO-MO1800-1-EH	Mon, May 04, 2026 – Aug 17, 2026 (no class: May 25)	06:00–06:45 PM	15	B/A	Outdoor Parcours, Komotauer Str. 2, ERL <b>(Note: This is an outdoor course)</b>	€ 60.00
<u><a href="#">Cardio &amp; Strength</a></u> <b>NEW</b>	SO26-CS-MO2000-1-MR	Mon, April 13, 2026 – Aug 17, 2026 (no class: May 25)	08:00–08:45 PM	18	B/A	Room 301, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Cycling &amp; Core Training</a></u>	SO26-CTT-DO2000-1-HD	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	08:00–08:55 PM	18	B/A	Room 358, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">deepWORK®</a></u>	SO26-DW-DO1815-1-CH	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	06:15–07:00 PM	18	B/A	Gymnasium A, Komotauer Str. 2, ERL / A-Field Long Jump, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Fat Burner</a></u>	SO26-FB-MO1700-1-EH	Mon, May 04, 2026 – Aug 17, 2026 (no class: May 25)	05:00–05:45 PM	15	B/A	Gymnasium C, Komotauer Str. 2, ERL / Gym. Wiese 1, Komotauer Str. 2, ERL	€ 60.00
<u><a href="#">Full Body Workout Outdoor</a></u> <b>NEW</b>	SO26-FBW-MO1800-1-AJ	Mon, April 13, 2026 – Aug 17, 2026 (no class: Feb 25)	06:00–06:50 PM	18	B/A	Outdoor Cardio Zone, Komotauer Str. 2, ERL <b>(Note: This is an outdoor course)</b>	€ 72.00
<u><a href="#">Full Body Workout Outdoor</a></u> <b>NEW</b>	SO26-FBW-MI1700-1-MB	Wed, April 15, 2026 – July 29, 2026	05:00–05:55 PM	16	B/A	Gym. Field 1, Komotauer Str. 2, ERL <b>(Note: This is an outdoor course)</b>	€ 64.00
<u><a href="#">Full Body Workout</a></u>	SO26-FBW-DO1800-1-SK	Thu, April 16, 2026 – Aug 20, 2026 (no class: May 14, June 04)	06:00–06:55 PM	17	B/A	Room 358, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 68.00
<u><a href="#">Functional Leg &amp; Core Blaster</a></u> <b>NEW</b>	SO26-FLC-DO1800-1-MD	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	06:00–07:00 PM	18	B/A	Outdoor Parcours, Komotauer Str. 2, ERL / Gymnasium B, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Interval Training with running coordination</a></u>	SO26-IVL-DI1930-1-BS	Tue, April 14, 2026 – Aug 25, 2026 (no class: May 05, May 12)	07:30–08:45 PM	18	B/A	A-Field, Komotauer Str. 2, ERL <b>(Note: This is an outdoor course)</b>	€ 72.00
<u><a href="#">Indoor Cycling</a></u>	SO26-IC-MO2000-1-IT	Mon, April 13, 2026 – Aug 17, 2026 (no class: May 25)	08:00–09:00 PM	18	B/A	Room 358, Komotauer Str. 2, ERL	€ 72.00
<u><a href="#">Indoor Cycling</a></u>	SO26-IC-DO1200-1-IT	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	12:00–12:45 PM	18	B/A	Room 358, Komotauer Str. 2, ERL	€ 72.00

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 Click on the unterlined course name for a detailed course description

Course	Course ID	Dates	Time	Sessions	Level	Location	Fee (plus annual fee)
<u>Jumping Fitness</u>	SO26-JF-DI1700-1-CB	Tue, April 14, 2026 – Aug 18, 2026	05:00–05:55 PM	19	B/A	Room 301, Komotauer Str. 2, ERL	€ 76.00
<u>Jumping Fitness</u>	SO26-JF-DO1900-1-CB	Thu, April 16, 2026 – Aug 20, 2026 (no class: May 14, June 04)	07:00–07:55 PM	17	B/A	Room 301, Komotauer Str. 2, ERL	€ 68.00
<u>Kettle Bell</u>	SO26-KB-MO1700-1-HD	Mon, April 13, 2026 – Aug 17, 2026 (no class: May 25)	05:00–05:55 PM	18	B/A	Gymnasium A, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00
<u>Kettle Bell</u> <b>NEW</b>	SO26-KB-MI0715-1-HD	Wed, April 15, 2026 – Aug 26, 2026	07:15–08:00 AM	20	B/A	Gymnasium A, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 80.00
<u>Kickbox Fitness</u>	SO26-KBF-MI1700-1-AM	Wed, April 15, 2026 – Aug 26, 2026	05:00–05:55 PM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Kickbox Fitness</u>	SO26-KBF-MI1800-1-AM	Wed, April 15, 2026 – Aug 26, 2026	06:00–06:55 PM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Kundalini Yoga</u>	SO26-KY-FR0730-1-EJ	Fri, April 17, 2026 – Aug 21, 2026 (no class: May 01)	07:30–08:30 AM	18	B/A	Room 301, Komotauer Str. 2, ERL	€ 72.00
<u>Latin Dance Fitness</u>	SO26-LDF-DI1700-1-MK	Tue, April 14, 26 – June 02, 2026 (no class: May 12, May 19)	05:00–05:55 PM	6	B/A	Room 358, Komotauer Str. 2, ERL	€ 24.00
<u>Nike Dynamic Training</u>	SO26-NDT-MI1700-1-BE	Wed, April 15, 2026 – July 29, 2026	05:00–05:45 PM	16	B/A	Yin Yang Area, Komotauer Str. 2, ERL / Gymnasium B, Komotauer Str. 2, ERL	€ 64.00
<u>Nike Dynamic Training</u>	SO26-NDT-DO1700-1-BE	Thu, April 16, 2026 – Aug 13, 2026 (no class: May 14, June 04)	05:00–05:45 PM	16	A	Yin Yang Area, Komotauer Str. 2, ERL / Gymnasium A, Komotauer Str. 2, ERL	€ 64.00
<u>Nordic Walking technique course</u> <b>NEW</b>	SO26-NW-MI1630-1-IG	Wed, 15.04.26 – 24.06.25 (no class: 03.06.)	04:30–05:30 PM	10	B	Ash Track, Komotauer Str. 2, ERL / Reichswald, ERL ( <b>Meeting Point:</b> Beer garden at the sports facility, Komotauer Str. 2, ERL)	€ 40.00
<u>OsteoPower – Strength Training for strong bones</u> <b>NEW</b>	SO26-OP-MI0815-1-HD	Wed, April 15, 2026 – Aug 26, 2026	08:15–09:00 AM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Outdoor Training in the circuit</u> <b>NEW</b>	SO26-FZO-DI1800-2-CH	Tue, July 07, 2026 – Aug 18, 2026	06:00–07:00 PM	7	B/A	Outdoor Parcours, Komotauer Str. 2, ERL ( <b>Note:</b> This is an outdoor course)	€ 35.00
<u>Pilates</u>	SO26-PL-MO1600-1-HD	Mon, April 13, 2026 – Aug 17, 2026 (no class: May 25)	04:00–04:55 PM	18	B/A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00
<u>Pilates</u>	SO26-PL-DI1800-1-MG	Tue, April 21, 2026 – Aug 11, 2026 (no class: 26.05.)	06:00–06:55 PM	16	A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 64.00
<u>Pilates</u>	SO26-PL-MI2000-1-ES	Wed, May 15, 2026 – Aug 12, 2026	08:00–08:55 PM	18	B/A	Room 358, Komotauer Str. 2, ERL / A-Field High jump, Komotauer Str. 2, ERL	€ 72.00
<u>Pilates</u>	SO26-PL-DO0715-1-BW	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	07:15–08:00 AM	18	A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00
<u>Pilates</u>	SO26-PL-DO0815-1-BW	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	08:15–09:00 AM	18	B/A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00

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<u>Power Cycling</u>	SO26-PC-MO1800-1-BE	Mon, April 13, 2026 – Aug 03, 2026 (no class: May 25)	06:00–06:50 PM	16	B/A	Room 358, Komotauer Str. 2, ERL	€ 64.00
<u>Power Cycling</u>	SO26-PC-FR0715-1-BE	Fri, April 17, 2026 – Aug 21, 2026 (no class: May 01)	07:15–08:00 AM	18	B/A	Room 358, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00
<u>Power Cycling</u>	SO26-PC-FR0805-1-BE	Fri, April 17, 2026 – Aug 21, 2026 (no class: May 01)	08:05–08:50 AM	18	B/A	Room 358, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 72.00
<u>Power Cycling &amp; Core</u>	SO26-PCC-MI1130-1-HD	Wed, April 15, 2026 – Aug 26, 2026	11:30 AM–12:50 PM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Power Workout</u>	SO26-PW-MO1900-1-VK	Mon, April 13, 2026 – July 27, 20 (no class: May 25)	07:00–07:50 PM	15	B/A	Gymnasium C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 60.00
<u>Power Workout</u>	SO26-PW-MI1800-1-MB	Wed, April 15, 2026 – July 29, 2026	06:00–06:55 PM	16	B/A	Gym. Field 1, Komotauer Str. 2, ERL / Gymnasium C, Komotauer Str. 2, ERL	€ 64.00
<u>Power Yoga</u>	SO26-PY-DI2000-1-OL	Tue, April 14, 2026 – Sep 15, 2026 (no class: April 28, May 05, Aug 11, Aug 18, Aug 25)	08:00–08:55 PM	18	F	Room 301, Komotauer Str. 2, ERL	€ 90.00
<u>Power Yoga</u>	SO26-PY-DI2100-1-OL	Tue, April 14, 2026 – Sep 15, 2026 (no class: April 28, May 05, Aug 11, Aug 18, Aug 25)	09:00–09:55 PM	18	F	Room 301, Komotauer Str. 2, ERL	€ 90.00
<u>Power Yoga</u>	SO26-PYB-MI1700-1-OL	Wed, April 15, 2026 – Sep 16, 2026 (no class: April 29, May 06, Aug 12, Aug 19, Aug 26)	05:00 –05:55 PM	18	F	Room 301, Komotauer Str. 2, ERL	€ 90.00
<u>Power Yoga Basic</u>	SO26-PYB-MI1600-1-OL	Wed, April 15, 2026 – Sep 16, 2026 (no class: April 29, May 06, Aug 12, Aug 19, Aug 26)	04:00–04:55 PM	18	B	Room 301, Komotauer Str. 2, ERL	€ 0.00
<u>Running technique and running coordination</u>	SO26-LT-MI2015-1-BS	Wed, April 15, 2026 – Aug 26, 2026 (no class: May 06, May 13)	08:15–09:15 PM	18	B/A	A-Field, Komotauer Str. 2, ERL (Note: This is an outdoor course)	€ 72.00
<u>Self-Defense for women outdoors</u>	SO26-SV-MO1800-1-MK	Mon, April 13, 2026 – May 04, 2026	06:00–07:00 PM	4	B	Yin Yang Area, Komotauer Str. 2, ERL (Note: This is an outdoor course)	€ 16.00
<u>Sling Training</u>	SO26-SL-MO1700-1-MH	Mon, April 20, 2026 – Aug 03, 2026 (no class: May 25)	05:00–05:45 PM	15	B/A	Room 358, Komotauer Str. 2, ERL	€ 60.00
<u>Speedfit</u>	SO26-SF-MO1800-1-BF	Mon, May 04, 2026 – Aug 17, 2026 (no class: May 25)	06:00–06:50 PM	15	B/A	Gymnasium A+B, Komotauer Str. 2, ERL	€ 60.00
<u>Strong Back</u>	SO26-SR-MO1700-1-AS	Mon, April 13, 2026 – Aug 03, 2026 (no class: May 25, June 01)	05:00–05:55 PM	15	B/A	Room 301, Komotauer Str. 2, ERL / A-Field High jump, Komotauer Str. 2, ERL	€ 60.00
<u>Strong Back</u>	SO26-SR-DO1900-1-HD	Thu, April 16, 2026 – Aug 27, 2026 (no class: May 14, June 04)	07:00–07:55 PM	18	B/A	Room 358, Komotauer Str. 2, ERL / A-Field High jump, Komotauer Str. 2, ERL	€ 72.00
<u>Step Aerobics</u>	SO26-SA-MO1900-1-BF	Mon, May 05, 2026 – Aug 17, 2026 (no class: May 25)	07:00–07:50 PM	15	B/A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 60.00
<u>Stretching</u>	SO26-ST-FR1245-1-HD	Fri, April 17, 2026 – Aug 21, 2026 (no class: May 01)	12:45–01:30 PM	18	B/A	Room 301, Komotauer Str. 2, ERL	€ 72.00
<u>Tabata</u>	SO26-TAB-DO1615-1-HD	Thu, April 16, 2026 – Sep 10, 2026 (no class: May 14, June 04)	04:15–04:45 PM	20	B/A	Yin Yang Area, Komotauer Str. 2, ERL / Room 358, Komotauer Str. 2, ERL	€ 40.00

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<u>XCO® Latin</u>	SO26-XCOL-MO1800-1-AS	Mon, April 13, 2026– Aug 03, 2026 (no class: May 25, June 01)	06:00–06:45 PM	15	B/A	Room 301, Komotauer Str. 2, ERL / A-Field High jump, Komotauer Str. 2, ERL	€ 60.00
<u>XCO® Shape Outdoor</u>	SO26-XCOS-DO1815-1-AS	Thu, April 16, 2026 – Aug 06, 2026 (no class: May 14, May 28, June 04)	06:15–07:00 PM	14	B/A	A-Field High jump, Komotauer Str. 2, ERL / Room 301, Komotauer Str. 2, ERL	€ 56.00
<u>Yoga Ashtanga Vinyasa Flow</u>	SO26-YAV-DI1215-1-NV	Tue, April 14, 2026 – Sep 15, 2026 (no class: Aug 04, Aug 11, Aug 18, Aug 25, Sep 01)	12:15–01:15 PM	18	B/A	Room 301, Komotauer Str. 2, ERL	€ 72.00
<u>Yoga Ashtanga Vinyasa Flow</u>	SO26-YAV-MI1900-1-NV	Wed, April 15, 2026– Sep 16, 2026 (no class: Aug 05, Aug 12, Aug 19, Aug 26, Sep 02)	07:00–07:50 PM	18	B/A	Room 301, Komotauer Str. 2, ERL	€ 72.00
<u>Zumba®</u>	SO26-ZB-DI1000-1-IP	Tue, April 07, 2026 – Sep 22, 2026 (no class: Aug 04, Aug 11, Aug 18, Aug 25, Sep 01)	10:00–10:55 AM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Zumba®</u>	SO26-ZB-DI1900-1-IP	Tue, April 07, 2026 – Sep 22, 2026 (no class: Aug 04, Aug 11, Aug 18, Aug 25, Sep 01)	07:00–07:55 PM	20	A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Zumba®</u>	SO26-ZB-DO1700-1-AS	Thu, April 16, 2026 – Aug 06, 2026 (no class: May 14, May 28, June 04)	05:00–05:55 PM	14	B/A	Gymnasium C, Komotauer Str. 2, ERL /	€ 56.00
<u>Zumba® Circle</u>	SO26-ZBC-DI2000-1-IP	Tue, April 07, 2026 – Sep 22, 2026 (no class: Aug 04., Aug 11, Aug 18, Aug 25, Sep 01)	08:00–08:55 PM	20	B/A	Room 358, Komotauer Str. 2, ERL	€ 80.00
<u>Zumba® Circle</u>	SO26-ZBC-FR1615-1-IP	Fri, April 10, 2026 – Sep 25, 2026 (no class: May 01, Aug 07, Aug 14, Aug 21, Aug 28)	04:15–05:45 PM	20	A	Room 358, Komotauer Str. 2, ERL	€ 100.00