

## 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 underlined course name for a detailed course description

Course name	Course ID	Date	Time	Sessions	Level	Location	Fee (plus annual fee)
<u><a href="#">Athletic &amp; Functional Full-Body Training</a></u>	WI25-AFGT-MI1815-1-BS	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	06:15-07:30 PM	19	A	Gymnasium A, Komotauer Str, 2, ERL / Basketball Court, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Barbell Training</a></u>	WI25-HAT-MO1900-1-BE	Mon, October 06, 2025 – February 16, 2026 (no class on December 22, December 29, January 05)	07:00-07:50 PM	17	A	Room 358, Komotauer Str, 2, ERL	€ 68.00
<u><a href="#">Barbell Training</a></u>	WI25-HAT-DI0715-1-HD	Tue, October 07, 2025 – March 03, 2026 (no class on December 23, December 30, January 06)	07:15-08:15 AM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Bodyforming</a></u> <b>NEW</b>	WI25-BF-MI2000-1-MS	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	08:00-08:45 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Bootcamp</a></u> <b>NEW</b>	WI25-BC-MI1900-1-MS	Wed, October 08, 2025 – February 11, 2026 (no class on December 24, December 31)	07:00-07:45 PM	17	B/A	Outdoor Fitness Course, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u><a href="#">Boxing Training</a></u>	WI25-BT-MI1900-1-AM	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	07:00-07:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Calisthenics Outdoor</a></u>	WI25-C-MO1800-1-EH	Mon, October 06, 2025 – March 02, 2026 (no class on December 22, December 29, January 05)	06:00-06:55 PM	19	B/A	Outdoor Fitness Course, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 76.00
<u><a href="#">Core Training &amp; Stretching</a></u>	WI25-CS-DO2100-1-HD	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	09:00-09:45 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Cycling &amp; Core Training</a></u>	WI25-CCT-DO2000-1-HD	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	08:00-08:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">deepWORK®</a></u>	WI25-DW-MO1700-1-BE	Mon, October 06, 2025 - February 16, 2026 (no class on December 22, December 29, January 05)	05:00-05:50 PM	17	B/A	Gymnasium B, Komotauer Str, 2, ERL / A-Field Long Jump, Komotauer Str, 2, ERL	€ 68.00
<u><a href="#">deepWORK®</a></u>	WI25-DW-DO1815-1-CH	Thu, October 09, 2025 - February 26, 2026 (no class on December 25, January 01)	06:15-07:00 PM	19	B/A	Gymnasium A, Komotauer Str, 2, ERL / A-Field Long Jump, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Fascial training and mobility exercises for the office</a></u>	WI25-FT-DO1700-1-CH	Thu, October 30 – December 11, 2025	05:00-05:55 PM	7	B/A	Room 301, Komotauer Str, 2, ERL	€ 35.00
<u><a href="#">Fatburner</a></u>	WI25-FB-MO1700-1-EH	Mon, October 06, 2025 – March 2, 2026 (no class on December 22, December 29, January 05)	05:00-05:45 PM	19	B/A	Gymnasium C, Komotauer Str, 2, ERL / Gym, Field 1, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Full Body Workout</a></u>	WI25-FBW-DI1900-1-LD	Tue, October 07, 2025 – February 17, 2026 (no class on December 23, December 30, January 06)	07:00-07:45 PM	17	B/A	Yin Yang Area, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u><a href="#">Full Body Workout</a></u>	WI25-FBW-DO1800-1-SK	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	06:00-06:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL / Gym, Field 1, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Functional Athletic Outdoor Training</a></u>	WI25-FAT-DO1800-1-MD	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	06:00-07:00 PM	19	B/A	Outdoor Fitness Course, Komotauer Str, 2, ERL / Gymnasium B, Komotauer Str, 2, ERL	€ 76.00

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Click on the underlined course name for a detailed course description

Course name	Course ID	Date	Time	Sessions	Level	Location	Fee (plus annual fee)
<u>Hatha Yoga for Recharging</u>	WI25-HYA-MO1115-1-GZ	Mon, October 20 – December 15, 2025 (no class on November 17, November 24)	11:15 AM-12:15 PM	7	A	Raum 301, Komotauer Str. 2, ERL / Yin Yang Fläche, Komotauer Str. 2, ERL	€ 35.00
<u>Hatha Yoga for Recharging</u>	WI25-HYA-MO1230-1-GZ	Mon, October 20 – December 15, 2025 (no class on November 17, November 24)	12:30-01:30 PM	7	B/A	Room 301, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 35.00
<u>Indoor Cycling</u>	WI25-IC-MI2100-1-BS	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	09:00-10:00 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Indoor Cycling</u> <b>NEW</b>	WI25-IC-MO2000-1-IT	Mon, October 20, 2025 – March 16, 2026 (no class on December 22, December 29, January 05)	08:00-09:00 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Indoor Cycling</u> <b>NEW</b>	WI25-IC-DO1200-1-IT	Thu, October 23, 2025 – March 12, 2026 (no class on December 25, January 01)	12:00-12:45 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Intervall Training and Running Coordination</u>	WI25-IVL-DI1930-1-BS	Tue, October 07, 2025 – March 03, 2026 (no class on December 23, December 30, January 06)	07:30-08:45 PM	19	B/A	A-Platz, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 76.00
<u>Jumping Fitness</u>	WI25-JF-DI1700-1-CB	Tue, October 07, 2025 – March 03, 2026 (no class on October 21, October 28, December 23, December 30, January 06)	05:00-05:55 PM	17	B/A	Room 301, Komotauer Str, 2, ERL	€ 68.00
<u>Jumping Fitness</u>	WI25-JF-DO1800-1-LD	Thu, October 09, 2025 – February 12, 2026 (no class on December 25, January 01)	06:00-06:55 PM	17	B/A	Room 301, Komotauer Str, 2, ERL	€ 68.00
<u>Jumping Fitness</u>	WI25-JF-DO1900-1-CB	Thu, November 06, 2025 – February 26, 2026 (no class on December 25, January 01)	07:00-07:45 PM	15	B/A	Room 301, Komotauer Str, 2, ERL	€ 60.00
<u>Kettle Bell</u>	WI25-KB-MO1700-1-HD	Mon, October 06, 2025 – March 02, 2026 (no class on December 22, December 29, January 05)	05:00-05:55 PM	19	B/A	Gymnasium A, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 76.00
<u>Kettle Bell</u> <b>NEW</b>	WI25-KB-MI0715-1-HD	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	07:15-08:00 AM	19	B/A	Gymnasium C, Komotauer Str, 2, ERL	€ 76.00
<u>Kickboxing Fitness</u>	WI25-KBF-MI1700-1-AM	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	05:00-05:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Kickboxing Fitness</u>	WI25-KBF-MI1800-1-AM	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	06:00-06:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Kundalini Yoga</u>	WI25-KY-FR0730-1-EJ	Fri, October 10, 2025 – February 27, 2026 (no class on December 26, January 02)	07:30-08:30 AM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u>Latin Dance Fitness</u> <b>NEW</b>	WI25-LDF-DI1700-1-MK	Tue, October 07 – November 25, 2025	05:00-05:55 PM	8	B/A	Room 358, Komotauer Str, 2, ERL	€ 32.00
<u>Latin Dance Fitness</u> <b>NEW</b>	WI25-LDF-DI1700-2-MK	Tue, January 13 – March 03, 2026	05:00-05:55 PM	8	B/A	Room 358, Komotauer Str, 2, ERL	€ 32.00
<u>Lunchtime Yoga</u>	WI25-YOMI-MI1215-1-NV	Wed, October 08, 2025 – March 04, 2026 (no class on November 05, December 24, December 31)	12:15-01:00 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00

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Course name	Course ID	Date	Time	Sessions	Level	Location	Fee (plus annual fee)
<u>Military Drill Workout</u>	WI25-MDW-MI1700-1-LD	Wed, October 08, 2025 – February 11, 2026 (no class on December 24, December 31)	05:00-05:50 PM	17	A	Outdoor Fitness Course, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u>Military Drill Workout</u>	WI25-MDW-DO1700-1-LD	Thu, October 09, 2025 – February 12, 2026 (no class on December 25, January 01)	05:00-05:50 PM	17	A	Outdoor Fitness Course, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u>Nike Dynamic Training</u>	WI25-NDT-DO1700-1-BE	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	05:00-05:45 PM	19	A	Yin Yang Area, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 76.00
<u>Nike Dynamic Training</u>	WI25-NDT-MI1700-1-BE	Wed, October 22, 2025 – February 25, 2026 (no class on December 24, December 31)	05:00-05:45 PM	17	A	Yin Yang Area, Komotauer Str, 2, ERL / Gymnasium, B Komotauer Str, 2, ERL	€ 68.00
<u>Outdoor Training in the Circuit</u>	WI25-OTIP-MI1800-1-LD	Wed, October 08, 2025 – February 11, 2026 (no class on December 24, December 31)	06:00-06:50 PM	17	B/A	Outdoor Fitness Course, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u>Pilates</u>	WI25-PL-MO1600-1-HD	Mon, October 06, 2025 – March 02, 2026 (no class on December 22, December 29, January 05)	04:00-04:55 PM	19	B/A	Room 301, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 76.00
<u>Pilates</u>	WI25-PL-DI1800-1-MG	Tue, October 07, 2025 – February 24, 2026 (no class on December 23, December 30, January 06)	06:00-06:55 PM	18	A	Room 301, Komotauer Str, 2, ERL / A-Platz Hochsprung, Komotauer Str, 2, ERL	€ 72.00
<u>Pilates</u>	WI25-PL-MI0715-1-BW	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	07:15-08:00 AM	19	A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u>Pilates</u>	WI25-PL-MI0815-1-BW	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	08:15-09:00 AM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u>Pilates</u>	WI25-PL-MI2000-1-ES	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	08:00-08:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL	€ 76.00
<u>Power Cycling</u>	WI25-PC-MO1800-1-BE	Mon, October, 06, 2025 – February 16, 2026 (no class on December 22, December 29, January 05)	06:00-06:50 PM	17	B/A	Room 358, Komotauer Str, 2, ERL	€ 68.00
<u>Power Cycling</u>	WI25-PC-FR0715-1-BE	Fri, October 10, 2025 – February 27, 2026 (no class on December 26, January 02)	07:15-08:00 AM	19	B/A	Room 358, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 76.00
<u>Power Cycling</u>	WI25-PC-FR0805-1-BE	Fri, October 10, 2025 – February 27, 2026 (no class on December 26, January 01)	08:05-08:50 AM	19	B/A	Room 358, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 76.00
<u>Power Cycling &amp; Core</u>	WI25-PCC-MI1130-1-HD	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	11:30 AM-12:50PM	19	B/A	Room 358, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 76.00
<u>Power Workout</u>	WI25-PW-MI1800-1-MB	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	06:00-06:55 PM	19	B/A	Gymnasium C, Komotauer Str, 2, ERL / Gym, Field 1, Komotauer Str, 2, ERL	€ 76.00
<u>Power Workout</u>	WI25-PW-MO1900-1-VK	Mon, October 13, 2025 – February 09, 2026 (no class on December 22, December 29, January 05)	07:00-07:50 PM	15	B/A	Gymnasium C, Komotauer Str, 2, ERL	€ 60.00

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<u>Power Yoga</u>	WI25-PY-DI2000-1-OL	Tue, October 07, 2025 – March 10, 2026 (no class on November 04, November 11, November 18, November 25, December 23, December 30, January 06)	08:00-08:55 PM	16	A	Room 301, Komotauer Str, 2, ERL	€ 80.00
<u>Power Yoga</u>	WI25-PY-DI2100-1-OL	Tue, October 07, 2025 – March 10, 2026 (no class on November 04, November 11, November 18, November 25, December 23, December 30, January 06)	09:00-09:55 PM	16	A	Room 301, Komotauer Str, 2, ERL	€ 80.00
<u>Power Yoga</u>	WI25-PY-MI1700-1-OL	Wed, October 08, 2025 – March 11, 2026 (no class on October 29, November 05, November 12, November 19, November 26, December 24, December 31)	05:00-05:55 PM	16	A	Room 301, Komotauer Str, 2, ERL	€ 80.00
<u>Power Yoga Basic</u>	WI25-PYB-MI1600-1-OL	Wed, October 08, 2025 – March 11, 2026 (no class on October 29, November 05, November 12, November 19, November 26, December 24, December 31)	04:00-04:55 PM	16	B	Room 301, Komotauer Str, 2, ERL	€ 80.00
<u>Relaxation – Autogenic Training</u> <b>NEW</b>	WI25-AT-MI1600-1-IG	Wed, January 07 – March 11, 2026	04:00-04:55 PM	10	A	Room 358, Komotauer Str, 2, ERL	€ 40.00
<u>Relaxation – Progressive Muscle Relaxation</u> <b>NEW</b>	WI25-PMR-MI1600-1-IG	Wed, October 08 – December 10, 2025	04:00-04:55 PM	10	B	Room 358, Komotauer Str, 2, ERL	€ 40.00
<u>Rope Skipping &amp; Core Training</u>	WI25-RSCT-MI1900-1-LD	Wed, October 08, 2025 – February 11, 2026 (no class on December 24, December 31)	07:00-07:55 PM	17	B/A	Outdoor Cardio Zone, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 68.00
<u>Running Technique and Running Coordination</u>	WI25-LT-MI2000-1-BS	Wed, October 08, 2025 – February 25, 2026 (no class on December 24, December 31)	08:00-08:50 PM	19	B/A	A-Field, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 76.00
<u>Self-Defence for Women</u>	WI25-SV-DI1600-1-MK	Tue, October 07 – November 25, 2025	04:00-04:55 PM	8	B	Room 358, Komotauer Str, 2, ERL	€ 32.00
<u>Self-Defence for Women</u>	WI25-SV-DI1600-2-MK	Tue, January 13 – March 03, 2026	04:00-04:55 PM	8	B	Room 358, Komotauer Str, 2, ERL	€ 32.00
<u>Sling Training</u>	WI25-SL-MO1700-1-MH	Mon, October 13, 2025 – February 16, 2026 (no class on November 17, December 22, December 29, January 05)	05:00-05:45 PM	15	B/A	Room 358, Komotauer Str, 2, ERL	€ 60.00
<u>Speedfit</u>	WI25-SF-MO1800-1-BF	Mon, October 06, 2025 – March 02, 2026 (no class on December 22, December 29, January 05)	06:00-06:50 PM	19	B/A	Gymnasium A+B, Komotauer Str, 2, ERL	€ 76.00
<u>Strong Back</u>	WI25-SR-MO1700-1-AS	Mon, October 06, 2025 – February 23, 2026 (no class on December 22, December 29, January 05, February 16)	05:00-05:55 PM	17	B/A	Room 301, Komotauer Str, 2, ERL / A-Field High Jump, Komotauer Str, 2, ERL	€ 68.00
<u>Strong Back</u>	WI25-SR-DO1900-1-HD	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	07:00-07:55 PM	19	B/A	Room 358, Komotauer Str, 2, ERL / A-Field High Jump, Komotauer Str, 2, ERL	€ 76.00
<u>Step Aerobics</u>	WI25-SA-MO1900-1-BF	Mon, October 06, 2025 – March 02, 2026 (no class on December 22, December 29, January 05)	07:00-07:55 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u>Stretching</u>	WI25-ST-FR1245-1-HD	Fri, October 10, 2025 – February 27, 2026 (no class on December 26, January 02)	12:45-01:30 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00

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<u><a href="#">Tabata Intensive Workout</a></u>	WI25-TIW-DO1615-1-LD	Thu, October 09, 2025 – February 12, 2026 (no class on December 25, January 01)	04:15-04:45 PM	17	A	Room 358, Komotauer Str, 2, ERL / Yin Yang Area, Komotauer Str, 2, ERL	€ 34.00
<u><a href="#">XCO® Latin Workout</a></u>	WI25-XCOL-MO1800-1-AS	Mon, October 06, 2025 – February 23, 2026 (no class on December 22, December 29, January 05, February 16)	06:00-06:55 PM	17	B/A	Room 301, Komotauer Str, 2, ERL / A-Field High Jump, Komotauer Str, 2, ERL	€ 68.00
<u><a href="#">XCO® Shape Outdoor</a></u>	WI25-XCOS-DO1815-1-AS	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	06:15-07:00 PM	19	B/A	Yin Yang Area, Komotauer Str, 2, ERL / A-Field High Jump, Komotauer Str, 2, ERL <b>Note:</b> This course takes place outdoors.	€ 76.00
<u><a href="#">Yoga Ashtanga Vinyasa Flow</a></u>	WI25-YAV-DI1215-1-NV	Tue, October 07, 2025 – March 10, 2026 (no class on November 04, December 23, December 30, January 06)	12:15-01:15 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Yoga Ashtanga Vinyasa Flow</a></u>	WI25-YAV-MI1900-1-NV	Wed, October 08, 2025 – March 04, 2026 (no class on November 05, December 24, December 31)	07:00-07:50 PM	19	B/A	Room 301, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Zumba®</a></u>	WI25-ZB-DI1000-1-IP	Tue, October 07, 2025 – March 10, 2026 (no class on December 23, December 30, January 06)	10:00-10:55 AM	20	B/A	Room 358, Komotauer Str, 2, ERL	€ 80.00
<u><a href="#">Zumba®</a></u>	WI25-ZB-DI1900-1-IP	Tue, October 07, 2025 – March 10, 2026 (no class on December 23, December 30, January 06)	07:00-07:55 PM	20	A	Room 358, Komotauer Str, 2, ERL	€ 80.00
<u><a href="#">Zumba®</a></u>	WI25-ZB-DO1700-1-AS	Thu, October 09, 2025 – February 26, 2026 (no class on December 25, January 01)	05:00-05:55 PM	19	B/A	Gymnasium C, Komotauer Str, 2, ERL / A-Field High Jump, Komotauer Str, 2, ERL	€ 76.00
<u><a href="#">Zumba® Circle</a></u>	WI25-ZBC-DI2000-1-IP	Tue, October 07, 2025 – March 10, 2026 (no class on December 23, December 30, January 06)	08:00-08:55 PM	20	B/A	Room 358, Komotauer Str, 2, ERL	€ 80.00
<u><a href="#">Zumba® Circle</a></u>	WI25-ZBC-FR1615-1-IP	Fri, October 10, 2025 – March 06, 2026 (no class on December 26, January 02)	04:15-05:45 PM	20	A	Raum 358, Komotauer Str, 2, ERL	€ 100.00