

COURSE OFFERINGS FROM HEALTH PROMOTION FOR SIEMENS HEALTHINEERS EMPLOYEES

XCO Walking

Course Description:

Walking—brisk walking with purposeful arm movement—is an endurance sport aimed at improving cardiovascular fitness and overall stamina. During the outdoor walking sessions, we will also integrate back-strengthening exercises and drills from running technique training ("Running ABC"). XCO weights can be used optionally to further strengthen the arm and core muscles.

Dates*:	Thursday, April 3 – July 10, 2025 (no session on May 1, May 29, and June 19, 2025)
Course ID:	SO25-XCO-DO1200-1BS
Time:	12:00 – 12:45 PM
Duration:	12 sessions
Fee:	€ 48
Instructor**:	Birgit Sambale
Group Size:	min. 8, max. 20 participants
Level:	Beginner / Advanced
Location:	Forchheim Kanalroute
Registration:	<p>Online registration for Siemens Healthineers employees opens on March 12, 2025.</p> <p>Important: You must first register for access to the sports facility before signing up for the course. The annual € 50 fee does <u>not</u> apply to courses in Forchheim.</p>
Questions:	<p>For any questions or registration issues, please contact Monika Gaal: monika.gaal@siemens.com</p>

* Sessions may be canceled due to vacations, illness, or organizational reasons. Any missed sessions will be rescheduled at the end of the course.

** Instructor may be subject to change on short notice due to internal scheduling.