

SPORTS AND HEALTH PROGRAMS IN ERLANGEN

Basic Courses

Once you have registered for access to the Sports and Recreation Center and paid the annual fee, you can participate in all basic courses. These weekly sessions do not require additional course registration. Depending on the weather, classes take place either indoors or outdoors (please check location details). Basic courses may occasionally be canceled due to staffing reasons. Cancellations will be announced at the entrance of the Sports and Recreation Center and on the website. If a class is canceled, you are welcome to join an alternative session from the basic program (see Individual Sports section for more options).

 Click on the underlined course name for a detailed course description

Day	Time	Course Name	Level	Instructor	Location
Monday	08:30-09:15 AM	<u>Fitness Gymnastics</u>	B/A	E. Heidler	Gymnasium A+B+C, Komotauer Str. 2, ERL
Monday	09:30-10:15 AM	<u>Functional Gymnastics & Relaxation</u>	B/A	E. Heidler	Gymnasium A+B+C, Komotauer Str. 2, ERL
Monday	09:30-10:15 AM	<u>Outdoor Senior Fitness</u>	B/A	M. Gaal	Gym. Field 1, Komotauer Str. 2, ERL
Monday	10:15-11:00 AM	<u>Relaxation Fitness with Qigong</u>	B/A	G. Zapf	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL
Monday	04:00-04:45 PM	<u>Fitness Training</u>	B/A	G. Zapf	Gymnasium B+C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Monday	04:30-04:55 PM	<u>Core Crusher</u>	B/A	E. Heidler	Gymnasium A, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Monday	05:15-06:00 PM	<u>Qigong – Nei Yang Gong (no class on November 03, March 30)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Monday	06:00-06:45 PM	<u>Fit 4 All Outdoor</u>	B/A	M. Becker	A-Field, Komotauer Str. 2, ERL / A-Field Long Jump Area, Komotauer Str. 2, ERL
Monday	06:15-07:00 PM	<u>Taiji Quan – 24-Form (no class on November 03, March 30)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Monday	07:00-08:00 PM	<u>Fitness Room Supervision</u>	B/A	M. Becker	Fitness Room, Komotauer Str. 2, ERL
Monday	08:00-08:45 PM	<u>Cardio Mix NEW</u>	B/A	M. Riehn	Room 301, Komotauer Str. 2, ERL
Monday	09:00-09:45 PM	<u>Mobility Training NEW</u>	B/A	M. Riehn	Room 301, Komotauer Str. 2, ERL
Tuesday	08:00-08:45 AM	<u>Spine & Posture Training</u>	B/A	M. Becker	Gymnasium A+B, Komotauer Str. 2, ERL
Tuesday	04:30-04:55 PM	<u>Core Crusher</u>	B/A	C. Hausmann	Room 301, Komotauer Str. 2 ERL / Yin Yang Area, Komotauer Str. 2 ERL
Tuesday	05:00-06:45 PM	<u>Fitness Room Supervision</u>	B/A	L. Drummer	Fitness Room, Komotauer Str. 2, ERL
Tuesday	05:00-05:45 PM	<u>Functional Gymnastics</u>	B/A	B. Janev	Gymnasium A+B+C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Tuesday	05:00-05:45 PM	<u>Winter Fitness</u>	B/A	C. Hausmann	Yin Yang Area, Komotauer Str. 2 ERL
Tuesday	06:00-07:00 PM	<u>Running Group</u>	B/A	B. Serkiz, C. Schanze, M. Denzler	Reichswald, ERL (Meeting point: Biergarten sports facility, Komotauer Str. 2, ERL)
Tuesday	06:00-06:45 PM	<u>Qigong – The Five Animal Frolics (no class on November 04, March 31)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Tuesday	07:00-07:45 PM	<u>Taiji Quan – 40-Form (no class on November 04, March 31)</u>	A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Wednesday	08:00-08:45 AM	<u>Stability & Core</u>	B/A	S. Keppner	Gymnasium A+B, Komotauer Str. 2, ERL
Wednesday	09:00-11:15 AM	<u>Fitness Room Supervision Seniors</u>	B/A	H. Duhart	Fitness Room, Komotauer Str. 2, ERL
Wednesday	09:30-10:15 AM	<u>Gymnastics 60+</u>	B/A	A. Stöhr	Gymnasium A+B+C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Wednesday	10:30-11:00 AM	<u>Resistance Band Training</u>	B/A	A. Stöhr	Room 358, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Wednesday	05:15-05:45 PM	<u>Cardio Mix</u>	B/A	V. Keppner	Gymnasium C, Komotauer Str. 2, ERL
Wednesday	06:00-07:30 PM	<u>Nordic Walking Group (please bring your own poles)</u>	B/A	I. Gleibs	Reichswald, ERL (Meeting point: Biergarten sports facility, Komotauer Str. 2, ERL)
Wednesday	07:00-07:45 PM	<u>Stability & Core NEW</u>	B/A	M. Bender	Gymnasium C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL

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Basis Courses

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Day	Time	Course Name	Level	Instructor	Location
Thursday	09:15-10:00 AM	<u>Women's Fitness Training</u>	B/A	M. Gaal	Gymnasium A+B+C, Komotauer Str. 2, ERL
Thursday	05:00-06:45 PM	<u>Fitness Room Supervision</u>	B/A	H. Duhart	Fitness Room, Komotauer Str. 2, ERL
Thursday	05:00-05:45 PM	<u>Fitness Training</u>	B/A	S. Kast	Gymnasium B, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Thursday	07:15-08:00 PM	<u>Fit 4 All Outdoor</u>	B/A	L. Drummer	A-Field, Komotauer Str. 2, ERL
Thursday	08:00-08:45 PM	<u>Stability & Core</u> NEW	B/A	C. Schleinkofer	Room 301, Komotauer Str. 2, ERL
Friday	09:00-09:45 AM	<u>Spine & Posture Training</u>	B/A	A. Stöhr	Gymnasium A+B+C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Friday	10:00-10:45 AM	<u>Senior Fitness</u>	B/A	A. Stöhr	Gymnasium A+B, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL