

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	Level	Instructor	Location
Monday	08:30–09:15 AM	<u>Fitness Training</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>Senior Sports</u>	B/A	M. Gaal	Gym. Field 1, Komotauer Str. 2, ERL / Room 301, Komotauer Str. 2, ERL
Monday	10:15–11:00 AM	<u>Relaxation Gymnastics 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 / A-Field Long Jump Area, 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 (Note: This is an outdoors course)
Monday	07:00–08:00 PM	<u>Fitness Room Supervision</u>	B/A	M. Becker	Fitness Room, Komotauer Str. 2, ERL
Monday	09:00–09:45 PM	<u>Mobility Training</u>	B/A	M. Riehn	Room 301, Komotauer Str. 2, ERL
Tuesday	08:00–08:45 AM	<u>Spinal Gymnastics</u>	B/A	M. Bender, H. Duhart	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 Field, Komotauer Str. 2, ERL
Tuesday	05:00–07:00PM	<u>Fitness Room Supervision</u>	B/A	M. Riehn	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>Summer Fitness</u>	B/A	C. Hausmann	Yin Yang Area, Komotauer Str. 2, ERL (Note: This is an outdoors course)
Tuesday	06:00–06:45 PM	<u>Qigong – Nei Yang Gong (no class: Aug 18, 25, Sep 01, 08)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, 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	07:00–07:45 PM	<u>Taiji Quan – 32er Form (no class: Aug 18, 25, Sep 01, 08)</u>	A	Y. Liu	Room 301, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Wednesday	08:00–08:45 AM	<u>Core Stabilisation Training</u>	B/A	S. Keppner	Gymnasium A+B, Komotauer Str. 2, ERL
Wednesday	09:05–11:15 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 Gymnastics</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 / C-Spot/C-Place, Komotauer Str. 2, ERL
Wednesday	06:00–07:30 PM	<u>Nordic Walking Group</u> (please bring your own Nordic walking poles)	B/A	I. Gleibs	Reichswald, ERL (Meeting Point: Biergarten sports facility, Komotauer Str. 2, ERL)

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Day	Time	Course	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	06:00–07:00 PM	<u>Qigong – Yi Jin Jing (no class: Aug 20, 27, Sep 03, 10)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Thursday	07:15–08:15 PM	<u>Taiji Quan – 85er Form (no class: Aug 20, 27, Sep 03, 10)</u>	B/A	Y. Liu	Room 258/259, Komotauer Str. 2, ERL / Gym. Field 2, Komotauer Str. 2, ERL
Thursday	08:00–08:45 PM	<u>Stability & Core (the course does not start until April 9)</u>	B/A	C. Schleinkofer	Room 301, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Freitag	09:00–09:45 AM	<u>Spinal Gymnastics</u>	B/A	A. Stöhr	Gymnasium A+B+C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL
Freitag	10:00–10:45 AM	<u>Senior Gymnastics</u>	B/A	A. Stöhr	Gymnasium A+B, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL