

## SPORTS AND HEALTH PROGRAMS IN ERLANGEN

## Workshops

In our topic-specific workshops, you can dive into practical subjects or explore new sports and leisure activities.

To book a workshop, prior registration as a member of the sports facility is required for administrative purposes. However, no annual membership fee is required to participate in the workshops.

 Click on the underlined course name for a detailed course description

Course Name	Course ID	Date	Time	Sessions	Location	Fee
<u><a href="#">Yoga for Healthy Feet – Massage, Stretching, and Muscle Strengthening</a></u>	WI25-WS-SA1030-1-GZ	Sat, October 25, 2025	10:30 AM-02:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 35.00
<u><a href="#">Power Latin Dance Workout</a></u>	WI25-WS-SA1530-2-IP	Sat, November 08, 2025	03:30 PM-05:30 PM	B/A	Room 358, Komotauer Str. 2, ERL	€ 30.00
<u><a href="#">Yoga and Sound to Beat the November Blues</a></u>	WI25-WS-SA1000-3-EJ	Sat, November 15, 2025	10:00 AM-01:00 PM	B/A	Room 358, Komotauer Str. 2, ERL	€ 35.00
<u><a href="#">Shu Xin Ping Xue Qigong</a></u>	WI25-WS-SA1500-5-YL	Sat, November 29, 2025	03:00 PM-05:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 30.00
<u><a href="#">Hormones in Balance <b>NEW</b></a></u>	WI25-WS-SA1000-6-EJ	Sat, January 17, 2026	10:00 AM-01:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 35.00
<u><a href="#">Eat Smarter, Not Less – The Key to Fat Loss</a></u>	WI25-WS-SA1000-7-EH	Sat, January 24, 2026	10:00 AM-12:00 PM	B/A	Room 260, Komotauer Str. 2, ERL	€ 30.00
<u><a href="#">Eat Smarter, Not Less – Effective Weight Loss and Perseverance</a></u>	WI25-WS-SA1300-8-EH	Sat, January 24, 2026	01:00 PM-03:00 PM	B/A	Room 260, Komotauer Str. 2, ERL	€ 30.00
<u><a href="#">Qigong – Eight Brocades</a></u>	WI25-WS-SA1530-9-YL	Sat, January 31, 2026	03:30 PM-05:30 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 30.00
<u><a href="#">Yoga for Shoulders and Back</a></u>	WI25-WS-SA1000-10-GZ	Sat, March 07, 2026	10:00 AM-02:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 40.00