


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 unterlined course name for a detailed course description

Course	Course ID	Dates	Time	Level	Location	Fees
<u>The Elements and the Gong</u> NEW	SO26-WS-SA1000-1-EJ	Sat, April 18, 2026	10:00 AM-01:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 35.00
<u>Latin & Pop & Dance Workout</u>	SO26-WS-SA1530-2-IP	Sat, April 18, 2026	03:30 PM-05:30 PM	B/A	Room 358, Komotauer Str. 2, ERL	€ 30.00
<u>Hormones in turmoil</u> NEW	SO26-WS-SA1000-3-EJ	Sat, April 25, 2026	10:00 AM-01:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 35.00
<u>Eat smarter, not less – the key to fat loss</u>	SO26-WS-SA1000-4-EH	Sat, May 02, 2026	10:00 AM-12:00 PM	B/A	Room 260, Komotauer Str. 2, ERL	€ 30.00
<u>Eat smarter, not less – lose weight effectively and persevere</u>	SO26-WS-SA1300-5-EH	Sat, May 02, 2026	01:00 PM-03:00 PM	B/A	Room 260, Komotauer Str. 2, ERL	€ 30.00
<u>Qigong with "Six Sounds"</u>	SO26-WS-SA1530-6-YL	Sat, May 09, 2026	03:30 PM-05:30 PM	B/A	Room 301, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 30.00
<u>A sound journey through your chakras</u> NEW	SO26-WS-SA1000-7-EJ	Sat, June 13, 2026	10:00 AM-01:00 PM	B/A	Room 301, Komotauer Str. 2, ERL	€ 35.00
<u>Taiji Quan 24er Form</u>	SO26-WS-SA1530-8-YL	Sat, June 27, 2026	03:30 PM-05:30 PM	B/A	Room 301, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 30.00
<u>Qigong – Strengthening Qi and Lung Care</u>	SO26-WS-SA1530-9-YL	Sat, Sep 26, 2026	03:30 PM-05:30 PM	B/A	Room 301, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 30.00