

SPORTS AND HEALTH PROGRAMS IN ERLANGEN

# Preventive Health Courses

Once you have registered for the sports and recreation facility, you can sign up for the prevention courses. There is an additional annual fee required for participation in these courses. The prevention courses are certified and can be subsidized by statutory health insurance providers according to §20 para. 1 SGB V, provided you attend at least 80% of the course sessions. Please note that courses requiring registration are personal and cannot be transferred to other individuals. We do not offer trial sessions. If space is available, family members and retirees may also book course spots. Courses will take place either indoors or outdoors, depending on weather conditions (please check the location details).

Click on the underlined course name for a detailed course description

Course name	Course ID	Dates	Time	Units	Level	Location	Fee (plus annual fee)
<u>Facial Training – Flexibility Training for the Office</u>	WI25-FT-DO1700-2-CH	Thu, Jan 08 – March 12, 2026	05:00-05:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL	€ 65.00
<u>Functional Circuit Training for the Office</u>	WI25-FZO-DI1800-1-CH	Tue, October 07 – December 09, 2025	06:00-07:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL	€ 65.00
<u>Functional Circuit Training for the Office</u>	WI25-FZO-MO1900-1-SK	Mon, October 13 – December 15, 2025	07:00-08:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL	€ 65.00
<u>Functional Circuit Training for the Office</u>	WI25-FZO-MO1900-2-SK	Mon, January 12 – March 16, 2026	07:00-08:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL	€ 65.00
<u>Functional Circuit Training for the Office</u>	WI25-FZO-DI1800-2-CH	Tue, January 13 – March 17, 2026	06:00-07:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Recharge</u>	WI25-HYA-MO1115-2-GZ	Mon, January 12 – March 16, 2026	11:15 AM-12:15 PM	10	A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Recharge</u>	WI25-HYA-MO1230-2-GZ	Mon, January 12 – March 16, 2026	12:30-13:30 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	WI25-HYS-DO0730-1-VK	Thu, October 02 – December 11, 2025 (no class on November 06)	07:30-08:30 AM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	WI25-HYS-DO1700-1-VK	Thu, October 02 – December 11, 2025 (no class on November 06)	05:00-05:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	WI25-HYS-DO0730-2-VK	Thu, January 08 – March 12, 2026	07:30-08:30 AM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	WI25-HYS-DO1700-2-VK	Thu, January 08 – March 12, 2026	05:00-05:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-MO1800-1-VK	Mon, October 06 – December 08, 2025	06:00-07:00 PM	10	B/A	Gymnasium C, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-DI1900-1-MG	Tue, October 07 – December 09, 2025	07:00-07:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-MI1800-1-VK	Wed, October 08 – December 10, 2025	06:00-06:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-DI1800-1-SV	Tue, October 14 – December 16, 2025	06:00-06:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-MI1800-2-VK	Wed, January 07 – March 11, 2026	06:00-06:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-MO1800-2-VK	Mon, January 12 – March 16, 2026	06:00-07:00 PM	10	B/A	Gymnasium C, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without Small Equipment</u>	WI25-RF-DI1800-2-SV	Tue, January 13 – March 17, 2026	06:00-06:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00