

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 unterlined course name for a detailed course description

Course name	Course ID	Dates	Time	Sessions	Level	Location	Fees (plus annual fee)
<u>Fascial Training – Flexibility training for the office</u>	SO26-FT-DO1700-1-CH	Thu, April 16, 2026 – July 02, 2026 (no class: May 14, June 04)	05:00 PM–05:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / Outdoor Cardio Zone, Komotauer Str. 2, ERL	€ 65.00
<u>Fascial Training – Flexibility training for the office</u>	SO26-FT-DO1700-2-CH	Thu, July 16, 2026 – Sep 17, 2026	05:00 PM–05:55 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / Outdoor Cardio Zone, Komotauer Str. 2, ERL	€ 65.00
<u>Functional Circuit Training Outdoor</u>	SO26-FZO-DI1800-1-CH	Tue, April 28, 2026 – June 30, 2026	06:00 PM–07:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL (Note: this is an outdoor course)	€ 65.00
<u>Functional Circuit Training Outdoor</u>	SO26-FZO-MO1900-1-SK	Mon, May 04, 2026 – July 13, 2026 (no class: May 25)	07:00 PM–08:00 PM	10	B/A	Outdoor Parcours, Komotauer Str. 2, ERL (Note: this is an outdoor course)	€ 65.00
<u>Hatha Yoga for Recharge</u>	SO26-HYA-MO1115-1-GZ	Mon, April 13, 2026 – June 22, 2026 (no class: May 25)	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>	SO26-HYA-MO1230-1-GZ	Mon, April 13, 2026 – June 22, 2026 (no class: May 25)	12:30 PM–01:30 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / Yin Yang Area, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Recharge</u>	SO26-HYA-MO1115-2-GZ	Mon, July 06, 2026 – Sep 07, 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>	SO26-HYA-MO1230-2-GZ	Mon, July 06, 2026 – Sep 07, 2026	12:30 PM–01:30 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>	SO26-HYS-DO0730-1-VK	Thu, April 16, 2026 – July 09, 2026 (no class: May 14, May 28, June 04)	07:30 AM–08:30 AM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	SO26-HYS-DO1700-1-VK	Thu, April 16, 2026 – July 09, 2026 (no class: May 14, May 28, June 04)	05:00 PM–05:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	SO26-HYS-DO0730-2-VK	Thu, July 16, 2026 – Sep 17, 2026	07:30 AM–08:30 AM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Hatha Yoga for Stress Management</u>	SO26-HYS-DO1700-2-VK	Thu, July 16, 2026 – Sep 17, 2026	05:00 PM–05:55 PM	10	B/A	Room 358, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without small equipment</u>	SO26-RF-MO1800-1-VK	Mon, April 13, 2026 – June 22, 2026 (no class: May 25)	06:00 PM–07:00 PM	10	B/A	Gymnasium C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without small equipment</u>	SO26-RF-DI1800-1-SV	Tue, April 14, 2026 – June 16, 2026	06:00 PM–07:00 PM	10	B/A	Room 358, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without small equipment</u>	SO26-RF-MI1800-1-VK	Wed, April 15, 2026 – June 17, 2026	06:00 PM–07:00 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / C-Field, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without small equipment</u>	SO26-RF-MI1800-2-VK	Wed, July 01, 2026 – Sep 02, 2026	06:00 PM–07:00 PM	10	B/A	Room 301, Komotauer Str. 2, ERL / C-Field, Komotauer Str. 2, ERL	€ 65.00
<u>Back Fitness with and without small equipment</u>	SO26-RF-MO1800-2-VK	Mon, July 06, 2026 – Sep 07, 2026 (no class: May 25)	06:00 PM–07:00 PM	10	B/A	Gymnasium C, Komotauer Str. 2, ERL / Gym. Field 1, Komotauer Str. 2, ERL	€ 65.00