

COURSE OFFERINGS FROM HEALTH PROMOTION FOR SIEMENS HEALTHINEERS EMPLOYEES

Functional Training

Course Description:

This class is designed to improve overall fitness in a way that's functional and relevant to everyday life. The focus is on mobility, strength, endurance, balance, coordination, and stability. Workouts include bodyweight exercises as well as the use of small equipment like resistance bands, dumbbells, rollers, and natural outdoor elements. Training takes place outdoors.

Dates*:	Tuesday, April 1 – July 15, 2025 (no session on May 27, 2025)
Course ID:	SO25-FT-DI1715-1-SH
Time:	5:15 – 6:00 PM
Duration:	15 sessions
Fee:	€ 60
Instructor**:	Saskia Hofmann
Group Size:	min. 8, max. 20 participants
Level:	Beginner / Advanced
Location:	Sportinsel Forchheim, An der Regnitzbrücke
Equipment:	Please bring your <u>own</u> exercise mat!
Registration:	<p>Online registration for Siemens Healthineers employees opens on March 12, 2025.</p> <p>Important: You must first register for access to the sports facility before signing up for the course. The annual € 50 fee does <u>not</u> apply to courses in Forchheim.</p>
Questions:	For any questions or registration issues, please contact Monika Gaal: monika.gaal@siemens.com

* Sessions may be canceled due to vacations, illness, or organizational reasons. Any missed sessions will be rescheduled at the end of the course.

** Instructor may be subject to change on short notice due to internal scheduling.