




















Kursplan Fitness & Gesundheit

01.10.2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00-09:00 Yoga   G2 Sonnengruß Miguel	08:30-09:15 Reha Ortho G3 Vera	8:00-9:00 Functional Circuit S Ulf	08:00-09:00 Reha Ortho am Gerät S Vera	09:00-10:00 Functional Fit G3 Marion
08:30-09:30 Functional Fit G3 Alex	09:00-10:15 Nordic Walking Klöv. Ingrid	9:00-10:00 Functional Fit G3 Alex	8:30-9:30 Rückenfit G3/ST Ingrid	10:00-11:00 AROHA® G3 Manuela
09:30-10:30 Seniorenfit G3 Alex	08:30-09:30 Rückenfit 50+ mit Reha Ortho G3 Vera	10:00-11:00 Seniorenfit G1 Kirsten	09:00-10:00 Reha Ortho am Gerät S Vera	10:00-11:00 YoPi-Relax G2 Marion
10:00-11:00 Functional Circuit S Ulf	09:30-10:30 Rückenfit 50+ mit Reha Ortho G3 Vera	10:00-11:00 Rückenfit G3 Alex	9:30-10:30 Rückenfit G3/ST Ingrid	
	09:30-10:15 Reha Ortho G3 Vera		10:00-11:00 Indoor Cycling  K Martina	
	10:30-11:30 Bewegung bei MS K Katja		10:30-11:30 Seniorenfit G3 Vera	
	10:30-11:30 Reha Lunge G3 Kirsten		11:30-12:30 Reha Herz G3 Vera	
	11:30-12:30 Seniorenfit G3 Kirsten		12:30-13:30 Qi Gong für Senioren  K Marina	
14:30-15:15 Reha Ortho G3 Katja	17:00-18:00 Rückenfit G3 Dorit	16:00-17:00 Reha Herz G3 Katja	15:30-16:30 Seniorenfit W G3 Ina	16:00-17:00 Qi Gong  G3 Marina
15:30-16:45 Yoga  G2 Conny	17:30-18:30 Outdoor Fit ST Martina	17:00-18:00 Reha Herz G3 Katja	16:30-17:30 Reha Lunge G3 Katja	16:30-17:30 Motion K Gilberto
15:30-16:15 Reha Ortho G3 Katja	18:00-19:00 Rückenfit W G1 Katja	16:45-17:45 Indoor Cycling  K Svenja	17:00-18:00 OutdoorFit ST Martina	17:00-18:00 Tai Chi  G3 Marina
16:30-17:00 Bauch Special G3 Svenja	18:00-19:00 Functional Circuit S Gerda	18:00-19:00 Langhantel Workout G3 Svenja	17:00-18:00 YoPi Relax K Marion	18:00-19:00 Skigymnastik  WK  ab 22.10. Gilberto
17:00-18:00 Langhantel Workout G3 Svenja	18:30-19:30 Rückenfit WK Ingrid	18:30-19:30 BBP-Workout G1 Sandra	17:30-18:30 Reha Ortho G3 Katja	18:00-19:00 Indoor Cycling  K Ulf
18:00-19:00 Functional Circuit S Gerda	19:00-20:00 Rückenfit W G1 Katja	19:00-20:00 Zumba®  G3 Chrissi	18:00-19:00 Rücken Circuit S Dorit	
18:00-19:00 Reha Herz + Diabetes G3 Kirsten	19:00-20:00 Indoor Cycling  K Martina	20:00-21:15 Yoga  G3 Ulrike <i>ab 20.10.</i>	18:30-19:30 Yoga   G2 Miguel <i>ab 07.10.</i>	
19:00-20:00 Functional Circuit S Gerda	19:30-21:00 StepAerobic Choreo G3 Carola		18:30-19:30 Rückenfit W G1 Katja	
19:00-20:00 Reha Herz A Katja			19:00-20:00 Indoor Cycling  K Anne	
19:00-20:00 Zumba®   G3 <i>ab 18.10.</i> Olga			20:00-21:00 Functional Circuit S Anne	
20:00-21:00 Pilates W G3 Sonja				

Sportstätten:

- A = Sporthalle A
- B = Sporthalle B
- G1 = Gymnastikraum 1
- G2 = Gymnastikraum 2
- G3 = Gymnastikraum 3
- GFG = GorchFock Gymraum
- GF = GorchFockHalle
- K = Kursraum AdW
- KLÖ = Klövensteen Parkpl. (Reitstall)
- S = Studio
- ST = Stadion AdW
- WK = Wurmkampfhalle

1 Kurs/Woche = 17,00 €
>1 Kurs/Woche = 20,00€

20,00€/Monat

25,00€/Monat

30,00€/Monat

Rehasport

W = Warteliste
O = offener Kurs (auch für Nicht-Mitglieder - mit Anmeldung - bitte Kursdaten beachten)