

Status: September 2022 | WS2022

WORKSHOPS

Sports offer for all sports enthusiasts, also for FH-external persons. The requirement for all offers is the membership (15 € or 30€ / semester) in the sports club of the FH St. Pölten!

YOGA

Regular yoga detoxifies the body naturally by stimulating the flow of lymph. This releases and removes accumulated blockages and keeps the body healthy. In Hatha Yoga, physical exercises (asanas) are performed in harmony with the breath (pranayama). This leads to increased body awareness and trains mindfulness. A stretched posture strengthens the body, increases flexibility and strengthens the muscles.

With the help of meditation, concentration is improved. This can increase the ability to learn. The session is concluded with relaxation.

Contrary to many opinions, yoga is not a pure women's sport, also the male world benefits from any effects, such as the conscious relaxation and tension, the stretches and all, above mentioned, health aspects.

It is precisely the diversity of yoga that speaks for a wide spectrum of its areas of application. Relaxing or working out, training body perception or simply for targeted stress reduction - everyone finds what he/she needs.

The goal of yoga is to bring body and soul into harmony.

No Stress - Just relax!

Registration procedure for students in the CIS (area "my registrations").

Registration for employees and FH-externs in the CSC during opening hours.

YOGA

Costs: € 45,00
Coach: Lydia Kieslinger
When: MO: 19:30-20:30
Location: HLW Gym
Time: 26.09.2022-23.01.2023

Further information:

www.fhstp.ac.at/campus/campuslife/campusport/angebot

Questions can be sent to our **Sport Assistant:**

E-Mail: astsport@fhstp.ac.at

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ZUMBA & PIIT

P.I.I.T. -The interval training that leaves nothing out. This is a 30-minute group fitness format that works on strength, endurance and coordination. Easy, fast, sweaty interval training for all with specially mixed music that takes the fun level to a new level. Exercises are performed with and without steps. Mainly the leg/glute muscles are trained as well as the upper body and core muscles.

The Zumba class is based on the "FUN AND EASY TO DO" principle. You don't have to be a good dancer to take the course, the most important thing is to move to Latin American rhythms and have fun. The training sessions consist of intervals in which fast and slow rhythms are combined with strength sessions to strengthen and shape the whole body. At the same time, fat is burned.

If you like, you can also sign up for PIIT or Zumba only. In any case, bring a good mood, plenty to drink and sturdy shoes.

Burn the calories!

Registration procedure for students in the CIS (area "my registrations").

Registration for employees and FH-externs in the CSC during opening hours.

ZUMBA & PIIT

Costs: € 50,00
Coach: Senta Werner-Mischak, Gaby Schuh, Gitti Bammer
When: TU: 16:50-18:30
Location: HLW Gym
Time: 20.09.2022-24.01.2023

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BOOTCAMP

The name is not meant to discourage, but to motivate: This is a highly efficient high-intensity workout with a mixture of bodyweight exercises and core stability exercises. Training is done without weights or equipment, only with your own body weight, because if you use your own weight correctly, you can get your whole body in shape and improve your coordination.

Whether muscle building, endurance or weight loss - Nico Hoelll accompanies you as a trainer through the course and puts together the right exercises for you. Regular exercise strengthens the immune system, keeps the cardiovascular system fit and can prevent a variety of diseases. In addition, it is also a healthy change from the stressful everyday life and you get to know many nice people.

Simple & Effective. Bootcamp is for everyone. Whether you're a beginner or advanced, you'll be stronger and faster than ever before!

Fun - Motivation - Success!

Registration procedure for students in the CIS (area "my registrations").

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BOOTCAMP

Costs: €45,00
Coach: Nico Hölll
When: TH: 18:30-19:30
Location: HLW Gym
Time: 29.09.2022-26.01.2023

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FITNESSBOXEN

The aim of this course is to give women in particular the opportunity to work out after a strenuous day. The course instructor will give a rough training schedule, but each participant is encouraged to decide for himself/herself the intensity with which he/she wants to train. The main focus is to increase physical fitness, reduce stress and aggression and have fun at the same time.

How is the training organized?

In principle, we train together. The warm-up is led by the instructor and done as a group. This is followed by some individual or partner exercises and then a short joint stretching session to prevent tension.

Strong and powerful!

Registration procedure for students in the CIS (area "my registrations").
Registration for employees and FH-externs in the CSC during opening hours.

FITNESSBOXING

Costs: €40,00
Coach: Marko Kozlica
When: TH: 17:30-18:45
Location: MIKO Trainingsstudio (Schulring 13)
Time: 29.09.2022-26.01.2023

Further information:

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KLETTERN (ANFÄNGER)

Requirements: none

Contents: Belay technique top rope, basic climbing techniques.

You want to take the first step towards independent rope climbing in the hall?

Here you will learn how to climb safely in the top rope and how to belay your climbing partner correctly. Furthermore, you will be introduced to the techniques of climbing, so that you can move more effortlessly and efficiently on the wall. Previous climbing experience is not required!

Material can be borrowed free of charge!

High to the sky!

Registration procedure for students in the CIS (area "my registrations").
Registration for employees and FH-externs in the CSC during opening hours.

CLIMBING (BEGINNERS)

Costs: €45,00
Coach: Karl Hiesberger & Philipp Kadlec
When: TH: 18:00-19:30
Location: Sportzentrum NÖ Kletterwand
Time: 06.10.2022-22.12.2022

Further information:

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KLETTERN (FORTGESCHRITTEN)

Prerequisites: Belaying technique top rope, basic climbing techniques.

Contents: Belaying technique lead climbing, extension of basic climbing techniques.

After the top rope, off to the lead! You will learn how to belay and climb in the lead, how to latch quickly and correctly, how to hold falls safely, and everything you need to be safe while lead climbing.

Material can be borrowed free of charge!

Higher and higher, further and further!

Registration procedure for students in the CIS (area "my registrations").
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CLIMBING ADVANCED

Costs: €45,00
Coach: Karl Hiesberger & Philipp Kadlec
When: TH: 19:45-21:15
Location: Sportzentrum NÖ Kletterwand
Time: 06.10.2022-22.12.2022

Further information:

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DANCEFITNESS

"Bikinifit - Dancefitness that brings summer to the gym."

This workout motivates, makes you forget the everyday stress and helps the bikini (or swimsuit) figure on the jump. With an hour of Bikinifit, we not only work up a good sweat, we also start the rest of the week with more energy, a clear conscience, as well as a catchy tune or two.

We'll raise our pulse rate to rousing music and first improve endurance, coordination and flexibility, then we'll get down to business and strengthen our abdomen, legs, back, arms and buttocks for firm and defined muscles. Last but not least, a stretching session rounds out the class.

What makes the class special are the different choreographies to which you dance yourself fit. Get your body in shape with Lena and look forward to a Wednesday class full of fun, in motion!

! You might want to check it out this semester, because we'll be back next semester with more sessions.

Come and join the Party!

Registration procedure for students in the CIS (area "my registrations").

Registration for employees and FH-externs in the CSC during opening hours.

DANCEFITNESS

Costs: € 15,00
Coach: Lena Gießwein
When: WE: 19:45-20:45
Location: HLW Gym
Time: 07.12.2022-15.01.2023

Further information:

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AIKIDO

a peaceful martial art - the art of not fighting
shin shin toitsu do - unity of body and mind.

Perceive, do not act!
be relaxed and let Ki flow!

What can you expect during the course?

- A physical and mental training that trains coordination, connectedness, leadership and trapping.
- Techniques that train how to deal with attacks of various kinds or dangerous situations. Changing the mind and leading!
- A framework to develop harmoniously at one's own pace, free from competition and performance demands.
- Breathing exercises, meditation and the maintenance or improvement of health.

Course instructor: Ryan Jepson (founder of the association "Ki, Aikido and Health" and teacher since 2013).

www.kiaikido.at

Expand your horizons & fitness!

Registration procedure for students in the CIS (area "my registrations").

Registration for employees and FH-externs in the CSC during opening hours.

AIKIDO

Costs: € 45,00
Coach: Ryan Jepson
When: WE: 17:15-18:15
Location: HLW Gym
Time: 28.09.2022-25.01.2022

Further information:

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