

Status: September 2023 | WS2023

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 many 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, incomings 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: 02.10.2023-22.01.2024

Further information:

www.fhstp.ac.at/de/campus/services-am-campus/campus-sport

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 separately. In any case, bring a good mood, plenty to drink and sturdy shoes.

Burn the calories!

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ZUMBA & PIIT

Costs: € 50,00
Coach: Senta Werner-Mischak, Gaby Schuh, Gitti Bammer
When: TU: 17:00-18:30
Location: HLW Gym
Time: 26.09.2023-30.01.2024

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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: 05.10.2023-25.01.2024

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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!

Come and join the Party!

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

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

DANCEFITNESS

Costs: € 40,00
Coach: Lena Gießwein
When: TH: 19:30-20:30
Location: HLW Gym
Time: 12.10.2023-25.01.2024

Further information:

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STRONG NATION

Do you enjoy moving to music and really working out? Then Strong Nation is exactly what you need - high-intensity tempo training which will make you sweat.

Here the music is not just in the background, but plays the main role, because it is precisely coordinated with the moves. You can hear exactly whether you need to do a squat, a punch or a kick - and that motivates you to keep going!

No matter which fitness level you have, with Strong Nation you can choose your level from three exercise intensities to train effectively and with fun - afterburn effect included.

Get powerful!

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

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

STRONG NATION

Costs: € 40,00
Coach: Kerstin Prock
When: MO: 20:30-21:30
Location: HLW Gym
Time: 02.10.2023-22.01.2024*

*No lessons on the 09.10. and 23.10.2023

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CLIMBING (BEGINNERS)

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, incomings and FH-externs in the CSC during opening hours.

CLIMBING (BEGINNERS)

Costs: €50,00
Coach: Philipp Kadlec & Moritz Ketter
When: MO: 18:00-19:30
Location: Sportzentrum NÖ Climbing Wall
Time: 02.10.2023-04.12.2023

(!) registration period is ending earlier (29.09.) and the spots are limited

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CLIMBING (ADVANCED)

Prerequisites: Belaying technique toprope, basic climbing techniques.

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

After the toprope, 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!

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CLIMBING ADVANCED

Costs: €50,00
Coach: Philipp Kadlec & Moritz Ketter
When: MO: 18:00-19:30
Location: Sportzentrum NÖ Climbing Wall
Time: 02.10.2023-04.12.2023

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VOLLEYBALL

You like to have fun with your friends after an exhausting university day? Then the team sport volleyball is your right choice. No matter if you are a beginner or advanced player, everyone is welcome. Coach Rosi has the best instructions for you.

Register quickly, because volleyball is one of the most popular sports at St. Pölten University of Applied Sciences!

Requirements

Beginners: NONE

Advanced: basic technique of bumping and setting, able to make a floating or underhand service, knowledge of the basic rules (line-up, tasks of different players positions)

One team, one dream!

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

VOLLEYBALL

Costs: €30,00
Coach: Roswitha Lammerhuber

When: **Beginners:** WE 17:30-18:45
Advanced: WE 18:45-20:00

Location: HLW Gym
Time: 04.10.2023-24.01.2024

Further information:

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