

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

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: 17:15-18:15
Location: HLW Gym
Time: 23.09.2024-27.01.2025

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!

Registration procedure for students in the CIS (area "my registrations").
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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: 17.09.2024-28.01.2025

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BOOTCAMP

The name is not intended to discourage, but to motivate: It is a highly efficient high-intensity workout with a mixture of bodyweight exercises and core stability exercises. You train without weights, mainly 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.

With Nico Höttl as your trainer and energizing music, you will be motivated to achieve your goals and push yourself to your limits. The varied exercises and training concepts provide lots of new impulses and a workout that never gets boring and is fun. Whether for muscles or endurance and whether it's your only workout of the week or not, Bootcamp always delivers and is guaranteed to make you sweat. It's also a healthy change from the stressful everyday life at the FH and you get to meet lots of nice people.

So let yourself get motivated and bring shoes, a towel and something to drink. Whether you're a beginner or advanced, Bootcamp is something for everyone and you'll be stronger and faster than ever before!

Fun - Motivation - Success!

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BOOTCAMP

Costs: €45,00
Coach: Nico Höttl
When: TH: 18:30-19:30
Location: HLW Gym
Time: 26.09.2024-30.01.2025

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 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: € 45,00
Coach: Lena Gießwein
When: MO: 18:15-19:15
Location: HLW Gym
Time: 23.09.2024-27.01.2025

Further information:

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STRONG NATION

Strong Nation: More than just a classic workout.

The HIIT workout for people with a love of rhythm that will make you sweat. It combines cardio, strength training, martial arts elements, coordination and speed to create a unique training experience on beat.

No matter what fitness level – with three different intensity levels, there is something for everyone. Whether low, base or max level, here you can really work out and redefine your limits. Get stronger, fitter and more enduring with every beat, every movement and every repetition.

Further informaton: Since Kerstin unfortunately cannot be in St. Pölten for a few dates, Clara Baudis will take care of your fitness on four days (21.10., 11.11., 18.11., 25.11.).

Get stronger together!

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

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STRONG NATION

Costs: € 40,00
Coach: Kerstin Prock
When: MO: 19:30-20:30
Location: HLW Gym
Time: 23.09.2024-27.01.2025

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STREETDANCE

In Streetdance you can expect a mixture of different urban dance styles, also called hip-hop. You will learn choreographies for the different dance styles, but you can also try your own improvisations.

Whether you are dancing for the first time or already have some dance experience, sign in and join Petra's street dance group. The most important thing is to have fun while dancing and enjoy moving to cool beats.

!! Last session on the 19th of december

Shake it off!

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

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STREETDANCE

Costs: €35,00
Coach: Petra Eigelsreiter
When: TH: 20:00-21:00
Location: HLW Gym
Time: 26.09.2024-19.12.2024

Further information:

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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.

Please bring previous volleyball experience for the normal course. If you play regularly and have been part of the course in a previous semester, the professional course fits perfectly for you.

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

Requirements

Pro: Playing regularly and a participation in the courses of the previous semesters; 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!

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VOLLEYBALL

Costs: €30,00

Coach: Roswitha Lammerhuber

When: Regular: WE 19:00-20:15

Pro & Open Play: WE 20:15-21:45

Location: HLW Gym

Time: 25.09.2024-29.01.2025

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CHESS

Beginners: This course would be perfect for people who are new to chess or have limited experience. It covers the basics of the game, including piece movement, basic strategies, and fundamental tactics. Students will learn the rules of the game, understand chess notation, and build a foundation in opening principles and endgames.

Intermediate: This course is aimed for players who have a basic understanding of chess and wish to improve their skills. It focuses on more advanced strategies, including complex openings, middle-game tactics, and positional play. Students will study classic games, analyze common traps, and develop their own strategic thinking to enhance their overall game performance.

Smart move!

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CHESS

Costs: €30,00

Coach: Sofia-Khrystyna Borysiuk

When: Beginner: TU 18:00-19:20

Intermediate: TU 19:20-20:40

Location: FH St.Pölten, Seminar room

24.9. – A.3.09 | 1.10. – A.3.08 | 8.10. – A.3.09 | 15.10. – A.1.10 | 22.10. – A.2.13 | 29.10. – A.3.09 | 5.11. – A.3.09 | ...

Time: 24.09.2024-28.01.2025

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