

Price list*

INDOOR + OUTDOOR

Group A (Standard) | Group B | Group C

Fitness Gym Card card – 3 Months

45,- €

68,- €

90,- €

Fitness Gym Card – 6 Months

75,- €

113,- €

150,- €

Fitness Gym Card – 12 Months

125,- €

178,- €

250,- €

A: Students | B: Employees | C: Cooperation partners

* The prices refer to the declared duration of three, six or twelve months and will be debited once by direct debit procedure after prior email notification.

Your benefits

- **No long contract terms.** Short terms of only 3 months are possible
- **Attractive prices** especially for students
- Training with **high-quality equipment**
- **Personalised instruction** and **workout plan updates** by fitness trainers
- **Relaxed training atmosphere** with your fellow students

CampusGym & GymBox

Opening Hours

Monday - Friday
07:00 - 22:00 h

Saturday - Sunday
09:00 - 22:00 h



Contact

CampusGym & GymBox
Beethovenstraße 16
38106 Braunschweig
Phone: 0531 391 36 16



Technische
Universität
Braunschweig

HOCHSCHUL
SPORTZENTRUM



CAMPUS GYM

IF YOU PREFER TO TRAIN OUTDOORS,
YOU MIGHT BE INTERESTED IN OUR
OUTDOOR SPORTS CARD!



Find more information [here](#).

University Sports Center

Franz-Liszt-Straße 34
38106 Braunschweig
E-Mail: sportzentrum@tu-bs.de
Phone: 0531 391 36 59

Reference person:
Michael Landes

The Fitness Center of the TU Braunschweig

**START YOUR TRAINING
DIRECTLY AFTER LECTURES**



CampusGym & GymBox



Varied equipment park



Cross trainers and treadmills



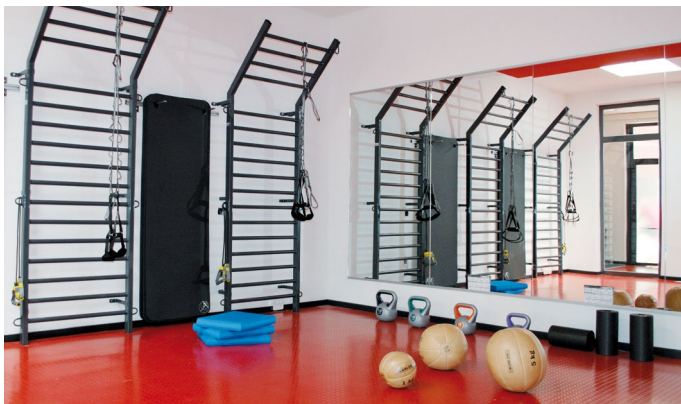
Free weight area



Power Rack



Dumbbells



GymBox: Sling Trainer, Kettlebells, Faszia rolls

CampusGym

Train your cardiovascular health or your muscles in a pleasant atmosphere in our CampusGym. The fitness instructors will be happy to assist you at any time with training instructions or workout plans. They will also give you tips on how to organize your workout and answer any questions you may have about training on the equipment.

The **Lanista Training-App** (for free) helps you to create and optimize your personal workout plan together with our trainers. Access a huge exercise database including videos, pictures and important exercise execution tips anytime and anywhere.

GymBox

Working out at the GymBox is included in all training cards that cover the indoor gym area. Here you will find a variety of training options such as functional training, fascia training, and stretching - kettlebells, sling trainers, fascia rolls, and much more. To introduce you to specific training methods, the fitness trainers will be happy to assist you.

LET US ADVISE YOU AND CREATE YOUR
PERSONAL WORKOUT PLAN!

brainLight® Massage chair

YOUR TIME-OUT TO CALM RELAX!



Strength lies in calmness

The brainLight® massage chair is a real all-rounder. End your workout with a relaxing massage and dive into a world where you can experience wellness and balance.

Find the relaxation program that suits you best

In addition to basics like positive affirmation to start the day and sports-focused programs, the brainLight® offers you voice- and music-guided relaxation programs such as autogenic training and other various topics, including sports, mindfulness, positive learning experiences, and improving one's sleep. An overview can be found [here](#).

Experience relaxing breaks and book your next appointment [here](#).