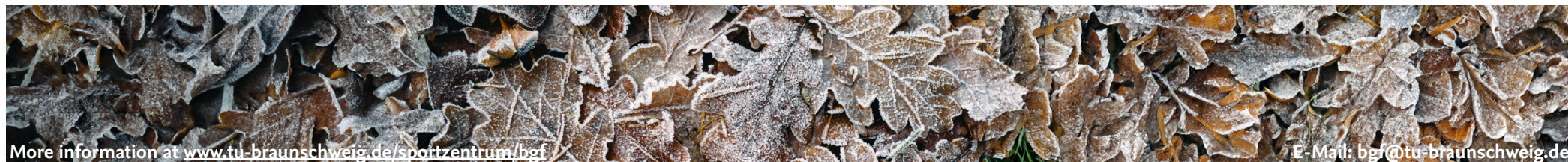




Corporate Health Promotion (CHP)

Current program for employees of the TU Braunschweig from **14.10.24 - 06.04.25**



More information at www.tu-braunschweig.de/sportzentrum/bgf

E-Mail: bgf@tu-braunschweig.de

SEMINARS

usually offered in german only

Seminar Health	08.11.2024 09:00 - 12:00 a.m. Location:
Healthy breathing	Leader: Wolfgang Block LK 19c Room 301 A
Relaxation seminar:	06.02.2025 02:00 - 03:00 p.m. Location:
Power through meditation	Head: Julia Berger GyRR
Nutrition seminar:	27.02.2025 09:00 - 12:00 a.m. Location:
Brainfood - Energy for the brain	Management: Stephanie Missler Online
InfoExpress:	20.03.2025 09:00 - 11:00 a.m. Location:
Stress management	Head: Kim Celine Salomon GyRR

OFFERS

AktivBox & RelaxBox	Borrow and try out the Active or RelaxBox for a month to get moving or relax with your colleagues during your break with various (office) exercises.
Team spirit	The digital teamevents offer you and your colleagues the opportunity to work together on various topics and develop as a team. (In cooperation with BGM)
Team game boxes	The team games boxes are ideal for team-building activities. Strengthen your team's group spirit and playfully promote social skills, creativity and solution-orientation.
PausenExpress	Spend guided active breaks with your colleagues on site and register your team for the PausenExpress .
Actions & events	We will inform you here about temporary campaigns, such as TK health checks or changing events for a more active evening: more info

CLASSES

usually offered in german only

MONDAY

Qigong & Taiji GyRR
01:00 - 02:00 p.m. | with Jochen
Beginners!
Get moving GyRR
05:00 - 06:00 p.m. | mit Lukas

TUESDAY

Yoga GyRR
07:30 - 08:30 a.m. | with Christian
Functional spinal gymnastics GyRR
01:00 - 02:00 p.m. | with Michael
Functional spinal gymnastics GyRR
02:00 - 03:00 p.m. | with Michael
Preventive strength training CampusGym
02:45 - 03:45 p.m. | mit Mads
Pilates GyRR
05:00 - 06:00 p.m. | with Malu

WEDNESDAY

Preventive strength training CampusGym
07:30 - 08:30 a.m. | with Maximilia
Nordic walking OUTDOOR
07:30 - 08:30 a.m. | with Anja
Fitness programme
Spinal gymnastics GyRR
10:30 - 11:30 a.m. | with Guisepppe
Fascia training GyRR
12:00 - 01:00 p.m. | with Timo
Pilates GyRR
03:15 - 04:15 p.m. | with Heidi
Yoga & Relax GyRR
04:30 - 05:30 p.m. | with Yasmin & Julia

THURSDAY

Yoga GyRR
07:30 - 08:30 a.m. | with Christian
Pilates GyRR
01:00 - 02:00 p.m. | with Heidi
Preventive Strength training CampusGym
12:00 - 03:00 p.m. | with Timo
Outdoor fitness OUTDOOR
04:00 - 05:00 p.m. | with Malu
Fit from 45-keep your balance GyRR
03:00 - 06:00 p.m. | mit Lukas

FRIDAY

Fitness programme
Spinal gymnastics GyRR
12:00 - 01:00 p.m. | with Guisepppe