



Your contact person:  
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## SEMINARS & OFFERS usually offered in german only

**Nutrition seminar:  
Nutrition-ABC reloaded**

11/10/2022 | Thursday | 09:00 AM - 12:00 PM | Location: Online | Coach: Stephanie Mißler

**InfoExpress: Nutrition  
Hydration for Health**

01/24/2023 | Tuesday | 10:00 AM - 12:00 PM | Location: Online | Coach: Stephanie Mißler

**InfoExpress:  
Mobility Training**

03/09/2023 | Thursday | 09:30 AM - 11:30 AM | Location: GyRR | Coach: Timo Landscheidt

**InfoExpress: Nutrition  
Eat better - Sleep better**

04/05/2023 | Wednesday | 10:00 AM - 12:00 PM | Location: Online | Coach: Stephanie Mißler

**ActiveBox & RelaxBox**

Borrow the [Active- or RelaxBox](#) for one month and try out different (office) exercises with your colleagues to get moving or to relax during your break.

**CHALLENGEyourself**

*Do you accept our challenge?*

With our health-oriented [challenge](#) we ask you to integrate exercises from the areas of fitness, nutrition as well as relaxation, and stress management into your day routine. You get a new challenge every week.

**Team Spirit**

Our digital [team events](#) offer you and your colleagues the opportunity to work together on various topics and develop as a team (upon a request also offered in english). *This offer takes place in cooperation with [CHM](#).*

### HEALTH PORTAL

In the [Health Portal](#) our digital offers are available to you 24/7: In the areas of fitness, nutrition, relaxation, and stress management, we offer general tips, exercises, recipes, reminder cards, and [video courses](#), among other things. All of these online offers can lead and guide you towards a healthy lifestyle and keeping active at work and everyday life.

## COURSES

For more information please visit [www.tu-braunschweig.de/sportzentrum/bgf](http://www.tu-braunschweig.de/sportzentrum/bgf)

### Monday

**Get in Relaxation** GyRR

12:00 PM - 1:00 PM | with Mareike **NEW**

**BreakExpress** online

12:30 PM - 12:45 PM

**Progressive  
Muscle Relaxation\*** GyRR

4:00 PM - 5:00 PM | with Yasmin

**Beginners! On the Move** GyRR

5:00 PM - 6:00 PM | with Mara

### Tuesday

**Yoga** GyRR

07:30 AM - 08:30 AM | with Christian

**Funct. Spinal Gymnastics** GyRR

12:00 PM - 1:00 PM | with Svenja

**Funct. Spinal Gymnastics** GyRR

1:00 PM - 2:00 PM | with Svenja

### Wednesday

**Nordic Walking** **OUTDOOR**

07:30 AM - 08:30 AM | with Anja

**Prev. Strength Training** CampusGym

07:30 AM - 08:30 AM | with Denise & Timo

**Fitness Spinal Gymnastics** GyRR

10:30 AM - 11:30 AM | with Guiseppe

**BreakExpress** online

12:30 PM - 12:45 PM

**Prev. Strength Training** CampusGym

2:45 PM - 3:45 PM | with Denise & Timo

**Yoga & Relax** GyRR

4:30 PM - 5:30 PM | with Yasmin **NEW**

### Thursday

**Yoga** GyRR

07:30 AM - 08:30 AM | with Christian

**BreakExpress** online

11:30 AM - 11:45 AM

**Pilates** GyRR

1:30 PM - 2:30 PM | with Sarah

**Fascia Training** GyRR

3:00 PM - 4:00 PM | with Timo

**Outdoor Fitness** **OUTDOOR**

4:00 PM - 5:00 PM | with Denise

**Fit from 45 -  
Keeping Balance** GyRR

5:00 PM - 6:00 PM | with Pauline

### Friday

**Fitness  
Spinal Gymnastics** SpoBe

12:00 PM - 1:00 PM | with Guiseppe

GyRR Gym Rebenring (Rebenring 58)  
SpoBe Sports hall Beethovenstr. (Beethovenstr. 16)  
CampusGym Fitness center (Beethovenstr. 16)  
**OUTDOOR** Outdoor facilities of the university sports center (Franz-Liszt-Str. 34) online BigBlueButton

\*from 02/06/2023 the course Autogenic Training takes place **NEW**