

# VOUCHER

**YOUR FREE COURSES 28.07.-05.09.2025**

Name, Firstname: \_\_\_\_\_

| MO  | TU   | WE   | TH   | FR                                    |
|---|--|--|--|---------------------------------------|
| Bodyworkout<br>11:30-12:15<br>online                        | Good Morning<br>07:00-07:55<br>On site                 | Yoga<br>11:30-12:25<br>On site                   | Good Morning<br>07:00-07:55<br>On site                 | Back Fit<br>11:30-12:25<br>online     |
| Pilates<br>11:30-12:25<br>On site                           | Body Bootcamp<br>11:30-12:25<br>On site                | Box & Beat<br>11:30-12:25<br>On site             | Pilates<br>11:30-12:25<br>online                       | Bodyworkout<br>12:00-12:55<br>On site |
| Back Balance<br>12:30-13:25<br>On site                      | Indoor Cycling<br>15:30-16:25<br>S148, 5.OG<br>On site | Yoga<br>12:45-13:40<br>online                    | Barbell<br>11:45-12:40<br>On site                      | Yoga<br>16:00-16:55<br>On site        |
| Back Fit<br>for a strong<br>centre<br>17:00-17:55<br>online |  | Intervall &<br>Barbell<br>17:00-17:55<br>On site | Body Strength &<br>Stability<br>16:30-17:25<br>On site |                                       |
|   |  | Pilates<br>17:30-18:25<br>online                 | Power Core XPress<br>17:30-18:00<br>On site            |                                       |

**Registration\***  
**030/468-194497**  
[b-fit@dantrim.de](mailto:b-fit@dantrim.de)

\*at least 3 hours before the start of  
the course



# COURSE DESCRIPTION

|  |   |
|--|---|
| <b>PILATES</b><br>(stability/strength)                               | In this course, you concentrate fully on your body. A gentle and targeted workout that uses breathing in particular to address and strengthen the deep muscles and ensure an upright and healthy posture.   |
| <b>YOGA</b><br>(stability/ relaxation)                               | Do you want inner balance, positive energy and more flexibility? Yoga is a holistic body workout to harmonise mind, body and soul. It improves the elasticity of your muscles and provides balance and relaxation.  |
| <b>BOX &amp; BEAT</b><br>(strength endurance)                        | In this course, we combine boxing techniques with intensive endurance training. Hot punch and kick combinations challenge your body and increase your strength and stamina. The perfect mix of strength, coordination and fun - ideal for relieving stress and taking your fitness to a new level!  |
| <b>RÜCKENFIT</b><br>(Strength)                                       | Would you also like to have a back <b>WITHOUT</b> pain or would you like to ensure that your back remains pain-free? Then this course is just right for you! A varied workout to strengthen and mobilise the back as well as the entire postural and core muscles. Perfect for anyone who wants to do something good for themselves and their back! |
| <b>BODYWORKOUT</b><br>(Strength endurance/HIIT)                      | Want to really get your body in shape and boost your fat burning? With this effective full-body workout, you can do it! Varied and diverse exercises for muscle strengthening and flexibility will get you in top shape!  |
| <b>LANGHANTEL</b><br>(strength endurance)                            | Want to define your muscles? This effective workout combines strength exercises with speed, coordination, flexibility and jumping power. Use the barbell and various weights to add even more power to your workout. You will strengthen your core, arms and legs.  |
| <b>SPINNING</b><br>(Stamina)   | Reach your goal with full energy: a cardiovascular workout on special stationary bikes to motivating music, where you can work up a sweat, shape your legs and leave the stress of everyday life behind you.  |
| <b>RÜCKEN BALANCE</b><br>(Strength)                                  | Focus on core strengthening: Improving posture through back strength and abdominal muscles.   |
| <b>BODY BOOTCAMP</b><br>(Strength endurance/HIIT)                    | At the Body Bootcamp you can work out! The intensity is higher than in other courses. You should therefore have a good basic level of fitness. Your fitness will improve, your muscle tone will increase and fat burning will be boosted. You can expect a varied and intensive workout! Let's rock   |
| <b>GOOD MORNING BODYWORKOUT</b><br>(Strength)                        | A sporty start to the day with an intensive and varied workout that works your whole body.  |
| <b>BODY STRENGTH &amp; STABILITY</b><br>[Strength (stamina)/balance] | Full energy meets balance! This training programme will improve your endurance and strength as well as your coordination and balance. Flexibility exercises and an energising warm-up are the start, followed by intensive interval phases including strength training, and body awareness exercises are the finish.                                |
| <b>POWER CORE XPRESS</b><br>(Strength)                               | Power Core Express is an intense and dynamic workout that provides fast and efficient ways to build a strong and stable core - targeting your abs as well as your lower back in just 30 minutes! This class is perfect for anyone who wants to spice up their workout and challenge their core muscles.   |