

# Our memberships

per month,  
starting from:

basis

- ✓ sports programme

**2,20 €**

basis<sup>+</sup>

- ✓ sports programme
- ✓ group fitness classes

**5,40 €**

roXx **total**

- ✓ sports programme
- ✓ RoXx membership

**30 €**

fitness *early*  
for students and employees only  
(until 4 p.m.)

- ✓ sports programme
- ✓ group fitness classes
- ✓ fitness, cardio,  
strength training

**14 €**

fitness *kompa<sup>k</sup>t*  
for students and employees only

- ✓ sports programme
- ✓ group fitness classes
- ✓ fitness, cardio,  
strength training

**16 €**

fitness **total**  
for students and employees only

- ✓ sports programme
- ✓ group fitness classes
- ✓ fitness, cardio,  
strength training
- ✓ pool, sauna

**25 €**

**Göttingen  
University  
Sports Centre**

# ... getting started!

**SPECIAL EVENT**  
October 11<sup>th</sup>

For more information go to [www.hochschulsport.uni-goettingen.de](http://www.hochschulsport.uni-goettingen.de) or visit us at  
Zentrale Einrichtung Hochschulsport, Gutenbergstr. 60, 37075 Göttingen



HOCHSCHULSPORT GÖTTINGEN

## SPORTS PROGRAMME

Fitness and recreational opportunities abound at the Göttingen University Sports Centre. We provide you with 100 different athletic activities and over 350 different sports classes per week. Whether you are in for team sports, individual sports, aquatic sports, running, dancing, or fighting. Come and check it out!

## HEALTHY CAMPUS (STUDENTS' HEALTH PROMOTION)

Healthy Campus is designed specifically for the purposes of student health promotion at Göttingen University. This project includes an ECTS-relevant health promotion programme, free cooking workshops, running and relaxation classes as well as free consultation hours around topics such as spine and back health, nutrition, and cardiological issues.

## ROXX CLIMBING CENTRE

Northern Germany's largest climbing facility provides 1800 m2 of indoor climbing walls and 400 m2 of boulder space. Whether you are opting for the lead or the second climb – go for it!

## FIZ FITNESS CENTRE

The FIZ is the perfect place for you to improve your fitness and train your body. This 1000 m2 area features numerous cardio- and weight machines next to a wide variety of non-traditional fitness tools (kettlebells, sling trainers, foam rolls, plyo boxes, etc.) as well as a stretching area. We also offer selected strength and weight-lifting classes in our high-end functional training area.

## KIDS (CHILDREN'S PROGRAMME)

We organise a wide range of sports classes, birthday events, family excursions, Kinder-Uni, and one week active holiday programmes to the children of all university members.

# University Sports in Göttingen

## mission & values

The University Sports Centre provides high quality programmes, services, and modern facilities that inspire active, healthy living and enhance your overall educational experience throughout your studies at Göttingen University.

Our aim is to provide all members with a unique athletic experience. The Sports Centre is the regional hub for fitness and recreation - students, employees, alumni as well as community members are all welcome. Depending on your membership you can join different classes, visit our pool and spa area, use the tennis, soccer, and beach-volleyball courts, do cardio, weights, and functional training, go on our winter and summer excursions (skiing, snowboarding, surfing, trekking, etc.), attend major sporting events (DIES Academicus, Great Barrier Run), and so much more ...

**These values serve to guide individual and organisational behaviour:**

- Respect
- Safety
- Diversity
- Professionalism
- Fair play

- Community
- Integrity
- Excellence
- Service
- Wellness

Visit our special event

## INTERNATIONAL STUDENTS WELCOME SPORTS NIGHT

On Wednesday October 11th, 2017 – 7 p.m. – free entry for the night! All incoming students and friends are welcome to try out the facilities at the University Sports Centre. Together with our **partner Techniker Krankenkasse** we offer you diverse English and bilingual (English/German) classes, entry to the pool area, and information on nutrition, health, and all our activities.

### AGENDA:

powered by **Techniker Krankenkasse** 

- 7 p.m.** **get informed:** we welcome you at the University Sports Centre and introduce you to our programme and memberships
- 8 – 10 p.m.** **get involved:** experience selected classes from our sports programme
- After 10 p.m.** **get together:** hang out at the Sports Center and conclude the evening at the "Escape"

