



TU Clausthal



TUCmove

10 weeks course

Fitness training for women

Wednesday April 3rd - June 12th, 2024

7:30-8:15am

in the fitness gym of the sports institute

The fitness training is for all women who want to keep fit with a combination of fitness training on ergometer machines and strength training on machines and functional gymnastics in the sense of circuit training.

Costs: Students €15.00 and employees €20.00

After confirmation of registration, the course fee must be transferred to:

TU Clausthal

Sparkasse Hildesheim-Goslar-Peine

IBAN: DE71 2595 0130 0000 0221 11

BIC: NOLADE21HIK

Empfängerangabe: Kostenstelle 3000 0130 – Kurs Fitnesstraining für Frauen und ihr Name

Click here to register

