BUNTE BEWEGUNGS-WOCHE VERBINDET

Die online Sportwoche in Niedersachsen

Koordinierungsstelle
Integration im und durch Sport

LandesSportbund Niedersachsen e.V.
Ferdinand- Wilhelm-Fricke-Weg 10
30169 Hannover
Contact person: Lena Meding
koordinierungsstelle@ksb-verden.de
+49 (0)4231 - 98 59 811
Website: www.lsb-niedersachsen.de

03/07-11/2022

“Sign up now and take part!”

Click here to register →

Find the course that suits you

It is important to bring a towel or an exercise mat as floor padding and something to drink for all the workout offers

Level 1: Getting started, Level 2: Intensity increases, Level 3: Don't forget your towel for the sweat beads

Monday, 03/07/22	Tuesday, 03/08/22	Wednesday, 03/09/22	Thursday, 03/10/22	Friday, 03/11/22
	9:00-10:00 a.m. Fit with 80's hits Sarah Seidel		9:00-10:00 a.m. Integrative dance gymnastics Meliz Kirmit	
10:00-11:00 a.m. Pilates Nina Knodel		10:00-11:00 a.m. Agile and fit Barbara Peper		10:00-11:00 a.m. Yoga Simone Gerlach-Rausch
6:30-7:30 p.m. Tabata Micha Nesemeyer	6:00-7:00 p.m. Fascia workout* Ute Wienberg	6:30-7:30 p.m. HIIT Heidi Bellgardt	6:00-7:00 p.m. Stretching Nadine Campbell	5:00-6:00 p.m. Salsa Aerobics
	7:00-8:00 p.m. Capoeira Daniel Ledderbogen		7:00-8:00 p.m. Qi Gong Sonja Schillo	

*The "Fascia workout" offer requires a fascia roller and a tennis ball.

Brief description of exercise types

Flexible and fit
Small training materials (tennis ball, small water bottles, pad) are used along with a mix of short movement combinations as well as strength and body awareness exercises.

Capoeira
Capoeira is simultaneously a dance, a fight and a game that combines acrobatics, improvisation and reaction skills with rhythmic movements. Set to Brazilian beats, the workout promotes mobility, balance, strength, endurance and self-confidence.

Fascia workout
Fasciae are collagen-containing, fibrous tissue structures that surround our muscles. Injuries, stress and the like cause these fasciae to stick together and impair muscle functioning. Stretching exercises and mobilization are used to get the fasciae back into shape. Required material: fascia roller and tennis ball!

Fit with 80's hits
An uncomplicated full-body workout with your own body weight to hits from the 80's.

HIIT workout
This high-intensity interval training workout combines bodyweight exercises with short periods of rest. It will boost both your endurance and strength while letting you test your physical limits. This exercise is suitable for people who like to get a really good workout and have previous experience with sports. If you have no such previous experience, it is advisable to take a more gradual approach.

Integrative dance exercises
Dance gymnastics combines music with classical gymnastics exercises and/or rhythmic movements as well as dance moves. The goal is to motivate participants through music and rhythm. The moves and exercises are designed to improve endurance, strength and coordination.

Pilates
Pilates is a gentle and tranquil full-body workout that uses a special method to strengthen the pelvic floor and abdominal muscles in particular. It focuses on improving mobility and stabilizing joints through targeted strengthening exercises.

Qigong
Qigong is a form of Chinese exercise involving meditation, concentration and movement for the cultivation of body and mind. It also includes martial arts exercises as well as breathing, movement, concentration and meditation exercises. The exercises are designed to harmonize and regulate the flow of qi in the body.

Salsa Aerobics
The joy of movement is combined with intensive fitness training. Lively rhythms get you going and encourage you to dance and work out.

Stretching
Stretching doesn't generally change muscle length. Only the fasciae become more flexible as a result of stretching exercises. Stretching can thus improve mobility in the long term as well as help reduce imbalances, pain and stress.

Tabata
Tabata is a variation of high-intensity interval training. It consists of eight alternating repetitions of 20 seconds of high-intensity exercise followed by 10 seconds of rest. You will be taken to your limits with plenty of fun and empathy. The exercises are carried out at maximum intensity for the duration of the workout. Tabata is good at briefly and quickly burning off body fat.

Yoga
Gentle yoga poses strengthen, stretch and relax your back muscles while promoting spinal strength and flexibility. Deep breathing and relaxation help you to let go of everyday life and bring you back into balance (including mentally), addressing body, mind and soul alike.