

Continuing Courses

In the continuing courses you will get a training plan tailored to your specific needs and goals, and which will be constantly enhanced and adapted. Here, you will receive support from an instructor who will give you personal and effective advice.

Requirements:
Qualification card and fitness training cards

Endurance Equipment Course with Special Strengthening

In this course participants will make use of the varied endurance training equipment and put the different training means into practice (e.g. fat metabolism training). During the class series, there will be a complete individual training plan set up for each participant which includes special strengthening exercises for leg, stomach and buttock muscles. The course contents are strongly oriented toward the preconditions and goals of the participants.

Class capacity:
4–6 people
Length: 12 x 1,5 h
Stud./Emp. 42 €

Six-Pack

You are experienced in training and would like to get a "drill" with effective and arduous training exercises to strengthen your stomach and back muscles? This course will show you what kind of effectiveness a training with and without small equipment can offer in only 12 training units.

Class capacity:
4–6 people
Length: 12 x 1,5 h
Stud./Emp. 42 €

Effective Handle Training

In this course, you will have an individual training plan and do numerous effective handle exercises. In group training you will have the opportunity to perform submaximum and maximum power tests in accordance with your personal performance limit. The course will be complemented with theoretical backgrounds and mobility exercise examples by means of video presentations.

Class capacity:
4–6 people
Length: 12 x 1,5 h
Stud./Emp. 42 €



Back Muscle Training

This course contains an individual creation of your training plan (advice about the best balance between mobility and strengthening exercises for every participant) and the collective training. For this purpose we offer both, the special equipment from Dr. Wolff's Back Health Centre, and further exercises for efficient mobility and strengthening of the torso.

You can also have a look at the informations about introductory courses for back muscle training.

Depending on demand, this course offers different grades: introductory back muscle training 1 and advanced back muscle training 2.

Class capacity:
4–6 people
Length: 12 x 1,5 h
Stud./Emp. 42 €



Joint Stabilisation

This course is developed especially for persons, who want to get a personal training plan to stabilise a specific joint (for example: foot-, knee-, hip- or shoulder joint).

After a sport injury or surgery with completed rehabilitation, our trainer will develop an effective training plan. You will work out this plan under permanent instruction.

Class capacity:
4–6 people
Length: 12 x 1,5 h
Stud./Emp. 42 €

The course contents are strongly based on the conditions and training goals of the course participants.

Opening Hours

Mo	08:00 am – 10:00 pm
Tu	01:00 pm – 10:00 pm
We	08:00 am – 10:00 pm
Th	01:00 pm – 10:00 pm
Fr	08:00 am – 10:00 pm
Sa	02:00 pm – 08:00 pm
Su	02:00 pm – 08:00 pm



Please note our extended opening hours with regard to the early training card (training 7 days a week possible).

Information:
Oliver Rychter (HSZ)
rwth-gym@hsz.rwth-aachen.de

Fitness Training at the RWTH GYM

Since winter semester 05/06 we have been offering instructed fitness training in a 420 sqm endurance and weight training equipment park. Since last winter semester, we are able to offer you new additional equipment!



Besides treadmills and elliptical cross trainers there are two types of bicycles and rowing ergometers. In the weight training section we are offering advanced fitness training equipment and a handle section besides intro equipment. The RWTH GYM team also provides equipment for strengthening stomach and back muscles and special equipment for strengthening the legs. The training equipment at the RWTH GYM is rounded off with the area of mobility and stabilising training.



Special Features of the RWTH GYM

The fitness centre of RWTH Aachen University offers individual training instruction in small groups besides the instruction to free training. For your further training we offer you a 3-week training plan course without fees. Otherwise following the introductory or transfer classes, you may take a 12-week class in which you may pursue an individual training goal.

All classes (introductory, transfer and advanced) are constantly adapted to the demand. If you make up a group of four to six people interested in a certain class, you may talk to an instructor and see whether this class can be offered for registration.



Start of Training

In order to make use of the free training, you will have to take introductory classes (6 x 1.5 hours). If you can show proof of training experience of at least six months (please show certificate of contract when registering) you may book a transfer course (2 x 1.5 hours).

The registration can only be made at the RWTH GYM or the secretary's office. Please remember to bring all proof either in its original form or as copy, if you do not want to leave the original with the Sports Centre.



Introductory Courses

After the third training unit all participants of the introductory courses are welcome to use the free training offer simultaneously to the course. For this option you need to book the fitness training card or early training card. Current course dates under www.rwth-gym.de.

Class capacity:
4 – 6 people
Length: 6 x 1,5 h
Stud./Emp. 22 €

Transfer Courses

All successful participants of the transfer courses may take advantage of the free training with their fitness training card (early training card).

Class capacity:
4 – 6 people
Length: 2 x 1,5 h
Stud./Emp. 10 €

Current course dates under www.rwth-gym.de. The booking is not possible via the internet.

Fitness Training Cards

The fitness training cards are valid from the first day of the validity period for the respective period of time. The first validity day must be specified when booking the card (this date is arbitrary)! Employees must first book the Employee card (20 €).

The training hours within the opening hours are limited to Mo, We, Fr from 08:00 am through 04:00 pm, Tu, Th from 01:00 pm through 04:00 pm (last check-in at 03:00 pm) and Sa, Su throughout the opening hours.

The early training is valid for six months starting on the first validity date.



Fitness training card	6 months	Stud./Emp. 90 €
Fitness training card	3 months	Stud./Emp. 60 €
Fitness training card	1 months	Stud./Emp. 30 €
Early training card	6 months	Stud./Emp. 60 €

Back training including introductory class and a 3-months fitness training card

COMBI

Who does not know that certain "tweak" down your spine?

Working on the computer takes up more and more of our time which changing our posture. Some muscles are becoming weaker while others are getting shorter. With special equipment from Dr. Wolff's Back Health Centre you will be able to train your posture effectively! Each individual training plan will be set up with efficient mobility and strengthening exercises.

Class capacity:
4 – 6 people
Length: 12 x 1,5 h
Stud./Emp. 95 €
Requirements:
None!!!

All successful participants will receive a qualification card for the introductory course and may take advantage of the free training offer simultaneously to the course (starting after the third training unit) with their fitness training card three months.

This course has direct access, in particular for employees!



Training Plan Courses

To work out as effective as possible, you may visit this course without fees after six weeks after the introductory or transfer course. You will get an individual training plan which includes numerous new handle exercises. A "refreshment" for your personal training!

Class capacity:
4 – 6 people
Length: 3 x 1,5 h
Stud./Emp. 0 €

If you would like to make the experience of group training over a longer period as well, you are invited to choose a continuing course depending on your personal training goal.

