



Sportactivities from 11 am to 4 pm
Activities and Workshops:

Shallow water pool:

- Aquafitness intervall
- Circuit training
- Rhythmic aqua fitness
- Relaxation in the water

deep water basin front:

- Water gymnastics beginner
- Water aerobics professional
- Aquajogging
- fun with the aqua noodle

deep water basin back:

- Improvement of swimming techniques
- Pilates auf dem SUP
- Yoga on the SUP
- free tower jumping

GYM smal:

- Oriental Dance
- Intervall-Kondition-Rhythmus
- Qinamics
- Yoga
- Relaxation training

GYM big:

- Drums with Conny
- Senior Dance
- Aroah Dance Fit
- Tango Argentino
- Zumba for beginners

Corridor:

- Power Food
- Equilibrium parcours
- Tee Bar

Sport courses preferred with appointment. Please contact us via Mail or phone and tell us your selected courses. Contact details see below. All courses are for **FREE!**

Participation only with sports or/and swimwear.

Organizer: Stadtsportbund Magdeburg e.V.
 Klaus-Miesner-Platz 3 | 39108 Magdeburg

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Place: Saturday, 04.11.2017
 Elbeschwimmhalle | Virchowstraße 9 | 39106 Magdeburg

Entrance: 10:00 am
Opening: 10:45 am in the Elbeschwimmhalle

Women Sports Day

SATURDAY, 03.11.2018

FOR FREE



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SATURDAY, 03.11.2018

program



TIME	SHALLOW WATER POOL	DEEP WATER BASIN FRONT	DEEP WATER BASIN BACK	TIME	GYM SMAL	GYM BIG	CORRIDOR
11:00 am - 11:30 am	Aquafitness intervall Margarete Borchardt (VSB 1980)	Water gymnastics beginner Marie Gottschalk (VSB 1980)	Improvement of swimming techniques Maria Lichtenfeld (Stadtsporbund)	11:00 am - 11:50 am	Oriental Dance Christina Potratz (PSV 1990)	Drums with Conny Conny Schröter (Sport-Conny)	Power Food (Ernährungsberatung) Nicole Lins
11:45 am - 12:15 pm	Circuit training Marie Gottschalk (VSB 1980)	Aquajogging Margarete Borchardt (VSB 1980)	Pilates on the SUP Inken Sommer (VSB 1980)		12:00 pm - 12:50 pm	Intervall-Kondition-Rhythmus Conny Schröter (Sport-Conny)	Senior Dance Nicole Halfpap (USC Magdeburg)
12:30 pm - 13:00 pm	Rhythmic aqua fitness Margarete Borchardt (VSB 1980)	Water aerobics professional Marie Gottschalk (VSB 1980)	Yoga on the SUP Patricia Baeriswyl (Yoga Instructor)	13:00 pm - 13:50 pm		Qinamics René Taurer (Qigong Instructor)	Aroah Dance Fit Nicole Halfpap (USC Magdeburg)
13:15 pm - 13:45 pm	Relaxation in the water Christine Lohfink (VSB 1980 MD)	Aquajogging Marie Gottschalk (VSB 1980)	free tower jumping Nicole Timm-Kuhnert (PSV 1990)		14:00 pm - 14:50 pm	Yoga Patricia Baeriswyl (Yoga Instructor)	Tango Argentino Thomas Barth (Tango Argentino "Con coraón" Magdeburg e.V.)
14:00 pm - 14:30 pm	Circuit training Margarete Borchardt (VSB 1980)	Water gymnastics beginner Petra Dimter (MSV Elbe)	Improvement of swimming techniques Maria Lichtenfeld (Stadtsporbund)	15:00 pm - 15:50 pm		Relaxation training Patricia Baeriswyl (Relaxation therapist)	Zumba for beginners Maria Pia Rolfs (VSB 1980)
14:45 pm - 15:15 pm	Aquafitness Intervall Petra Dimter (MSV Elbe)	Aquajogging Maria Lichtenfeld (Stadtsporbund)	Pilates on the SUP Christine Lohfink (VSB 1980)				
15:30 pm - 16:00 pm	Relaxation in the water Maria Lichtenfeld (Stadtsporbund)	fun with the aqua noodle Petra Dimter (MSV Elbe)	free tower jumping Nicole Timm-Kuhnert (PSV 1990)				

Relax Zone

++ For woman only ++ For woman only ++ For woman only ++ For woman only ++ ++ For woman only ++ For woman only ++ For woman only ++ For woman only ++ ++ For woman only ++ For woman only ++ For woman only ++ For woman only ++