

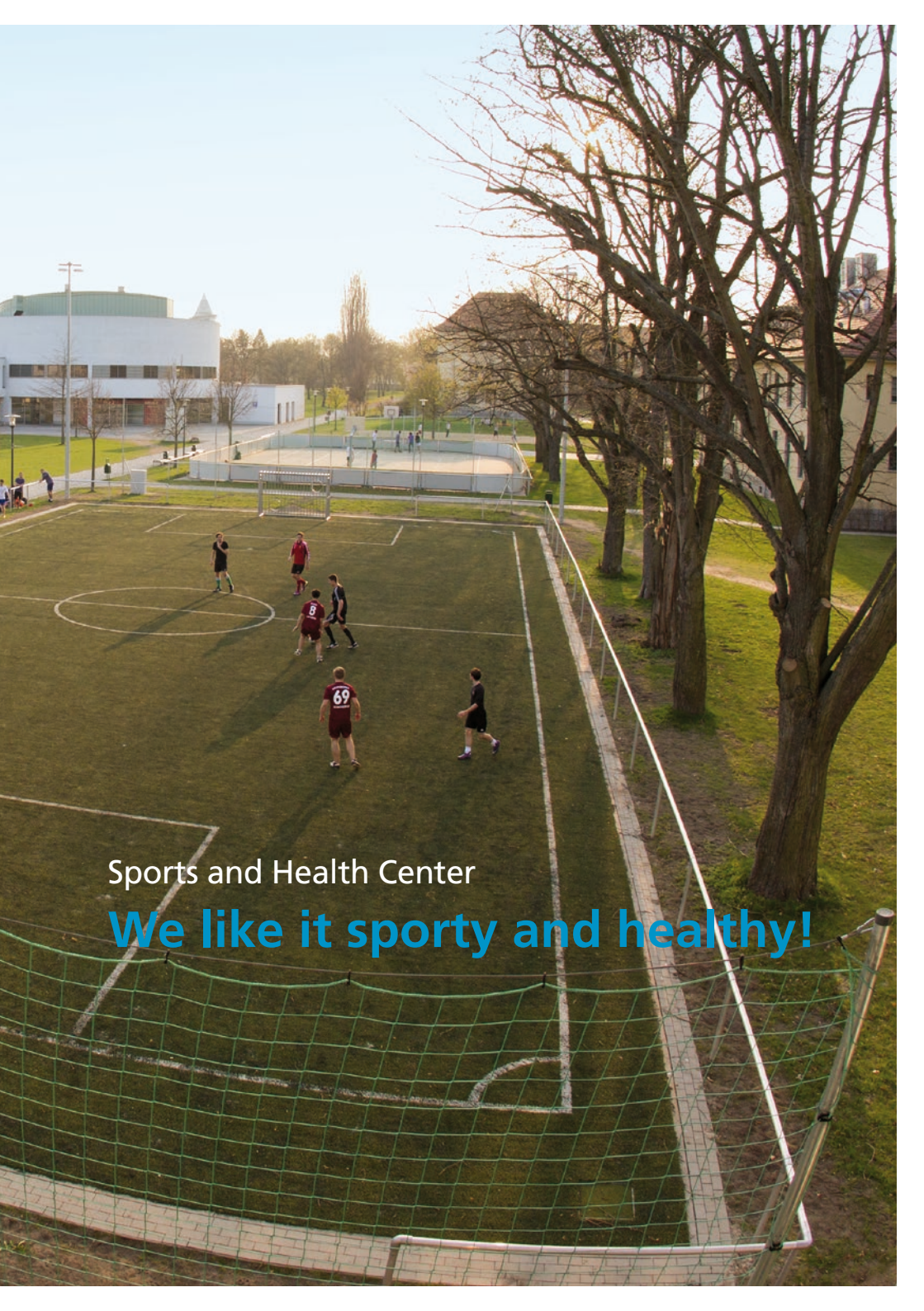


Studying in green surroundings



Sports and Health Center
We like it sporty and healthy!





Sports and Health Center

We like it sporty and healthy!

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1. The Sports and Health Centre



As a modern university that seeks to actively promote wellbeing, we see it as our responsibility to nurture your health and the health of all our students and employees. Our aim is to create the best possible environment for studying and working and to make everyday life on our campus as healthy and active as possible.

In August 2019 we opened the Sports and Health Centre (SGZ), which is an institution spanning all of the departments of the university. It combines the areas of health management and college sports and has enabled the university to provide an even more comprehensive range of health-related services.

Not only are our campuses wonderful, green places to study, but you can also keep fit here with one of the approximately 250 sports and health courses offered each semester. In addition to the extensive range of activities on offer, the Sports and Health Centre provides comprehensive services for student and corporate health management.

This brochure summarises all of the programmes and campaigns organised by the university to promote good health and showcases the activities of the centre and its cooperation partners. This information is also conveniently available at www.h2.de/sport.

Here's to healthy studying and working!

2. About Us

Sports and Health Centre department head



Josefine Winning

Tel.: +49 (0)391 886 4394

E-Mail: josefine.winning@h2.de

Strategic development of the Sports and Health Centre, personnel development, financial and budgetary planning, budget responsibility, marketing and public relations, networking and committee work

My favourite sports class: barbell workout

College sports employee



Thomas Kirchner

Tel.: +49 (0)391 886 4454

E-Mail: thomas.kirchner@h2.de

Further development and administration of college sports, organisation and implementation of college sports courses, sports facility management, organisation of the student soccer league and competitive sports

My favourite sports course: soccer

University health management coordinator



Anja Meier

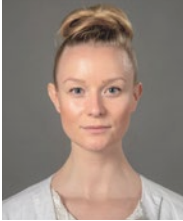
Tel.: +49 (0)391 886 4676

E-Mail: anja.meier@h2.de

Coordination of student and corporate health management, operational integration management, management of the "Health" working group

My favourite sports course: Pilates

Sports and Health Centre employee



Marie-L. Quednow

Tel.: +49 (0)391 886 4384

E-Mail: marie-louise.quednow@h2.de

Events & public relations, organisation and implementation of the college sports courses, administration in the Sports and Health Centre, quality management

My favourite sports course: neoclassical ballet

Project coordinator for the h² pausenexpress project



Melanie Kotlowski

Tel.: +49 (0)391 886 4420

E-Mail: melanie.kotlowski@h2.de

Project coordinator and main contact person for the h² pausenexpress project, supporting activities in the Sports and Health Centre

My favourite sports class: yoga

Instructors and the health department

We are supported by numerous instructors at both locations, without whom our extensive range of programmes could not be implemented. And so we would like to offer a special thank you to them!

Through our student council health department we also promote active participation and regularly offer student jobs and internships.

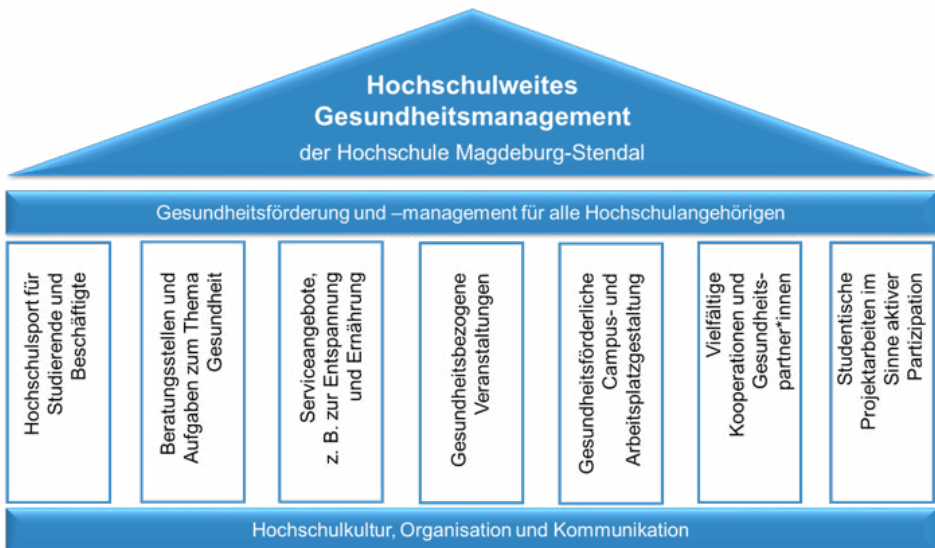
If you would like to support us, please contact us at hochschulsport@h2.de.

3. Health Management

University-wide health management is a multifaceted area covered by the Sports and Health Centre. It involves the planning, implementation and evaluation of needs and target group-oriented measures to promote good health. Our primary goal is to promote and preserve the ability of all members of the university to work and study. The most important resource of Magdeburg-Stendal University of Applied Sciences is healthy, motivated, productive employees and students. This requires us to organise work and working conditions in such a way that health is nurtured as well as improving the state of health of all university members.

The health management team deals with behavioural and situational factors that can influence individual wellbeing and performance. The goal of occupational and student health management is to create a healthy working and studying environment and to maintain it in the long term. A good working atmosphere, satisfaction with the individual working, teaching and learning situation and the reduction of individual workloads is the basis for studying successfully and creates an attractive workplace. The following illustration shows the areas in which our university-wide health management programme is involved.

To achieve this goal, the university members are involved in the implementation of needs-based health, counselling and prevention programmes. In addition,



health days are held, networks and cooperations have been set up with internal and external stakeholders and active breaks are offered from the workplace or lecture hall. Students and employees of Magdeburg-Stendal University of Applied Sciences are invited to help shape their own working and studying environment. Suggestions, questions and feedback can be sent to us at any time.

We are also interested in supporting your thesis or project work.

3.1 College sports

Every semester, in collaboration with Otto von Guericke University Magdeburg, the university offers a diverse selection of sports courses: be it bouldering, sailing, breakdancing, Capoeira, Parkour or Zumba, there is something for everyone. This cooperation enables students at both institutions to take advantage of a particularly extensive range of sports activities. Students at Magdeburg-Stendal University of Applied Sciences can also easily register for courses at Otto von Guericke University.

The sports programme starts every semester with new courses and is divided into different levels. This makes it possible for beginners, advanced and competitive athletes to integrate the training that suits them into their everyday routine.

Course bookings are made online at the start of the semester or the beginning of the semester breaks. Courses can be viewed and booked via the www.h2.de/sport website (direct links) or www.spoz.ovgu.de. It is not necessary to create a separate account for this purpose, however registration is mandatory. The course fee is usually collected via direct debit.

Details can be viewed on the respective course page. Further information on the relevant fee schedule, instruction, liability and insurance are available on the website: h2.de/college-sports

College sports for students

University sports are primarily aimed at our students. Each semester there are over 80 different sports to choose from.

Enrolment is required prior to participation in the first course and per training session via the course booking system. Courses can be tried out for the first two weeks. The course fee is payable at the beginning of the course only. However, it is always possible to enrol on a course within the relevant period, provided there are free places. All information on the courses offered can be found online in the „Sports Programme“ at www.h2.de/sport (direct links) or www.spoz.ovgu.de.

We are happy to include new sports and we are always looking for motivated instructors. All you need to do is send a short email with the subject to hochschulsport@h2.de.



College sports for employees

The university sports department offers a separate programme for employees. As part of this programme, it is also possible to attend courses at Otto von Guericke University. In addition, it is also possible to book any free remaining places on the student courses.

h² pausenexpress

Since 2019 and with the support of our health partner, Die Techniker, the h² pausenexpress project has been operating at Magdeburg-Stendal University of Applied Sciences. This consists of a short exercise session directly in the workplace or classroom. Over a period of 5 to 15 minutes we cover the four pillars of mobilisation, strengthening, stretching and relaxation in order to support students and staff in leading an active and healthy lifestyle.

In addition to live sessions in Magdeburg, virtual h² pausenexpress modules are available via Moodle for both university campuses. Students have the flexibility to choose between online or live sessions.

For the employees there is a works agreement on the recognition of working time for exercise breaks. As a modern and responsible employer, some years ago the university decided that employees should be able to take advantage of the h² pausenexpress programme during their working hours.

	h² pausenexpress for students	h² pausenexpress for employees
What?	Mobilisation, strengthening, gentle stretching, relaxation, stretching plus fun and games, relaxation of the upper extremities, neck and back muscles	
Where?	Lecture hall / seminar room / laboratory / conference room	office / laboratory / hallway / conference room
When?	Individual appointment, in the middle of the lecture period from Monday to Thursday between 11 am and 2 pm	fixed appointment, preferably once a week from Monday to Thursday between 11 am and 2 pm
Duration?	5 to 7 minutes	10 to 15 minutes
Registration?	Via the project coordinator or the booking system	
Contact person?	Melanie Kotlowski, E-Mail: melanie.kotlowski@h2.de	

In addition to the exercise break, h² pausenexpress sessions can also be carried out during working hours.

The two university management resolutions can be viewed in the university's Cumulus system. They allow for the recognition of a total of 15 minutes per week for an exercise break format included in weekly working time. In addition, if staff participate in selected university events, the time spent will be recognised as regular working hours. We will be pleased to answer any questions you may have.

Compact courses and workshops



In addition to the regular sports offered by the university, compact sports courses and workshops are also organised. These are block events over several hours or days, such as self-defence, various dance courses or the Relaxation Massage workshop.

Furthermore, various sports expeditions such as skiing, sailing and surfing trips over a period

of several days to neighbouring EU countries are also offered. The highlight is the one-week fitness trip to Mallorca at the end of the summer semester, which allows students to take an organised vacation where students exercise together and also learn about healthy diets.

Themed afternoons, such as our course marathon, offer the opportunity to get a taste of new courses without having to enrol on them. For one afternoon, between 4 and 8 different courses can be tried out, each lasting 20 to 30 minutes. Each afternoon has its own theme. The „relaxed during the vacations“ course marathon is particularly popular and offers courses on relaxation, deep muscle training and progressive muscle relaxation (PMR).

Student soccer league



The student league at the Magdeburg campus has a long tradition. Every semester students get together on the soccer fields of the university to play a tournament against one another in the afternoon. The grand finale of each season is the point game for the student soccer league challenge cup,

which also sees play-off games for promotion from or relegation to league two. The contact for the student soccer league is Thomas Kirchner, who started the league in 2013.

Competition and tournament sports

One of the many other divisions in college sports is competitive and tournament sports. Students can, for example, compete in the German University Championships or ADH competitions (Allgemeiner Deutscher Hochschulsportverband – The German University Sports Federation) and receive both organisational and financial support from the university sports department. There are also smaller tournaments, such as the handball and volleyball tournaments. In addition, we help top athletes to combine their studies with training.

Personal and small group training

As it is so effective, personalised individual training is becoming more and more important, including in university sports. The experienced staff members of the Sports and Health Centre are qualified to create individual training plans, guide training sessions, take into account illnesses, and even conduct impedance analysis (measurement of body composition of fat, bones and water) as well as evaluate the results. Individual training on a 1:1 basis is available, as well as small group training for two people plus trainer. We would be happy to advise you further on this in person.

3.2 Services offered by the Sports and Health Centre

The Sports and Health Centre provides many more services and programmes that help ensure a healthier studying and working environment.

Body impedance analysis - body structure analysis



Body impedance analysis (BIA) is a method of measurement in which the body composition is determined through resistance measurements. It is possible to determine the body composition and at the same time the ratio of muscle mass to water and body fat. We recommend that all members of the university have a BIA measurement to help maintain their health and reach defined goals more quickly. An analysis can be booked via the sports course booking system.

Massage for students and university employees

Magdeburg-Stendal University of Applied Sciences offers preventative massages to students and employees on the Magdeburg campus. These can be booked at reduced rates. The charge for a massage must be paid in cash at the appointment. An appointment can be booked via **Moodle**.



Dietary consultation

The Sports and Health Centre offers free nutrition consultations for everyone. An individual 30-minute appointment slot can be booked on gesundheit@h2.de during which specific dietary questions can be discussed. Appointments are subject to availability. For further information, please contact Josefine Winning.

Free equipment rental

A variety of equipment, such as balls, table tennis bats, skittles etc. can be borrowed free of charge upon presentation of a student or employee ID card on both campuses. The main rental station on the Magdeburg campus is the SGZ in Building 15 on the 1st floor, as well as the StuRa in Building 11 and the main security point in Building 13. Additionally, it is also possible to rent a barbecue and seating from the StuRa.



Students can borrow a variety of equipment from the Infopoint in Building 2 on the Stendal campus.

Bike repair stations

Yes, you did read it right! There are repair stations for bicycles in both Magdeburg and Stendal, in front of Building 13 in Magdeburg and between Buildings 1 and 3 at the bike racks in Stendal.

H₂O dispenser / drinking station

On both campuses of the university there are water dispensers where everyone can fill up their own bottle with drinking water for free. On the Magdeburg campus these are located in the lecture hall building (Building 14) and in Building 1 on the 1st floor (near cultural combinate FRÖSI). On the Stendal site, the water dispenser is located on the 1st floor of Building 2. Just bring your own bottle and you will always be supplied with fresh water!

Exercise possibilities in Building 14



As the teaching hub, the lecture hall building lends itself wonderfully to keep moving between lectures. We are sure that you will have already noticed the stickers on the stairs. Throughout the building there are several movement and relaxation zones where you can do something for your own health that is playful, entertaining, and easy to participate in. This programme was developed in 2020 as part of the „Bewegt studieren – Studieren bewegt 2.0“ project and with the kind support of the German University Sports Association and Die Techniker. This programme has recently also been implemented in Stendal in Building 3.

3.3 Our Centre - innovation under one roof

In addition to the numerous sports and consulting activities, the Sports and Health Centre offers opportunities for innovative learning, teaching, working and, indeed, taking a break. It sees itself as a modern movement, counselling and break centre for all members. Best of all, you can find everything in Building 15. In addition to our offices, where we are available to answer all your questions and concerns, you will find a number of other interesting locations there:

„Moving“ seminar room



The „moving“ seminar room is a multifunctional seminar and consulting room for up to 20 people, combining innovation, health and learning. Folding and rolling tables that can be assembled or adjusted in height within seconds, ergonomic working height, ergonomic and smart seating, as well as treadmills and seat bikes and much more can be found here. This enables a variety of different utilisation concepts for teaching and learning to be set in motion. Technically, the room is also state-of-the-art. A smartboard facilitates comfortable and contemporary teaching, whilst scripts and recordings of events can be stored, sent and uploaded quickly and easily. The room can be booked by all members of the university.

Co-working space

The co-working room offers four flexible workstations and is available to all members of the university. With its modern ergonomic seating and standing elements, the room facilitates concentration and a healthy posture while working and studying. The workstations also have lockable storage space. A consultation corner



with pinboard and whiteboard is also available, as well as modern printing technology. The workstations can be booked by the hour or the day.

Break room with foosball table



Between events, our green campuses are inviting places to linger. However, there are also break rooms in both locations. In the break room in Magdeburg, Building 15 Room 1.12, you will find a foosball table as well as a large couch and other ergonomic furniture on which to relax. In Stendal the room is located in Building 3 Room 0.08.



Exercise hall

Covering around 130 m², the exercise hall is the hub of sports activities in Magdeburg. In its beautiful surroundings you can do a taught exercise session and work up a sweat. Numerous sports courses for students and employees take place here. The room has extensive sports equipment and can be booked via the university sports department.

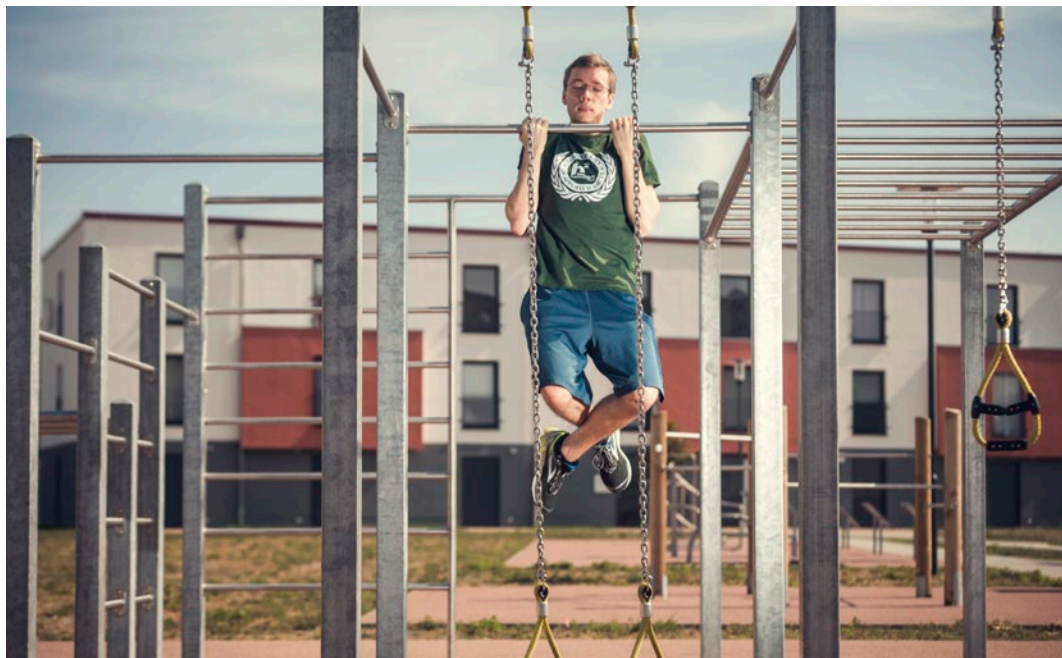


Training and consulting room

Our multifunctional room (Building 15 in Magdeburg) is a special highlight. This is where the massages and relaxation courses, individual training sessions and consultations take place. It can be booked individually and is also used for body structure analysis (BIA) in a protected environment. Once a week, the psychosocial student counselling service and the Techniker Krankenkasse offer time slots on health topics.



Our outdoor sports facilities at both locations



- Soccer fields
- Multifunctional fields
- Table tennis tables
- Beach volleyball courts
- Outdoor functional area

Our sports facilities are very well equipped and are available for use for whatever you wish in addition to carrying out sports courses. They can be reserved for fixed playing times by means of a room use request. Any equipment needed can also be borrowed.

The functional area is a special sports facility and our outdoor highlight. Outdoor training and workout sessions demanding a lot of strength and stamina are offered here. In addition to taught courses, students can also train independently. In Stendal, the facility is located behind Building 3, while in Magdeburg we plan to open a facility behind Building 15 in 2023.

An overview of all the sports facilities and services can be found on the site maps on pages 38 and 39.

3.4 Our events, campaigns and contests





Numerous sporting and health-promotion events are held each semester at the university, some of which are organised for our students and employees and their family and friends in cooperation with health insurance companies, gyms and other partners, and which enhance their daily study and work routine and make it even more varied. They include the annual sports festival, the academic bicycle challenge (ABC), the university running races (Firmenstaffellauf and Staffellauf Altmark), Health Day (Tag für Gesundheit), our themed days and the annual dragon boat race. All information and the opportunity to register for each event is available online on our website as well as in the university's calendar of events: www.hs-magdeburg.de/hochschule/aktuelles/veranstaltungen.html.

If you have creative ideas for actions and contests, do not hesitate and contact us.



Company relay race Magdeburg



Dragon boat race



Sports Festival



Sports Festival



Plugging



Company run Altmark



Day for health with the TK Fitness ConTrainer



Bike tour Magdeburg - Stendal



Pedometer competition



Sports Festival: Human Table Soccer

3.5 Counselling centres and activities at the university

General student counselling at the university

Our student advisory service is at your disposal for all general questions concerning studying at Magdeburg-Stendal University of Applied Sciences. Prospective students can obtain detailed information and support on any question concerning their studies.

- organisation of studies and study problems
- doubts about the decision to study, change of subject and dropping out of university
- application for a higher semester
- personal and social crises
- Master's degree studies: study programmes and requirements

Contact

Jana Schieweck

Telefon: (0391) 886 41 06

E-Mail: studienberatung@h2.de

Besucheradresse: Campus Magdeburg, Haus 2, Raum 0.07.2

Equal opportunities service department- family-friendly university and equality

The service department for equal opportunities is concerned with both the equality of women and men and improving family-friendly learning and working conditions at the university. A special aspect of the service department's work is the advancement of women through the FEM POWER project: „Strengthening equal opportunities - promoting MINT careers“.

The university has been certified as a family-friendly university since 2010 and is pursuing a new action programme for the next three years to facilitate the compatibility of family life and a career or studies.

The university offers support to (expectant) parents as well as employees and students with dependents in need of care. New parents receive a free welcome backpack for their children upon presentation of their birth certificates. In addition to flexible working time models for employees (including flexitime and teleworking), parents have access to the FaZi (family room) on the Stendal campus during the academic year. Parents can use the FaZi on the Stendal campus for hourly childcare during the academic year. On the Magdeburg campus, parents can use the EKIB (parent-child office). The EKIB is located in the university's Research and Development Centre (FEZ) and can be used after registration as a place for parents to work with their child without external childcare.

Students who find themselves in particular life situations are supported by being

allowed to flexibly structure their workload and study/examination schedule and through other measures. This is the purpose of KomPass, a university-owned tool for students with particular burdens arising from family responsibilities (childcare or nursing), chronic illness or disabilities. Students can apply to KomPass from the Service Department for Studies and/or International Affairs.

Further information at: www.h2.de/familie

Contact

Angret Zierenberg

Equal opportunity representative of the university

Tel.: (03931) 2187 4843

E-Mail: angret.zierenberg@h2.de



Studying with disabilities

The disabled persons' representative is available to disabled and chronically ill university members and prospective students with questions or problems concerning their studies and everyday life at the university. The representative for the severely disabled, on the other hand, promotes the integration of severely disabled employees, represents their interests and provides advice and assistance to severely disabled persons and those with equal status.

Contact

Karin Bogdahn

Representative for severely disabled persons

Tel.: (0391) 886 46 47

Email: karin.bogdahn@h2.de

Commissioner for foreigners

The Foreign Students' Officer represents the interests of foreign students and employees and acts as a contact person and mediator in the event of questions and problems.

Contact

Franziska Buddy

Tel.: (0391) 886 4108

E-Mail: franziska.buddy@h2.de

Company doctor

Preventative occupational health care is an individual occupational health and safety measure with the aim of detecting work-related illnesses at an early stage and, in the best case scenario, preventing them. It contributes to maintaining the individual's employability and also to improving occupational health and safety. Preventative and other examinations are carried out by the university's company doctor, for example examinations to prevent or detect at an early stage any damage caused by working with a VDU. The annual flu vaccination is also delivered by the company physician and organised by the university's occupational health and safety officer.

Contact

FA for occupational medicine

Steffen Pätzelt

Goethestraße 20, 39108 Magdeburg

Tel.: (0391) 55 99 12 42

E-Mail: betriebsarzt@zap-md.de

www.zap-md.de

Occupational safety, fire safety and environmental protection officer

The occupational safety, fire and environmental protection officer advises on all health, safety and environmental issues and environmental protection, and provides support on issues relating to accident prevention. This includes, among other things, recording internal and external accident reports, supporting risk management, drawing up emergency plans and monitoring fire safety regulations. Furthermore, he coordinates the first-aid system, which also includes basic and advanced training in first aid. Every semester, for example, students at the university have the opportunity to undertake first-aid training provided by the Johanniter Unfall-Hilfe. This can be booked via the course booking system. An overview of all first aiders as well as a detailed description of the university's occupational safety, fire safety and environmental protection can be found at www.h2.de/abu.

Contact

André Thiede

Tel.: (0391) 886 46 78

E-Mail: andre.thiede@h2.de

Ergonomics consulting

This involves the ergonomically optimal positioning of individual workstations and equipment. The relevant consultation can be carried out either in the Sports and Health Centre or in your own workplace.

Contact

André Thiede

Tel.: (0391) 886 46 78

E-Mail: andre.thiede@h2.de

Psychosocial student counselling from the Studentenwerk

The Psychosocial student counselling service offered by the Studentenwerk provides students and university employees with counselling in individual psychological stress situations that is free of charge, without obligation and in absolute confidence.

Office hours at the university:

Mondays from 3 to 4 p.m., Building 15, Room 1.05.

Contact

Mareen Eisenblätter

Tel.: (0391) 67 51 553

E-Mail: psb@studentenwerk-magdeburg.de

Additional visitor address: Otto von Guericke University, Building 18, Room 204

Operational integration management

Company integration management (BEM) is a legal obligation of the employer and a legal right for employees pursuant to § 167 para. 2 SGB IX. BEM is available to employees who have become unable to work for an interrupted or uninterrupted period of more than 42 calendar days within a period of 12 months. Participation is voluntary for employees, but the employer is obliged to carry it out. The aim of this process is to jointly explore how the inability to work can be overcome or prevented in future. BEM applies without exception to all employees of Magdeburg-Stendal University of Applied Sciences.

For further information, please contact the BEM representative and health management coordinator.

Contact

Anja Meier

Tel.: (0391) 886 46 76

E-Mail: anja.meier@h2.de

Annette Bergmüller

Tel.: (0391) 886 46 76

E-Mail: annette.bergmueller@h2.de

Health Working Group

The Health Working Group is an internal university steering committee that meets regularly and consists of representatives of various status and interest groups. The working group pools a range of experience and expertise and exchanges ideas in support of health management at the university. It also decides on any measures to be implemented.

The following topics, work areas and status groups are represented within the Health Working Group:

- University management
- Staff council
- Student council
- Representative for the severely handicapped
- Sports and health centre
- Occupational safety, fire prevention and environmental protection
- Equal opportunities service
- University communications
- Human resources department
- Teaching staff for special tasks
- Scientific staff
- Representative of the Stendal site
- Die Techniker (cooperation partner)

Contact

Anja Meier

Tel.: (0391) 886 46 76

E-Mail: anja.meier@h2.de

Annette Bergmüller

Tel.: (0391) 886 46 76

E-Mail: annette.bergmueller@h2.de

3.6 Cooperation partner

To help members of the university pursue a healthy lifestyle alongside studying and working, various cooperations have been established over the past few years. For example, our members can enjoy discounts from gyms and wellness providers. Even though the sports facilities and green spaces on the campus offer plenty of opportunity for sports and relaxation, we have also created additional opportunities away from the university. We want to offer the best possible portfolio of health-promotion services, so that it is easy for you to integrate exercise and relaxation into your everyday life. The most important partners supporting us in this are:

Otto von Guericke University Magdeburg

Our close partnership with Otto von Guericke University enables the members of Magdeburg-Stendal University of Applied Sciences to attend regular sports courses there. It is possible to purchase monthly or annual passes for the gyms in sports hall 3 (CampusFIT), and the sauna and bowling alley can be used by reservation. All information can be found at www.spoz.ovgu.de.

Die Techniker health partner

As a long-standing health partner of the university, Die Techniker advises the health working group, promotes the h² pausenexpress project and supports us with numerous events and health management measures. A free health consultation hour is offered once a week in our centre in Building 15, where advice is provided on health topics such as preventative care, health insurance, health services and much more.

Consultation hours at the university:
Tuesdays from 1:15 to 4:00 p.m., Building 15, Room 1.05.
E-Mail: andreas.ihle@tk.de



Other cooperation partners

The university maintains partnerships with many other companies whose services can be utilised at a reasonable cost. These services can be used with coupons or vouchers, which are available from the protected LogIn area of our homepage. As a rule, the student or employee ID or a copy of the individual's employment contract with the university is required as proof.








The following partners are currently participating. All information can be also found on our website.

- [Fitness studio Life in the Herrenkrug Magdeburg](#)
- [Fitness studio Fit/ONE Magdeburg](#)
- [Fitness studio FitX Magdeburg](#)
- [Squash- and Fitness Center Magdeburg](#)
- [Fitness studio Luxor Stendal](#)
- [Orthopädisches Rückenzentrum Stendal](#)
- [Altoa Spaßbad Stendal](#)
- [Bodetal thermal bath in the Harz](#)
- [SG Einheit Stendal e.V. - Tennis in Stendal](#)






Cooperation partners fitness offers in Magdeburg and Stendal

Partner	Monthly fee	Starting fee
Life Herrenkrug Magdeburg 	55€ instead of 84€ (annual contract)	one time 59€
FIT/ONE Magdeburg 	29€ instead of 30€ (annual contract VIP)	one time 18€
	33€ instead of 40€ (annual contract Gold)	one time 18€
FitX Magdeburg 	20€ instead of 24€ (annual contract)	0€ instead of 29€
Squash- und Fitness Center Magdeburg 	39€ for students 50€ for employees instead of 67€	one time 49€ for students, 59€ for employees instead of 179€
Luxor Stendal 	190€ for 6 month Prepayment (without automatic contract extension)	0€ instead of 100€

Services included	Registration	Link
<ul style="list-style-type: none"> - Use of training area - Courses - Sauna - Life BOX - Mineral drinks - Wristband for check-in - individual training advice - first training briefing 	independently in the studio with Legitimation via student card or copy of employment contract	www.life-md.de
<ul style="list-style-type: none"> - Use of training area - Courses - Sauna, Wellness & SPA - Solarium & Massarium Flat - Mineral drinks flat rate - Wristband for check-in - Supervision by trainer - First training briefing - Training all over Germany <p>+ additional 1 coffee per day + detailed Body analysis per quarter</p>	independently in the studio with Legitimation via student card or copy of employment contract	www.fit-one.de
<ul style="list-style-type: none"> - Use of training area - Courses - Mineral drinks flat rate - Membership card - Supervision by trainer - First training briefing - Training all over Germany 	See coupon for download independently E-mail to: firmenfitness@fitx.de (with discount code on website)	www.fitx.de
<ul style="list-style-type: none"> - Use of training area - Courses - E-Gym - Flexx Circle - Periodically individual training advice - first training briefing - once Fitnesscheck, healthcheck, medical body structure analyses, back check - Sauna - Wristband for check-in 	independently in the studio with Legitimation via student card, employment card or copy of employment contract	www.sfcmd.de
<ul style="list-style-type: none"> - Use of training area - Courses - Sauna - Mineral drinks flat rate - Supervision by trainer - First training briefing 	independently in the studio with Legitimation via student card or copy of employment contract	www.luxor-fitness.de

Cooperation partners fitness offers in Magdeburg and Stendal

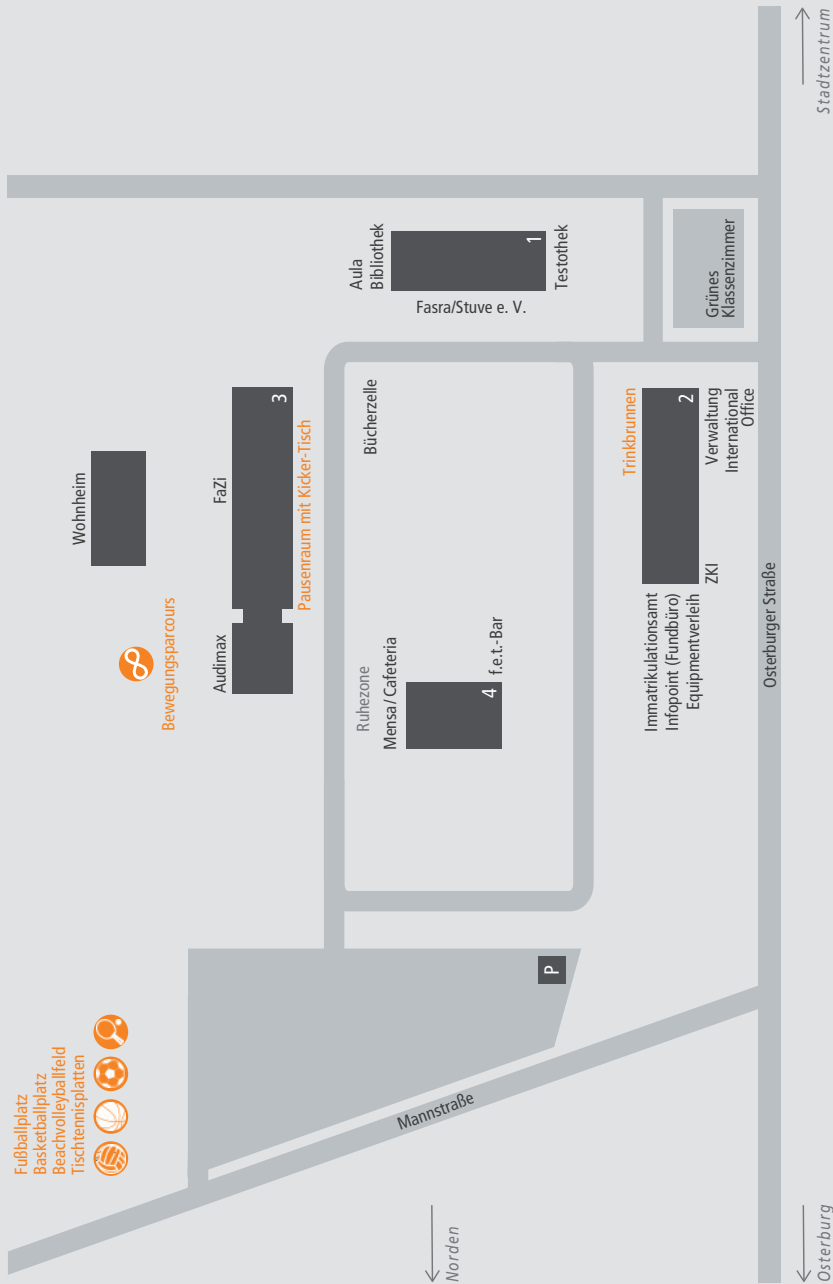
Partner	Monthly fee	Starting fee
Orthopädisches Rücken- und Gelenkzentrum Stendal  <p>ORTHOPÄDISCHES RÜCKEN- UND GELENKZENTRUM STENDAL <i>Gesund-bewahren!</i></p>	42€ for students 59€ for employees (annual contract)	on request
Altoa Spaßbad Stendal  <p>Altoa</p>	10% discount on all services (Sauna excluded)	-
Bodetal Therme Harz  <p>Das Bodetal Der Sagenharz</p>	Day ticket for 2 persons	-

Services included	Registration	Link
<ul style="list-style-type: none">- Use of training area- Courses- Supervision by trainer- First training briefing	independently in the studio with Legitimation via student card or copy of employment contract	www.rueckenzentrum-stendal.de
<ul style="list-style-type: none">- Use of swimming hall	independently in the bathroom with Legitimation via student card or copy of employment contract	www.altoa.de
<ul style="list-style-type: none">- Swimming hall incl. sauna area (further discounts see voucher)	On our homepage under „LogIn“ in the service area or by telephone via the number given. (no proof required)	www.bodetal.de/bodetalurlaub/bodetalthermethale

4. Campusplan Magdeburg



4. Campusplan Stendal



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Gesundheitspartner



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