Welcome to University Sports Hamburg
Diverse sports offers:

- Courses
- Gyms
- Online Program
- Trips
- Competitions

www.hochschulsport-hamburg.de
Various Indoor and Outdoor Courses

- Ball Sports
- Combat Sports
- Dancing
- Endurance Training
- Group Fitness
- Health Sports
- Indoor Watersport
- Racquet Games
One Card – Three Gyms

**FitnessCard:**
- Relaxed atmosphere
- Functional Training
- Equipment Park
- Dropping mats
- Sauna
- Flexible contract terms
- No period of notice

Starting at 26 € per month

www.hochschulsport-hamburg.de
Discover Sporting Diversity At Home

Online Courses per Zoom:

- Belly-Legs-Back-Butt Training
- Dance Fitness & Zumba
- Relaxation
- Pilates
- Training for your Back
- Workshops
- Yoga

Starting at 12 € per month

www.hochschulsport-hamburg.de
Let's Go for Sports!

One-time offer:

- Get to know us
- Sports courses incl. indoor water sports
- Online offers
- Our Gyms
- Three months (Oct. - Dec. 2022)
- Bookable from end of September 2022

www.hochschulsport-hamburg.de
What else?

Sporty Travelling:
- Ski- and Snowboardtrips
- Surfing
- Sailing
- Kiting
- Hang Gliding

www.hochschulsport-hamburg.de
Water Sport Activities on the Alster:
- Kajak
- Rowing
- Sailing
- Stand Up Paddling

Other Courses:
- Golfing
- Pole Gym
- Tennis
- Workshops

www.hochschulsport-hamburg.de
Become a Part of Our Team!

We regularly are looking for:

- Course Instructors
- Student Employees
  - Gyms
  - Boathouses
  - Office

Application:
bewerbung@sport.uni-hamburg.de

www.hochschulsport-hamburg.de
University Sports as Practical Field for your Studies

We support you with:

- Topics for Term Papers
- Topics for your Master- or Bachelor thesis
- Media Projects

Application:

hsp@sport.uni-hamburg.de

www.hochschulsport-hamburg.de
Goal:
- Promote students bio-psycho-social health

What does that mean:
- Development of health-promoting framework conditions and structures at the UHH
- Involvement of students from the very beginning as experts for their living environment
- Strengthening the resources and competences of the individual

Any questions? Send us an e-mail:
beat.hssport@uni-hamburg.de
Looking forward to meeting you!

www.hochschulsport-hamburg.de

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bewerbung@sport.uni-hamburg.de

Follow us on Social Media: