

The University Sport Hamburg is very proud to host the 2016 ENAS Fitness Experience. This year the main theme of the congress is group fitness.

On the 8th /9th of September we will in theory and practice present many interesting themes and trends from this area that are an important part of many university sport programs. We offer you exciting lectures and masterclasses with international operating presenters, the chance for professional exchange and many new highlights from the group fitness scene.

Our presenters:

KEEP-IN-MOTION
Jutta Schuhn - Fitness & Aerobic Consultant



Jumping
FITNESS



SLASHPIPE
THE POWER OF WATER



POLAR
PIONEER OF WEARABLE SPORTS TECHNOLOGY



Time schedule

Thursday 8th September

2.00-2.45pm	Arrival & Check In
2.45-3.00pm	Conference Opening
3.00-4.00pm	Top Trend 1: Functional Training – facts, news & integration in group fitness, Jutta Schuhn
4.00-4.45pm	Break & preparation for active session
4.45-5.45pm	Active session 1: Masterclass functional training
6:15pm	Transfer to hotel/ Free time
8.00pm	Dinner

Friday 9th September

9.30-9.45am	Welcome Session
9.45-10.30am	Top Trend 2: Jumping Fitness – The Power Of Jumping, Antonia Westphal
10.30-11.00am	Coffee break & preparation for active session
11.00am-noon	Active session 2: Masterclass Jumping Fitness
noon-1.00pm	Lunch break
1.00-1.45pm	Top Trend 3: Slashpipe – The Power Of Water, Martin Kammler
1.45-2.00pm	Preparation for active session
2.00-3.00pm	Active Session 3: Masterclass Slashpipe
3.00-3.45pm	Coffee break
3.45-4.30pm	Top Trend 4: Polar Club, Markus Strüber
4.30-4.45pm	Preparation for active session
4.45-5.45pm	Active session 4: Masterclass Indoor Cycling - Polar Club Markus Strüber
6.15pm	Transfer to hotel/ Free time
8.00pm	Dinner

Hamburg, University Sport

www.hochschulsport-hamburg.de