

The registration-procedure for participation in the "Pausenexpress":

The "Pausenexpress" trainers come directly to the office once a week for 15 minutes. They are providing a program consisting of exercises for mobilization, strengthening, stretching and relaxing. The focus of the exercises lies on the shoulders, neck and back. Through the use of different small appliances you will experience a versatile movement offering that neither sportswear nor a change of location requires.

1.) To book the "Pausenexpress" on one of the specified locations, you need to agree with interested colleagues from forming a group of 4-8 participants and put the room firmly in which the training can take place. The room should be large enough that all participants plus trainers have enough space. Tables and chairs in the room are no problem.

2.) One member of the group has to book one "Pausenexpress"-date on the page
→ <http://www.sport.uni-bonn.de/sportangebot>

under "P" for Pausenexpress.

The following information is needed for the login:

- Number of group members,
- Information about the place: Institution, street, house number, floor and room number.

3.) Then the person who has registered will receive, via email a password to pass on to all participants of the group.

4.) The Registration is complete when all participants of the group are registered for the selected "Pausenexpress" appointment with your password on the page under "P" for Pausenexpress
→ <http://www.sport.uni-bonn.de/sportangebot>.

Please enter your bank details into the login box when you are going to book the "Pausenexpress" train. The contribution of 25 Euro for the semester card employees is - as long as you do not already have - drawn from the university sports. The semester card is a prerequisite for registration and be entitled to attend all offers of university sports.

5.) When you have more than 8 participants, it is recommended to form a second group that to sign up for a new appointment.

6.) If you wish to register a second group for the "Pausenexpress", please contact us.

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