Status: September 2026 | WS2026

WORKSHOPS

Sports offer for all sports enthusiasts, also for USTP-external persons.
The requirement for all offers is the membership (15 € or 30€ / semester) in the sports club of the USTP!

YOGA

In Hatha Yoga, physical exercises (asanas) are performed in harmony with the breath (pranayama). This leads to increased body awareness and trains mindfulness. A stretched posture strengthens the body, increases flexibility and strengthens the muscles.

With the help of meditation, concentration is improved. This can increase the ability to learn. The session is concluded with relaxation.

Contrary to many opinions, yoga is not a pure women's sport, also the male world benefits from many effects, such as the conscious relaxation and tension, the stretches and all, above mentioned, health aspects.
It is precisely the diversity of yoga that speaks for a wide spectrum of its areas of application. Relaxing or working out, training body perception or simply for targeted stress reduction - everyone finds what he/she needs. The goal of yoga is to bring body and soul into harmony.

No Stress - Just relax!

Registration procedure for students in the CIS (area "my registrations"). Registration procedure for employees and incomings in the CIS (area "my registrations"). Employees pay at the CSC and incomings get a payment request! Incomings do not pay a membership fee! The amount of €15 will be cancelled once registration is complete.
Registration for alumni and USTP-externs in the CSC during opening hours.

YOGA

Costs: € 45,00
Coach: Lydia Kieslinger
When: MO: 17:30-18:30
Time: 21.09.2026 – 25.01.2027
Location: USTP, Medium Assembly Hall

Further information:
www.ustp.at/de/campus/services-am-campus/campus-sport
Questions can be sent to our **Sport Assistant:**
E-Mail: astsport@ustp.at

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ZUMBA & PIIT

P.I.I.T. -The interval training that leaves nothing out. This is a 30-minute group fitness format that works on strength, endurance and coordination. Easy, fast, sweaty interval training for all with specially mixed music that takes the fun level to a new level. Exercises are performed with and without steps. Mainly the leg/glute muscles are trained as well as the upper body and core muscles.

The Zumba class is based on the "FUN AND EASY TO DO" principle. You don't have to be a good dancer to take the course, the most important thing is to move to Latin American rhythms and have fun. The training sessions consist of intervals in which fast and slow rhythms are combined with strength sessions to strengthen and shape the whole body. At the same time, fat is burned.

If you like, you can also sign up for PIIT or Zumba separately. In any case, bring a good mood, plenty to drink and sturdy shoes.

Burn the calories!

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ZUMBA & PIIT

Costs: € 50,00
Coach: Senta Werner-Mischak, Gaby Schuh, Gitti Bammer
When: TU: 17:00-18:30
Location: HLW Gym
Time: 22.09.2026 – 26.01.2027

Further information:
www.ustp.at/de/campus/services-am-campus/campus-sport
Questions can be sent to our **Sport Assistant:**
E-Mail: astsport@ustp.at

Status: September 2026 | WS2026

WORKSHOPS

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DANCEFITNESS

"Dancefitness that brings summer to the gym."
This workout motivates, makes you forget the everyday stress and helps the bikini (or swimsuit) figure on the jump. With an hour of Bikinifit, we not only work up a good sweat, we also start the rest of the week with more energy, a clear conscience, as well as a catchy tune or two.
We'll raise our pulse rate to rousing music and first improve endurance, coordination and flexibility, then we'll get down to business and strengthen our abdomen, legs, back, arms and buttocks for firm and defined muscles. Last but not least, a stretching session rounds out the class.

What makes the class special are the different choreographies to which you dance yourself fit. Get your body in shape with Lena and look forward to a class full of fun, in motion!

Come and join the Party!

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DANCEFITNESS

Costs: € 45,00
Coach: Lena Gießwein
When: MO: 18:20 – 19:20
Location: HLW Gym
Time: 05.10.2026 – 25.01.2027

Further information:
www.ustp.at/de/campus/services-am-campus/campus-sport
Questions can be sent to our **Sport Assistant:**
E-Mail: astsport@ustp.at

Status: September 2026 | WS2026

WORKSHOPS

Sports offer for all sports enthusiasts, also for USTP-external persons.
The requirement for all offers is the membership (15 € or 30€ / semester) in the sports club of the USTP!

STRONG NATION

Power. Endurance. Motivation.
Do you want to push yourself to the limit, work up a serious sweat, and take your fitness to the next level? Then STRONG NATION® is just what you need.
This intense full-body workout combines effective HIIT (High Intensity Interval Training) with specially engineered music. Every single move matches the beat, and every repetition is synchronized with the music. This creates an immersive workout experience that motivates you to give it your all until the very last move. Expect a combination of cardio, strength, and functional training elements that challenge your entire body while improving strength, endurance, speed, and coordination.
Suitable for every fitness level: All exercises are demonstrated in various intensity levels, allowing you to choose your own training pace. Everyone trains together to the same music, but everyone determines their own intensity. It is a motivating group experience where you decide how hard to push and reach your goals at your own pace.

Get stronger together!

Registration procedure for students in the CIS (area "my registrations"). Registration procedure for employees and incomings in the CIS (area "my registrations"). Employees pay at the CSC and incomings get a payment request! Incomings do not pay a membership fee! The amount of €15 will be cancelled once registration is complete.
Registration for alumni and USTP-externs in the CSC during opening hours.

STRONG NATION
Costs: € 45,00
Coach: Kerstin Prock
When: MO: 19:30-20:30
Location: HLW Gym
Time: 28.09.2026 – 25.01.2027

Further information:
www.ustp.at/de/campus/services-am-campus/campus-sport
Questions can be sent to our **Sport Assistant:**
E-Mail: astsport@ustp.at

Status: September 2026 | WS2026

WORKSHOPS

Sports offer for all sports enthusiasts, also for USTP-external persons.
The requirement for all offers is the membership (15 € or 30€ / semester) in the sports club of the USTP!

VOLLEYBALL

You like to have fun with your friends after an exhausting university day? Then the team sport volleyball is your right choice.
Please bring previous volleyball experience for the normal course. If you play regularly and have been part of the course in a previous semester, the professional course fits perfectly for you.
Register quickly, because volleyball is one of the most popular sports at University of Applied Sciences St. Pölten!

Requirements
Pro: Playing regularly and a participation in the courses of the previous semesters; technique of bumping and setting, able to make a floating or underhand service, knowledge of the basic rules (line-up, tasks of different players positions)

One team, one dream!

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Registration for alumni and USTP-externs in the CSC during opening hours.

VOLLEYBALL
Costs: €30,00
Coach: Julian Pecho & Benjamin Braun
Location: HLW Gym
Time: 25.09.2026 – 29.01.2027
When: WE: 19:00-20:30 (Volleyball 1 Beginner)
WE: 20:30-22:00 (Volleyball 2 Advanced)
FR: 17:30 – 19:45 (Volleyball 3 Free Play Pro)
FR: 19:45 – 22:00 (Volleyball 3 Free Play Pro)

Further information:
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Questions can be sent to our **Sport Assistant:**
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Status: September 2026 | WS2026

WORKSHOPS

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STREETDANCE

In Streetdance you can expect a mixture of different urban dance styles, also called hip-hop. You will learn choreographies for the different dance styles, but you can also try your own improvisations.

Whether you are dancing for the first time or already have some dance experience, sign in and join Petra's street dance group. The most important thing is to have fun while dancing and enjoy moving to cool beats.

Shake it off!

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Registration for alumni and USTP-externs in the CSC during opening hours.

STREETDANCE
Costs: €45,00
Coach: Petra Eigelsreiter
When: MO: 17:15 – 18:15
Location: HLW Gym
Time: 21.09.2026 – 25.01.2027

Further information:
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Questions can be sent to our **Sport Assistant:**
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