

## EXERCISE CLASSES SPRING 2024

This schedule applies from week 1 to week 25. Sign up for our newsletter at [motion.au.dk/](mailto:motion.au.dk)

**SPINNING classes:** Days/times and registration information available in the Facebook group: [Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N](#)

Monday	Class	Please note!
07:30 – 08:30	<b>Pilates and Stretch</b> with Gitte	No registration required
08:40 – 09:40	<b>Cardio and Strength/Circuit Training 60+</b> with Gitte	No registration required
16:00 – 17:00	<b>Spinning</b>	<b>Registration/Sign-up:</b> Facebook: <a href="#">Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N</a>
17:05 – 18:00	<b>Cardio and Strength / Circuit training</b> (from Monday January 8) with Gitte	No registration required
18:05 – 19:05	<b>Body Toning</b> (from Monday January 8) with Gitte	No registration required
Tuesday	Class	Please note!
07:30 – 08:30	<b>Spine Health (intermediate/advanced)</b> with Gitte	<b>Registration/sign up – see newsletter:</b> <a href="mailto:holdtilmelding@live.dk">holdtilmelding@live.dk</a>
08:40 – 09:40	<b>Toning and Balance 60+</b> with Gitte	No registration required
15:50 – 16:50	<b>Toning</b> with Gitte	No registration required
Wednesday	Class	Please note!
07:30 – 08:30	<b>Spine Health (intermediate/advanced)</b> with Gitte	<b>Registration/sign up – see newsletter:</b> <a href="mailto:holdtilmelding@live.dk">holdtilmelding@live.dk</a>
10:30 – 11:30	<b>Toning 60+</b> with Gitte	No registration required
15:30 – 16:25	<b>Spinning</b>	<b>Registration/Sign-up:</b> Facebook: <a href="#">Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus</a>
16:30 – 18:00	<b>Iyengar Yoga</b> (from February 21!) with Ilse	No registration required <b>NB: first class – February 21 2024</b>
Thursday	Class	Please note!
07:00 – 07:55	<b>Strong and Flexible with Foam Roller</b> with Gitte	No registration required
08:00 – 09:00	<b>Spine Health (beginner)</b> with Gitte	<b>Registration/sign up – see newsletter:</b> <a href="mailto:holdtilmelding@live.dk">holdtilmelding@live.dk</a>
15:50 – 16:50	<b>Cardio and Strength / Circuit training</b> with Gitte	No registration required
16:55 – 17:55	<b>Spine Health - no registration</b> with Gitte	No registration required
Friday	Class	Please note!
07:30 – 08:30	<b>Spine Health (beginner)</b> with Gitte	<b>Registration/sign up – see newsletter:</b> <a href="mailto:holdtilmelding@live.dk">holdtilmelding@live.dk</a>
08:40 – 09:40	<b>60+ Stability Ball and Foam Roller</b> with Gitte	No registration required
16:00 – 17:30	<b>Karate (Wado Ryu)</b> with Peder	No registration required. Cancellations will be announced on Facebook: <a href="#">Karate @ AU Motionscentret</a>