

Fitness and health courses

We offer a wide range of courses for fitness and health, including:
fitness training for men and women, fitness training in the weights room, social dancing for over 50s, strength endurance, Pilates, spinning, Zumba, spinal and fitness gymnastics, body shape, step - abs, legs and glutes, functional fitness, back-care training and ballet.

Our health courses can be booked biannually by club members with an additional payment or by non-members with a standard course fee.

Exercise for rehabilitation - Orthopaedic, pulmonary, cardiac Cancer aftercare

Whether it's exercise for rehabilitation in orthopedics, pulmonary or cardiac rehabilitation, or exercise for rehabilitation in cancer aftercare — exercise for rehabilitation is a health course led by professionals for anyone suffering from physical ailments who wants to take action.

A rehabilitation course is fully covered by your health insurance. A prescription from your doctor is required. This prescription for (usually) 50 exercise units only needs to be confirmed by your health insurance company to allow you to start with us.

For training times and further information, see:
www.djk-vfl.de/rehasport

Office

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Opening hours:
Tuesdays 5-7 pm
Fridays 3-5 pm
(except during school holidays)

Executive Board
Email: praesidium@djk-vfl.de

Managing Director
Katharina Ahlers
Email: katharina.ahlers@djk-vfl.de
Phone: 0179 4206186

All information and contact persons are provided on our website:
www.djk-vfl.de

Our club on social media:

Facebook: [@djktivl1912](https://www.facebook.com/djktivl1912)
Instagram: [@djktivlbillerbeck](https://www.instagram.com/djktivlbillerbeck)

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The club and its offering



EIN GUTER ORT FÜR SPORT



