



## Overview of the uniMotion

	Motion- membership	F4F <sup>1</sup>	day-pass/ 10s- pass	weekly ticket
sport ticket	-	per semester 5 € / 10 € <sup>2</sup>	-	-
beginner package students	one time 50,00 €	-	-	-
beginner package employees / VEUK	one time 50,00 €	-	-	-
term	6 months	6 course units / 3 months	-	1 week
extension	automatic	can be extended by a 6 month Motion membership	-	-
contract commitment	extension for an indefinite period	Expires automatically	-	-
termination	15 days before end of term	-	-	-
monthly costs students	29,00 €	one time between 75 € and 168 € <sup>3</sup>	one time 10€ / 90 €	15 € per week
monthly costs employees / VEUK e.V. <sup>4</sup>	36,00 €	one time between 75 € and 168 € <sup>3</sup>	one time 10€ / 90 €	15 € per week
monthly costs externals	-	-	one time 10€ / 90 €	15 € per week
health insurance support	no	<b>health insurance</b> <sup>3</sup> take over between 75€ and 168 €	no	no
rest time/pause	yes	no	anytime	no
additional service	bookable at any time, price see below	bookable at any time, price see below	bookable at any time, price see below	Bookable at any time, price see below

<sup>1</sup> F4F = Fit4Free is a prevention course, which is subsidized by the statutory health insurance if you participate regularly (at least 5 of 6 course units). Within the framework of this course, a free 3-month trial is possible at uniMotion.

<sup>2</sup> For the F4F you must always have a current sports ticket. The first price is for students, pupils and trainees, the second for employees and VEUK members.

<sup>3</sup> The statutory health insurances cover between 75 € and 168 €. The Techniker Krankenkasse covers the complete costs (168 €) up to 2x per year. Please ask your health insurance how much they would subsidize.

<sup>4</sup> VEUK e.V. = Alumni association; through the VEUK membership, externals have the possibility to book the membership of the uniMotion or the F4F (cost: approx. 45 € per year).

### Membership and certified prevention course Fit4Free (F4F)

- For the first contract there are costs of 50,00€ (students / employees and VEUK e.V.<sup>4</sup>) for our **obligatory beginner´s package**
  - Content of our beginner package is the anamnesis (duration 60 minutes): here you can expect a detailed get-to-know conversation about your training goals, your possible complaints and answering your questions. We will also do an endurance test, a strength test and a comprehensive body analysis with you. Based on this, our professional staff will design an individual training plan, which will be practiced with you during our initial instruction (60 minutes). After 8-12 weeks of training, you will be allowed to repeat the above-mentioned tests. Please contact our team for this, otherwise this entitlement will be forfeited.
- Afterwards you choose between:
  - **Motion-membership:**  
for students: 29,00 €<sup>5</sup> per month  
for employees: 36,00 €<sup>5</sup> per month
  - **Prevention course F4F:** Program subsidized by the statutory health insurance funds (costs are reimbursed on a pro-rata basis):
    - TK takes over **100%** (168€) of the course costs **for students**
    - in the case of employees and VEUK, the TK will pay 75€.
    - other health insurance companies generally subsidize between €75 and €150 → just ask your health insurance company.
    - 6 course units of 60 minutes each (5 participations are obligatory)
    - in addition, there is the possibility to use the uniMotion for 3 months free of charge

Duration of the memberships:

The initial term of the memberships is 6 months. It is automatically renewed indefinitely unless cancelled.

Duration of the free trial months of F4F:

The term is 3 months. The trial months expire automatically after 3 months. For existing customers, we suspend the monthly debits for 3 months.

### Sport ticket

If you are a member of uniMotion, you do not need a sport ticket.

If you book the F4F and want to use the 3 free trial months in uniMotion, then you have to book the sport ticket before booking the prevention course F4F.

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<sup>5</sup> The € 29.00 applies to students, pupils\* and trainees\*, the € 36.00 to employees / VEUK e.V. members.

\*Students, trainees as well as external members must join VEUK e.V. in order to take advantage of this offer.

### **How can externals train with us?**

We offer you a day pass, a transferable 10er-card and a weekly pass, no beginner package are needed here.

- **day pass:** 10 €
- **10er-card:** 90 €
- **weekly pass:** 15 € per week

### **Extension and cancellation**

The membership is automatically renewed for an indefinite period. A monthly right of termination applies within the scope of the extension. Cancellation must be made 15 days prior to the end of the term to be effective the following month.

Cancellations must be made in writing. This can be done on the university sports website or by email.

A 6 month membership can be attached to the F4F and the 3 free trial months.

### **Rest time – your break opportunity**

The Motion membership can be interrupted a maximum of once per year for one month, by which the term is thereby extended. The request for the rest period can be announced in the MySports app or by mail. In exceptional cases, we will also approve the rest period for several months.

### **Free trial training**

We offer you a supervised trial training (60 minutes). You can book this offer in the MySports app or arrange it by phone. Please call us during our opening hours.

### **Optional extras**

We offer you and non-members the optional booking of interesting additional services.

Simply make an appointment in uniMotion or by phone.

- Massage (30 min): 1 appointment: 30 €, 3 appointments: 80 €
- Physiotherapy (30 min): 1 appointment: 30 €, 3 appointments: 80 €
- Functional Movement Screening (FMS, 30 min): 1 appointment: 40€
- Body analysis (15 min): 1 appointment: 15 €, 3 appointments: 40 €
- Re-fresher (60 min): 1 appointment: 30 €

### **Features of our customer friendly studio**

- Favorable prices
- Immediate start of training possible
- Short minimum (initial) membership period (6 months)
- Monthly right of cancellation
- Flexible cancellation options in cases of relocation, internships, stays abroad, etc.
- Free rest periods for Motion memberships (once a year for one month)
- 3 free trial months of the F4F expire automatically after 3 months, therefore ideal to test the gym

### **High quality care by our professional staff**

- Comprehensive diagnostics through our included beginners' package and the Functional Movement Screening (FMS), which can be booked optionally
- First-class support on the training floor → free appointments for training plan design
- Support from our medical staff
- Attractive additional services at fair prices – also for non-members

### **Our opening hours\***

Mon, Tue, Wed und Fri:	8.00 – 22.00 h
Thurs	8.00 – 12.00 h and 16.00 – 22.00 h
Sat / Sun / public holidays:	9.00 – 13.00 h and 16.00 – 20.00 h

It can always be that we have to adjust the opening hours. Therefore, always pay attention to our mails and notices.

\*Restricted opening hours apply for the sports student membership. You can find these on our website and on our notice boards.

### **Further information**

- phone +49 7531 88-3537
- Homepage: [www.unimotion-konstanz.de](http://www.unimotion-konstanz.de)
- Email: [unimotion@uni.kn](mailto:unimotion@uni.kn)

**We are looking forward to seeing you!**