



URBAN SPORTS CLUB

Press release

Bodycombat, Breakdance and Meditation: Father's Day with Urban Sports Club

Berlin, 27.04.2021 - Whether it's Father's Day, Men's Day or Boy's Day, on May 13th Germany celebrates dads and men in general. On this day, it's customary for men to go on a hike with a large group of friends – often with a handcart in tow full of beer. Seeing as this year will be different in many ways, Urban Sports Club proposes alternative sports activities such as body combat, breakdancing or meditation, perfect for bonding with friends. Members can take part in courses via livestream and, as soon as it's possible, can train in the studio or outside in the fresh air.



Bodycombat – get into the virtual ring with your buddies

The trend sport Bodycombat is a sweat-inducing full-body workout inspired by martial arts. The sport is ideal for beginners as it's no contact and easy to follow. Try body combat in the virtual ring with friends and find out where your strengths lie. Test your limits together at [American Fitness Berlin](#).

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Breakdance – a unique battle between friends

Since the 1980s, breakdance crews have been associated with casual coolness and dance acrobatics. The unique movements improve your body awareness and train coordination in new ways. In the intro course at [Flying Steps Academy](#), the basics can be learned and then applied in a battle between friends. This calls for creativity while presenting new challenges: the perfect team-building activity that could put that handcart full of beer to good use!



Deepen friendship through meditation

Father's Day in Germany is traditionally spent on the move. But this year, instead of the usual hustle and bustle, members can practice sitting in silence with meditation. The challenge of sitting still and the setting of intentions enhances a sense of connectedness and closeness. Those who want to get to know their father, brother or friend on a whole new level can attend courses with the [Osho UTA Institut](#).

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Strengthen your sense of community with Urban Sports Club

Ultimately, a sense of community is the main focus on Father's Day. With the help of [live online courses](#), Urban Sports Club is a way to spend time together, be active and have fun at the same time. Members can move their sports livestream to the terrace or garden, and afterwards enjoy a cool drink, exchange stories and re-cap experiences together. When outdoor sports are possible again, members can go climbing at [Pink Power](#) or get fit on-site with [Beat81](#), currently available online. When studios can re-open fully, members can benefit from an all-round offering which consists of classes in the studio, outdoors and via livestream. Urban Sports Club memberships can be given to fathers and friends: [Vouchers](#) are available on the Urban Sports Club website.

About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied range of sports offers. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can choose from over 50 sports to create their own unique training plan and discover new activities to feel passionate about. With over 10,000 partner locations in six countries in Europe (Germany, France, Spain, Italy, Belgium, Portugal), members can check-in for sports via the Urban Sports Club app. Since merged with OneFit, the Urban Sports Club network has more than 12,000 partners to choose from. Private and corporate customers can choose to train in studios, outdoors or online via livestream. Urban Sports Club employs over 40 different nationalities in locations across Europe.

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