

Start Your Journey

Level: *Beginners*

Location: *Fitness 3*

Price: *10 euro*

Number of lessons: *4*

Sports equipment: *Sports clothes, indoor shoes and a towel*



Would you like to start exercising, but you don't have any experience? Then start your 'fitness journey' with our basic course. In this course you will learn everything about fitness methods, and safe and responsible fitness training.

The Fitness course is about a physical fitness training program mainly to learn how to use the different machines properly and enforce your body strength in order to be able to train alone after a period of four weeks. Although each class is different, a typical class may consist of a warm up, followed by an explanation how you use the machines properly. A class will end with a cooling down and some stretching exercises. Any level is welcome.

ADVANCED

If you already have experience with fitness at another sports school, then you can make an appointment for Fitness Advice. A Fitness instructor can help you drawing up a personal fitness schedule.