

Ladies Fitness course

Location: SSC Eindhoven, Fitness 3

Level: Beginners (only woman)

Price: 15 Euros sports cards holders

Period: Every Quartile

Day & Time: Look in the sports schedule on the SSC website

Equipment: Sports clothes, indoor shoes and a towel

Instructor: SSC Fitness instructor



WHAT YOU CAN EXPECT

If you think that fitness is just designed for big and heavily build men, you have it wrong. During the course Ladies Fitness you can discover that fitness is not just about brutal power. Fitness is also really helpful in getting a good body shape, developing power stamina and, most important, improving your health. During our lessons you can get to know fitness and learn how to deal how to safely use fitness machines. Obviously the exercises are specifically aimed at women.

REGISTRATION

Signing up is possible via [our website](#). Log in on your personal page, go to 'Shop' and then click on 'View all courses'.