

Ladies Fitness

Level: *Beginners* (only woman)

Location: *Fitness 3*

Price: *10 euro*

Number of lessons: *6*

Period: *Depending on capacity due to the coronavirus. Log in, go to 'What's on offer' and see if the course is available.*

Day & time: *Thursday, 17h00-18h30*

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

If you think that fitness is just designed for big and heavily build men, you probably have never heard of Ladies Fitness at the SSC. During the Ladies Fitness course 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 safely use fitness machines.

