

# Calisthenics

Location: *Playground*

Day & time: *Tuesday 18h30, Thursday 19h00*

The term Calisthenics comes from the Greek words 'Kalos' and 'Stenos', meaning beauty and strength. At Calisthenics you do strength exercises with your own body weight. It are exercises that consists of a variety of movements that are mostly performed with little to no equipment. Think of movements such as push-ups, pull ups, dips, squats, etc. The workout enhances your body's strength, endurance, coordination and flexibility.

