



SSC
Eindhoven

2024

SSC PERSONAL TRAINING

Personal Training 2024

In addition to all the group lessons, the SSC is now also introducing Personal Training to its extensive program.

During these Personal Training sessions one of our licensed instructors will guide you through a safe and effective fitness program. It will include working on improving muscular strength and endurance, aerobic endurance, flexibility and overall body composition.

Why Personal Training?

Many people could use a little extra help with exercising, not only when you're just starting, but also if you've been exercising for a longer period of time. Whether it's for setting up an individualized program to lose weight or to get in shape or if you simply need to be held accountable for your workouts.

Procedure for Personal Training at the SSC

During the intake/first session our instructor will take a look at your current program and eating habits and then see where helpful changes can be made to create more effective workouts. Also they will determine if the goals you've set up are realistic, hold you accountable for your workouts and most important, keep you motivated to stay exercising.

After the first session you are ready to start regular training with your instructor in either the cardio area, fitness area or even exercise outside, if you prefer.

The different packages for Personal Training

We offer three different types of packages which all include a free initial consultation. There is also the possibility to join with a friend/colleague, which will lower the costs with the special group rate.

The three different SSC package deals

Try out Package – Free initial consultation plus 5 sessions	
Costs for one person	€ 170,00
Costs for two persons	€ 230,00 / € 115,00 per person

10-session Package- Free initial consultation plus 10 sessions	
Costs for one person	€ 300,00
Costs for two persons	€ 360,00 / € 180,00 per person

20-session Package- Free initial consultation plus 20 sessions	
Costs for one person	€ 520,00
Costs for two persons	€ 600,00 / € 300,00

Signing up

At this moment the SSC has five personal trainers, who are available at set days and times. If you are interested in Personal Training sessions, please contact Iker Abin to schedule an appointment with one of our personal trainers.

More info

If you would like to have more information on PT, feel free to mail your questions.

Iker Abin: i.abin@tue.nl