

# Personal Training

Trying to lose that 'stubborn fat'? Looking to 'tone up'? Wanting to get stronger, leaner and increase your level of physical fitness, then what's stopping you? We can start today! Our passionate and knowledgeable trainers ensure you make the progress you desire, while keeping the practices fun and challenging. During an intake we set your goals and determine your fitness level, next we draw up a long-term fitness plan to make it sustainable and then the fun can begin.

## ***SIGNING UP***

At this moment the SSC has three personal trainers, who are available at set days and times. NB: extra costs are added PT! If you are interested in Personal Training sessions, please contact Iker Abin ([i.abin@tue.nl](mailto:i.abin@tue.nl)) to schedule an appointment with one of our personal trainers.

