

# Team Fit Break

**Location:** Online or on location

**Price:**

Online 150,- per 10 weeks | 20,- for one-time Fit Break

On location 250,- per 10 weeks | 30,- for one-time Fit Break



## TEAM FIT BREAK

Do you want a break with your department? Then we offer the special Team Fit Break. Plan a Fit Break to break up a long day full of meetings or kick off with a Fit Break before the start of a meeting! A Fit Break is also a fun way to keep the team morale high and to be with your colleagues.

Our specially trained SSC instructors offer your team a short break full of relaxation-, strength- and stretching exercises, which you can do in your work clothes. A Fit Break focuses on the shoulders, neck and back and can be adapted to the needs of the group. The programme takes place on a day and time of your choice. During 10 weeks you do different exercises for body and mind. After 15 minutes of exercises with your colleagues, your head is clear again and you can get on with your work with motivation and concentration.

## REGISTRATION

For more information or signing up send an email to Yvonne de Kinkelder → [y.c.h.d.kinkelder@tue.nl](mailto:y.c.h.d.kinkelder@tue.nl).