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. Obviously the exercises are specifically aimed at women.

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.