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.

**Level:** Beginners  
**Location:** Gymnasium  
**Price:** 10 euro  
**Number of lessons:** 8  
**Period:** Every Quartile  
**Day & time:** Friday, 20h00-21h00  
**Sports equipment:** Sports clothes

Do you want to look elegant like a bird in the sky? Well, you might not look like a bird, but you can certainly look elegant! Aerial Hoop is a graceful aerial acrobatic sport that finds its roots in the circus. Nowadays it is also known as a form of exercise in which strength, agility and elegance are combined. The exercises will be done with a big hoop up in the air, as the name implies. Aerial Hoop classes will help you build up strength and flexibility through the use of your own body. If you want to participate in these classes, it is advised to wear long pants to protect your legs when hanging upside down.

After enrolling in this course, you will be taking a beginner’s course in which the basics are taught. When the course is finished, it is possible to join the association SPV Blue to continue enjoying the sport.