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:** employees and students who have so called long-lasting specific lower back complaints
**Location:** Conference Room
**Price:** 10 euro sport cardholders, 20 euro non-sport cardholders
**Number of lessons:** 6
**Period:** Quartile 1, 3 & 4
**Day & time:** Wednesday, 17h30-18h30
**Sports equipment:** Sports clothes, towel and indoor shoes

In quartile 1, 3 & 4 the SSC organizes the course ‘Backsupport’. This course at the SSC is meant for employees and students who have so called long-lasting specific lower back complaints, which is an obstacle in their work or private life. Long-lasting means more than 6 consecutive weeks or regularly recurring. The complaints don’t have a clear cause, not even after an examination.