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: Sportpark de Hondsheuvels (athletics track)
Price: 10 euro
Number of lessons: 8-10
Period: Every Quartile
Day & time: Wednesday, between 19h00-21h30
Sports equipment: Sports clothes and running shoes (outdoor)

Would you like to get introduced to running? Or do you want to train for the half marathon? Follow the successful running course of E.S.A.V. Asterix. This year the SSC organizes together with Asterix two running courses: ‘basic’ and ‘basic+’. A professional trainer (Ton van Hoesel) will teach you all the skills of long distance running. The lessons consist mainly out of improving technique and building stamina. After following the basic and/or basic + course you can join the Asterix practices.

**Level:**
Beginners: running basic course
*For people who want to begin with running*

Advanced: running basic + course
*For people who can run for a minimum of 30 minutes*