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:** Ski & partycentrum Eindhoven  
**Price:** 90 euro  
**Number of lessons:** 8  
**Period:** Quartile 1, 2 and 3  
**Day & time:** different  
**Sports equipment:** Only sports clothes (*materials will be provide by ski-fit*)

The Netherlands is a flat country where there are hardly any possibilities to actively practice the ski sport. The SSC therefore offers, in cooperation with Ski & Partycentrum Eindhoven, the optimal preparation for the winter holiday. The SSC has set up a special program for both beginners and advanced.

For beginners, the course is an absolute must, because it is an intensive and almost individual teaching method. And that’s much more effective than spending hours toiling on the beginner’s slopes. For advanced skiers, skiing on an indoor runway is a wonderful opportunity to train and refine the technique for winter sports. The classes are taught by qualified and experienced ski and snowboard teachers. In other words: Professional and a lot of individual attention for each student. Moreover, the distance between you and the teacher is never more than a few meters, so every wrong movement is immediately corrected. A better ‘pre-ski’ is hardly conceivable!

**REGISTRATION**  
Signing up is possible via our website. Log in on your personal page and go to ‘What’s on offer’. Here you can find the different courses you can register for.