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.

Trying to lose that ‘stubborn fat’? Looking to ‘tone up’? Wanting to get stronger, leaner and increase your level of physical fitness, then what’s stopping you? We can start today! Our passionate and knowledgeable trainers ensure you make the progress you desire, while keeping the practices fun and challenging. During an intake we set your goals and determine your fitness level, next we draw up a long-term fitness plan to make it sustainable and then the fun can begin. A PT-package comes with a nutrition coach, tailored meal plan, recipe e-book, body index scans and more.

**SIGNING UP**
At this moment the SSC has three personal trainers, who are available at set days and times. NB: extra costs are added PT! If you are interested in Personal Training sessions, please contact Daan Guldemond (d.j.c.guldemond@tue.nl) to schedule an appointment with one of our personal trainers.