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.

PiYo - is a fun, challenging class fusing Pilates and Yoga. It combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!