General information

PaalFitness is a brand new sport to train your body in an entertaining way. The lessons are fun and you work in a special way on your body. With several exercises you push the limits of your own body and improve your body control. PaalFitness improves your self-confidence and improves your stamina.

The lessons are taught in groups of maximum 16 participants. This means you will work together and motivate each other. During the lessons you learn several tricks, like turning, locking and tricks upside-down! The lessons are given under the supervision of experienced teachers.

Location: SSC Paalfitness Studio.
Starting date: 4 times per year
Duration: 1 time per week 60 minutes, During an eight week period.
Lesson schedule: different see website.
Materials: made available by the SSC.
Clothes: sports clothes, preferably very short shorts and shoes are not necessary.
Level: beginner

Goal: during this course you will learn the basic principles and moves. After the course you can practice in your own time in the PaalFitness Studio.

Costs: €20,-

Enrolment procedure: You can register by going to our website, log in and go to ‘course registration’. The registration is open two weeks before the starting date on Mondays around 12h00. Registration is valid as soon your payment has been processed, which may take some days. Should the system sign you out, then you can register again. The course only take place when there are enough subscriptions.

Extra:
Please, do not use hand crème or body lotion 24 hours before a lesson.