



Goals



Sport- en gezondheidscentrum
CivitaS
Werken aan jouw gezondheid!

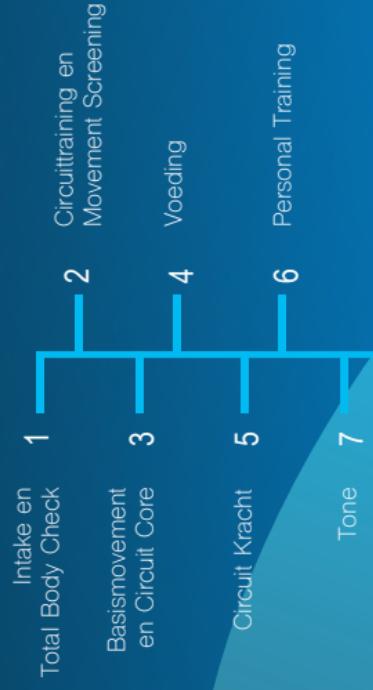


Jouw gezondheid

Afvallen



Af allen



Week 8



- 10 Hartslagtraining
- 12 Core
- 14 Coaching
- 16 SH'BAM
- 18 Powerbag
- 20 Body Step
- 22 Personal Training



Week 22

- 24 Glute
- 26 Body Combat
- 28 Coaching
- 30 Bosu

32 HIIT

Week 42

- 34 RPM
- 36 Mobilisatie
- 38 Coaching



- 40 Pull Up
- 42 Body & Mind
- 44 Cable Cross
- 46 Powerlifting
- 48 Body Pump
- 50 Coaching
- 52 Kettlebell

52 Kettlebell