Information Fuse Play 2017/2018

General information
A high quality work-out on the playground where all muscles get trained. Fuse play is a fun and innovative way of training with personal attention. The program includes a combination of cardio- and weight exercises. Therefore it is perfect for both beginners, and more experienced athletes. Enjoy a unique work-out and experience the benefits of training outdoor. Try Fuse Play!

Location: Playground
Starting Dates: 2 times per year: 04-09-2017 and 23-4-2018.
Duration: 1 time per week 60 minutes during 8 weeks.
Lesson time table: Thursday evening 19:00-20:00.
Materials: will be provided by the SSC.
Clothing: sports clothes and shoes mandatory.
Starting level: beginner and advanced.
Costs: €10,-
Enrolment procedure: you can register by going to our website, log on and go to course registration. Registration is open 2 weeks before the starting date on Mondays around 12:00.

Extra:
If a lesson gets cancelled, due to bad weather for example, this will be announced via e-mail, the SSC website: www.studentensportcentrumeindhoven.nl or via facebook.com/SSCEindhoven

For questions about the course, you can contact Miss Manon van Lint, coordinator courses: e-mail: ssccursus@tue.nl tel: 040-247 5002