

EXPANSION OF FUNCTIONAL TRAINING AREA



Since January, many members have found their way (back) to Aerofit. Very positive, of course, that so many people are exercising again.

However, because of this sometimes it's busy in the fitness room, especially on the black mat.

We have therefore decided to order 2 extra power racks, with an extra barbell, an extra training bench, and extra discs.

We expect to receive this in March and April. So from then on even more training options and even more training fun!

TEAMNEWS



We have 2 new employees in our team:

★ Diederik Zorn and Jamie Condon. Diederik is 17 years old and will join our fitness team. Diederik has a gap year and is currently doing an education for Fitness Trainer A, later he will start the education for Fitness trainer B. Furthermore he will be trained internally. Diederik will be working on Tuesday evening, Thursday morning and Sunday morning.

★ Jamie is our new colleague for the bar/reception. Jamie is 21 years old and studies Movement Sciences. She will be working on Monday evening, Tuesday evening and Sunday morning.

Welcome to Aerofit!

YOGA/PILATES SPECIAL: NECK/SHOULDERS/UPPER BACK



As a follow up of the workshop lower back / hips last year, Frederique will give a workshop specifically aimed at the neck, shoulders and upper back on Sunday March 19. If you experience stiffness and/or pain in that area, sign up for this 75-minute workshop. Frederique gives you beautiful exercises to improve flexibility in the neck, shoulders and upper back and she gives a clear explanation. With these exercises you can also get started at home because you will receive a handy handout.

Date: Sunday, March 19

Time: 11.45-13.00

Costs: Members € 5.00, non members € 17,50.

Register at the reception.