



Brussels

Friskis&Sveltis Schedule

Programme as from 1st FEBRUARY 2010

We offer fun and accessible high quality workout for everybody!

PLACE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Gemeenschapscentrum MAALBEEK Oudergemselaan 126 av d'Auderghem 126 1040 Etterbeek Bus 80 or 36: LEMAN Metro 1 and 5: SCHUMAN + 5 min walk			7:30-8:15 Medium Anna			9:45-11:00 Stations Eva D.	10:00-11:00 Core Kim (**)	
						11:00-12:00 Medium Cecile	11:00-12:00 Pulse Medium Veerle (**)	
	13:00-13:45 Medium Vasileios	13:00-13:45 Basic Senta	12:30-13:15 Medium Lene	12:30-13:15 Medium Nel	12:30-13:15 Basic Vivi			NEW FULL-TIME SESSION! 12:00-13:30 Ki-Box Catarina (**)
	13:15-14:00 Medium Monica			13:15-14:00 Medium Eva J.	13:15-14:00 Medium Anne			
19:00-20:30 Stations Cecilia	20:00-21:00 Intensive Tarja							
MAALBEEK Mirror Room (as above)	NEW! 19:00-20:00 Aerobics Monica			NEW! 19:30-20:30 Dance Pia B.				
VUB Vrije Universiteit Brussel Campus Oefenplein, Sportcenter Triomflaan (entrance n°8) 1050 Elsene / Ixelles Metro 5: PETILLON + 5 min walk Tram 23, 24 or 25: ARSENAL	19:00-20:00 Medium Alice	19:00-20:00 Core Kim	19:00-20:00 Strength Medium Senta	19:00-20:00 Intensive Tarja	19:00-20:00 Medium Una			
		20:00-21:00 Medium Catarina	20:00-21:00 Pulse Medium Veerle	20:00-21:00 Medium Anna				
WOLUWE Centre Sportif de la Woluwe Avenue Mounier 87 1200 Woluwe-Saint-Lambert Bus 79 : Auditorioes UCL Metro 1: KRAAINEM				18:30-19:30 Medium Lene		11:30-12:30 Medium Simona	10:00-11:00 Medium Birgitta M.	
WAUTERBOS Sporthal Doornlarenhoofdstraat 1640 Sint-Genesius-Rode	9:30-10:30 Medium Nel			9:30-10:30 Core Kim / Pulse Medium Cecilia				
OUTDOOR SESSIONS For meeting points and precise dates, please check our Web site. The outdoor team will update the outdoor calendar on a monthly basis to clarify what is on.	See Web site for details about our outdoor sessions (Nordic Walking, Jogging and Cross Training)							

** Free baby-sitting service available at these sessions.

Sessions may be cancelled or rescheduled in connection with School Holidays, Public Holidays, etc. Special sessions and changes are announced on our Web site (Indoor/Outdoor Calendar) and by the hosts.

Basic	If you want to improve your fitness, strength and flexibility. Straightforward and easy with uncomplicated movements. In these classes, jumping is avoided.
Medium	You are fairly fit and like somewhat tough exercises, but with gentle movements. Higher tempo and some jumps.
Intensive	Our toughest intensity, thorough exercises which put your muscles and cardiovascular system to the test. Very effective training for fit people.
Strength Medium	This session is a little bit different compared to a regular medium session. Emphasis on improving your strength by using strength building exercises during a longer interval and with more repetitions.
Pulse Medium	A Pulse session concentrates on the cardiovascular part of the session. You are quite fit, you like high tempo and you get inspired by challenging co-ordination in the cardiovascular sections.
Stations	Station training combines a normal medium session with effective strength training with tools, at different "stations". The duration of the session is one hour and 15 minutes with a long strength part in the middle of around 25-30 minutes.
Ki-Box	Ki is Japanese and means force or power. This session is inspired by Asian techniques such as qi gong and martial arts with tough, powerful and fun training with gloves and pads.
Core	This workout focuses on exercises which strengthen your abdominals and back, and stretches out your body.
Aerobics	Aerobics is a session inspired by choreography. This session includes warming up, flexibility and strength exercises, but the main focus is on the choreography and physical fitness part, which challenges your coordination and consists of complex step combinations. The intensity corresponds to a classic medium session.
Dance	Here we blend disco, funk, jazz, Latino, rock, swing and you can follow along at once. No advanced choreographies, only imitating, letting loose and having fun with a lot of emotion, attitude and character. It is playful, open and no demands on precision. If you enjoy strutting your stuff we guarantee you'll like this dance class. Well-trained or not, everybody can participate and make the dance class their own. Just like on the dance floor.
Jogging	Jogging is a pleasant training in a group; it is the favourite exercise of many, either as an individual form of exercise or as an addition to more strength related exercise. The advantages of jogging in a group are especially important to those who find it difficult to get started and find a good jogging tempo or regularity, or for those who prefer the comfort of group spirit and a committed leadership.
Nordic Walking	Nordic Walking is an outdoor session, where you learn to walk with sticks/poles. It improves your fitness and is very effective dynamic strength exercise for the upper body.
Cross Training	Cross Training is a new outdoor session which combines jogging <u>or</u> Nordic Walking and strength exercises. Nature provides the tools, such as hills, benches and railings that are used. A fun and varied session!

Membership fees

Full membership card – 25-59 years	<i>10 months / 5 months</i>	€195 / 110
Full membership card – 12-24 years, 60+ years	<i>10 months / 5 months</i>	€135 / 80
Outdoor membership card (NW, Cross, Jogging)	<i>10 months / 5 months</i>	€90 / 50
4 session card (can only be bought in cash at sessions)		€35
1 session card (can only be bought in cash at sessions)		€10
Members of F&S foreign clubs		€5

How to become a member

Make a bank transfer for the correct amount (see membership fees above) to the Friskis&Svettis account, **310-1567511-77** (you may also want to use our international banking coordinates: IBAN: BE 80 3101 5675 1177 and BIC: BBRUBEBB). In the "communications" field, please indicate clearly "FS MEMBERSHIP", your full name, address (only addresses in Belgium allowed!) and date of birth. In case of renewal, put your membership number as well. You will receive your membership card by post.

The membership card entitles the bearer free access to an unlimited number of Friskis&Svettis sessions at any location during the period paid for (commencing on reception of payment in Friskis&Svettis bank account). A membership card for 5 or 10 months is valid until the date indicated on the card.

Note: full members are entitled access to all Friskis&Svettis sessions, including outdoor sessions.

Our sessions in the summer are for FREE!

<http://www.friskis.be>