

## Flexible fitness training



**Flexible fitness training at the Heliomare Vitality Centre in Velsen-Noord allows you to exercise under professional supervision, to help you feel fitter and increase your vitality. Feeling fit and energetic will help you to cope with the demands of daily life.**

### **What does the Flexible fitness training package offer?**

If you exercise regularly under supervision, you'll notice an increase in both your energy levels and your physical stamina. This will have a noticeable effect on your day-to-day life, improving the way you do what you do and enabling you to keep going in the long term.

### **Who's it for?**

Flexible fitness training is suitable for anyone aged 18 and over who is keen to work out in a gym under the supervision of professional trainers.

### **What will you need?**

You will need to be motivated to get moving and to exercise regularly. You will also need indoor sportswear.



## What does Flexible fitness training involve?

- The first step is an initial assessment. Over the course of one and a half hours, your physical fitness is ascertained, goals are set and a fitness training programme is drawn up.
- Once this has been done, you can immediately start training on your own during our opening hours (see below). There are no limits to how often you train.
- In addition to individual training, you can also participate in one of our group classes, such as the Core Quarter-Hour, Kick & Fun, Quick Fit or Virtual Spinning. Ask one of our trainers for a timetable.
- If you would like a new training programme, simply ask one of the trainers.

## Where do the sessions take place?

Under the Flexible fitness training package, you can work out at the Heliomare Vitality Centre, located at Zonnewijzerstraat 3, 1951 MP, Velsen-Noord.

## When can you train?

Our facilities are open from 08:00 to 19:00, Monday to Friday.

## What facilities are available?

The following can be found in our Vitality Centre:

- Two gyms
- Male and female changing rooms, and showers
- Male and female toilets and disabled toilets
- Lockers
- Coffee/tea/water

## Our trainers

Our professionals have qualifications in personal coaching and training or are certified lifestyle coaches.

## What does the Flexible fitness training package cost?

You find this on our website [www.heliomare.nl/vrije\\_fitness](http://www.heliomare.nl/vrije_fitness).

## How do I sign up?

By email: send a message to [info-VC@heliomare.nl](mailto:info-VC@heliomare.nl)

By phone: call 0251 - 21 55 02 or 06 - 10 65 77 63

Via our website: [www.heliomare.nl/vitaliteitcentrum](http://www.heliomare.nl/vitaliteitcentrum)



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