

Functional Training

Strength, endurance and interval training and build flexibility and mobility in 45 minutes!

During the course you will learn and train functional movements such as squats, lunges. You will train your muscular strength, your endurance and your joint mobility both with body weight exercises and with weights.

Each exercise can have several variations and scaling options depending on your fitness level, so this course is for you! We are waiting for you!

Where:	MedAction (Physiotherapie, Rehabilitation, Training, Kurse) Zürcherstrasse 170, 8645 Rapperswil-Jona	
When:	Dienstag	19:15 – 20:00 h
Registration:	required (see below)	
Costs:	10 times	CHF 250.00 (CHF 200.00 for students)
	single lesson	CHF 30.00
Participants:	everyone is welcome!	
Required:	sportswear	
Insurance:	it is the responsibility of the participant	
Further:	minimum number of participants: 4	

Course Management, registration and info:

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