

Sim invites neighbours

Saturday 4th of July

Free training & workshops

Sim HQ Beethovenstraat 91h, Amsterdam
From 9:00 to 14:00

Sign up via info@sim.amsterdam or just walk in

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- ✓ Bring your friend or neighbour
 - ✓ Covid19 measures strictly followed
 - ✓ Bites and drinks
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Sim offers personal training, small group training and online training. Our personal trainers have experience in dance, gymnastics, martial arts, pregnancy, health science, nutrition & dietetics and vitality.

Go to www.sim.amsterdam

Sim[®]
Strength in motion

Garden

<i>Tijd</i>	<i>Activiteit</i>	<i>Trainer</i>	<i>Omschrijving</i>
9:00 - 9:20	Sim conditioning	Yaset	Endurance & strength
9:40 - 10:00	Challenges (Kids)	Scott	Physical challenges
10:00 - 10:20	Sim core	Yaset	Stability & fundament
10:40 - 11:00	Challenges (All levels)	Scott	Physical challenges
11:00 - 11:20	Sim stretch	Yaset	Mobility & range of motion
12:00 - 12:30	Break		
12:30 - 12:50	Sim conditioning	Yaset / Wouter	Endurance & strength
13:00 - 13:20	Challenge (KIDS)	Wouter	Physical challenges

Studio

<i>Tijd</i>	<i>Activiteit</i>	<i>Trainer</i>	<i>Omschrijving</i>
9:00 - 9:20	Movement screen	Lisette	Posture & movement check
9:40 - 10:00	Nutrition and health Q&A	Darshan	Nutrition and health advice
10:00 - 10:20	Movement screen	Lisette	Posture & movement check
10:40 - 11:00	Sim moms	Simone	Pregnancy & after birth exercises
11:00 - 11:20	Nutrition and health Q&A	Darshan	Nutrition and health advice
12:00 - 12:30	Break		
12:30 - 12:50	Sim moms	Simone	Pregnancy & after birth exercises
13:00 - 13:20	Nutrition and health Q&A	Darshan	Nutrition and health advice

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