



Fun fitness training!

Swedish School, Makini rd, off Ngong rd
5 – 6 pm Wednesdays

Friskis & Sveltis – Swedish style work out

Friskis & Sveltis is a Swedish association of not for profit holistic health organisations linked together with the common quest of being able to provide engaging and easily accessible exercise of a high quality for a wide group of people.

Friskis & Sveltis workout / "jympa"

The idea of exercising is based upon music, our joy of movement and a positive sense of leadership. Exercising within F&S should be a fulfilling, joyful, liberating as well as an efficient experience. The focus should also be on simplicity and accessibility; you should be able to attend a F&S class as a freshman and still be able to follow the movements and receive a good workout.

This class - *Pulse* - is built on the principles for the intermediate intensity, mainly low impact moves, focusing on cardio training. Warm up, flexibility, strength training, cardio-vascular training, slow down, stretching and relaxation are all essential elements which always are included in the class. Built on the idea of F&S training each leader chooses his/her own music and creates a personal program.



Welcome to join!

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