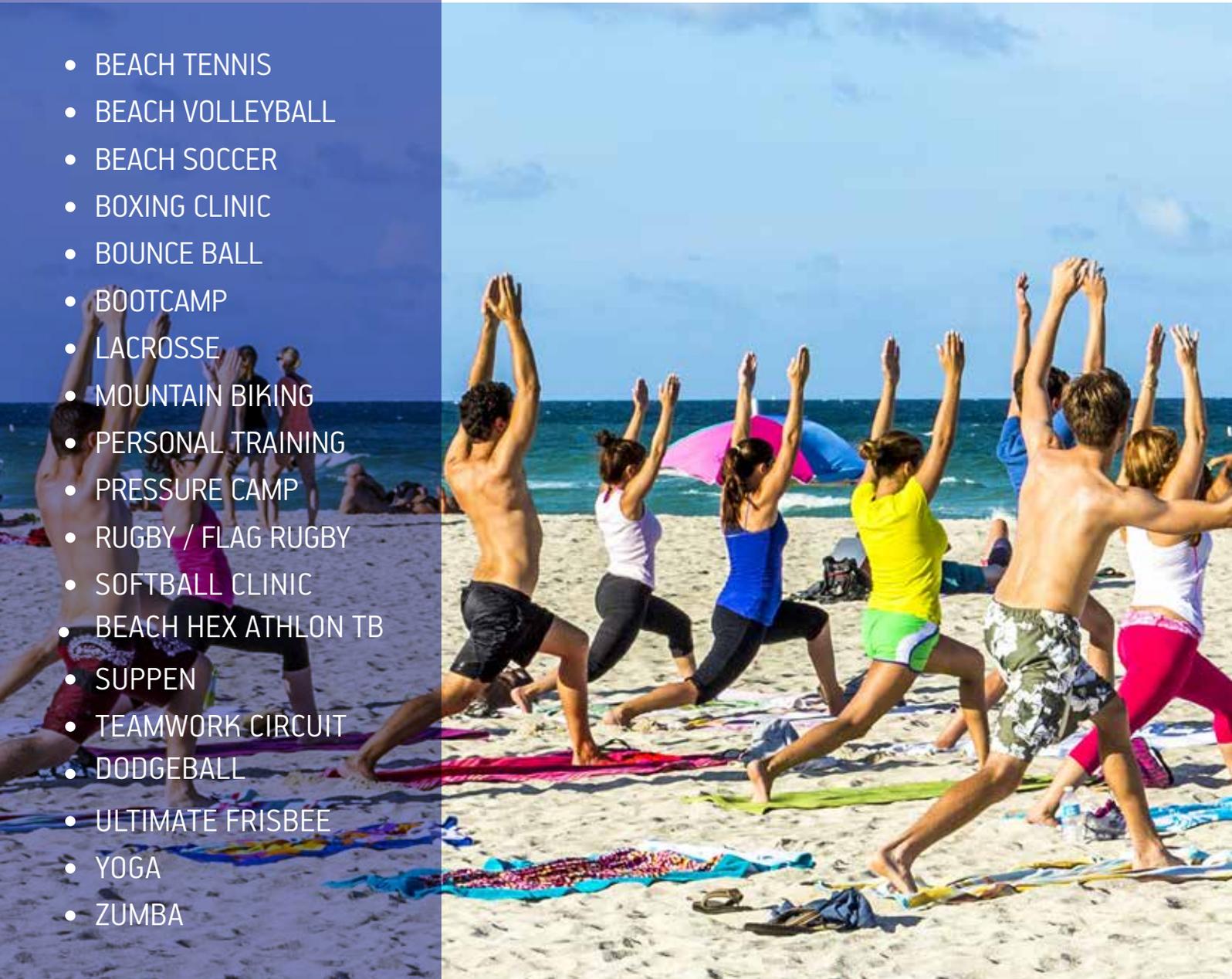


Pro Personal Fit®

TRAINING

- BEACH TENNIS
- BEACH VOLLEYBALL
- BEACH SOCCER
- BOXING CLINIC
- BOUNCE BALL
- BOOTCAMP
- LACROSSE
- MOUNTAIN BIKING
- PERSONAL TRAINING
- PRESSURE CAMP
- RUGBY / FLAG RUGBY
- SOFTBALL CLINIC
- BEACH HEX ATHLON TB
- SUPPEN
- TEAMWORK CIRCUIT
- DODGEBALL
- ULTIMATE FRISBEE
- YOGA
- ZUMBA



health is the ability to adapt

BEACH TENNIS



Do you like to play tennis but would you like to try something different? Try beach tennis! It has become a real competitive sport and great fun to try out yourself. It is the new sport trend on the beach. Not only for those with experience but also for those without any experience at all. The personal trainer will explain different techniques and give multiple tips to help everyone. Enjoy the game!

BEACH VOLLEY BALL



Nowadays beach volleyball is one of the most popular sports. This sport evolved from the famous volleyball and is played on beaches all over the world. It is a workout on the beach and it is a lot of fun for you and your team.

BEACH SOCCER



Are you really a soccer fan? Then this is for you! This sport is spectacular and dynamic. The game gets to a different dimension because of the tough sand and because of the ball that is in the air in most of the times. Even when you have none or less soccer experiences this activity would be very fun for everyone.

BOXING CLINIC



Kick it out! In this clinic you will learn the basic techniques of boxing under the guidance of a personal trainer. It is not strength only, but also a conditional training. This all is done without physical contact and without bruises or other injuries.

BOUNCE BALL



This is a very fun way of playing hockey. You have a foam stick to make a goal with your team. Working together, practicing sports and also have a lot of fun. A hilarious beach sport.

BOOTCAMP



Work in a group, work on your own body! A full body workout for men and women of all ages and all fitness levels. With this training you build up strength, endurance and coordination. Everyone at their own level and in the fresh air.

LACROSSE



This sport is becoming increasingly popular. Catch the ball with your stick and try to score with your team! Teamwork is very important in this game.

MOUNTAIN BIKING



The dunes of Noordwijk are ideal for mountain biking. There are various options for beginning and experienced mountain bikers. An activity which you can combine with other beach activities. This activity is under the guidance of an experienced instructor.

PERSONAL TRAINING



Personal training is a training with a small group or just by yourself if preferred, and of course a certified trainer. The trainer has the knowledge to create a diet schedule with you and especially for you. This program is designed for individuals who have physical and mental objectives to develop. With personal training you invest in yourself.

PRESSURE CAMP



This camp is surrounded by the beach and the most beautiful hotel of the Netherlands. A full day program where you can push yourself to your limits. In the afternoon you will have the opportunity to talk about how to deal with pressure at your workplace and how to handle the situations that are difficult for you.

RUGBY / FLAG RUGBY



Who dares to play this tough sport? The instructor teaches you the rules and learns you the basic techniques of the game of rugby. You will learn how to attack and defend in a responsible and safe manner. If you want to play the game without tackling you can also choose for Flag Rugby.

SOFTBALL CLINIC



Just hitting some balls. After learning the basics, you can play a game of softball. An experienced instructor will teach you the rules that are necessary to play the game. A fun activity to do.

BEACH HEX ATHLON TEAMBUILDING



Compete with your colleagues and participate in the beach hex Athlon on the beautiful beach of Noordwijk. During the beach hex Athlon you will compete in multiple teams at various beach activities against each other for the highest honor. Reception and start of hex Athlon is at the beach pavilion.

SUPPEN



SUPPEN stands for Stand Up Paddle, keep yourself standing with only one paddle and get yourself across the waters. An ever-growing sport. You are not dependent on the wind, it is accessible for everyone and very healthy and fun to do. Try it!

TEAMWORK CIRCUIT



A sweaty workout. Under the guidance of an experienced instructor you will train in a group for an hour and train your entire body. The beach is the ideal location to work on your fitness.

DODGEBALL



Is a ball sport where players from two teams try to throw balls at each other while preventing themselves from being hit. The game is often recognized from the past at primary school. The English name for hit ball is dodgeball.

ULTIMATE FRISBEE



Frisbee, known by everyone. But now you are going to play it in a contest! Try to catch the Frisbee with your team in the end zone of the opponent. Catching, throwing and especially the teamwork is important!

YOGA



In Yoga are breathing, posture, balance and concentration central. You learn to calm and breathe regularly and adopt a correct posture. Yoga is also an inward-looking exercise to help you relax your mind and improve concentration. By stretching exercises Strengthen your muscles and skin elasticity. Yoga gives a natural balance between body and mind and helps you to achieve inner peace. The core of this is learning to listen to your body and determine your limits. However, a good command of yoga takes time. Yoga is much more than only physical exercise. Many forms of yoga can be found in our classes. Basically, yoga is good for the body and the mind.

ZUMBA



Zumba is a Latin-inspired fitness dance that combines Latin and international music with swinging dance moves. This creates a dynamic, fun and effective fitness system led by an experienced Zumba instructor that teaches you the basic movements of Zumba. For fitness goodness and fun to do!

Follow our challenges on [facebook!](#)

GROEPSTRaining
PERSONAL TRAINING

Pro Personal Fit[®]
TRAINING

personal trainer
we work out together

Feel good to be you

Ask about all [the possibilities!](#)

Prices

Activities • Activiteit	Starting from • Begint bij (minimum number of participants) (minimaal aantal deelnemers)	Length • Duur	Price p.p. • Prijs p.p.			Outdoor / Indoor
			10 pers	20 pers	30 pers	
BEACHTENNIS	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
BEACH VOLLEYBAL	(tournament) 10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
BEACH SOCCER	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
BOXING CLINIC	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor / Indoor
BOUNCE BALL	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Indoor
BOOTCAMP	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor / Indoor
LACROSSE	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor / Indoor
MOUNTAIN BIKING	10	2 hr	€ 40,00	€ 37,50	€ 35,00	Outdoor
PERSONAL TRAINING	1	1 hr	€ 65,00	€ 57,50	€ 55,00	Outdoor / Indoor
PRESSURE CAMP	10	9.00 – 17.00 hr	T.B.A.	T.B.A.	T.B.A.	Outdoor / Indoor
RUGBY / FLAG RUGBY	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
SOFTBALL CLINIC	10	1,5 – 2 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
BEACH HEX ATHLON	(teambuilding) 10	1,5 – 2 hr	T.B.A.	T.B.A.	T.B.A.	Outdoor
SUPPEN	10	1,5 hr	€ 47,50	€ 45,00	€ 42,50	Outdoor
TEAMWORKCIRCUIT	10	1 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
DODGE BALL	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
ULTIMATE FRISBEE	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor
YOGA	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Outdoor / Indoor
ZUMBA	10	1,5 hr	€ 25,00	€ 22,50	€ 20,00	Indoor

Ask about all the possibilities! Whether it is a personal coaching, teambuilding or coaching, together we look at what is best for you and we will work towards an optimal result.

prices including VAT.

Pro Personal **Fit**[®]
TRAINING

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