



Mit freundlicher Unterstützung der **ÖHFHWN**

<https://www.fhv-wn.at/>



CrossTraining

name:	CrossTraining
course description:	CrossTraining is the class that you would take up to get rid of the stress and to get in shape. The course is designed to burn as many calories as a complete meal may contain because everybody loves eating, right? Plus, the use of various training equipment like TRX, Kettlebell will help you to build functional muscles, aka you will look a lot better. Lastly, the high-intensity fashion of the training will build up some cardio, so you won't need to worry about going up to the second floor. This course won't be easy so some fitness background might come in handy, but the music is on top!
required equipment	indoor sportswear, indoor shoes, water bottle and towels as you mentioned, they'll need nothing else.
location:	WIHAST Dorm Wiener Neustadt
please note:	Some fitness background might be useful for this course!!
Trainer	Máté Gombos