

SPORT

Vitznau bewegt! – RückenFit mit Jenny Zimmermann

**DATES** 15.06.2025 10:00 – 11:00**ADDRESS** 6354 Vitznau
Switzerland**CONTACT** 0795057905
 jenny_zimmermann@bluewin.ch
 to the website

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BackFit with Jenny Zimmermann by the lake

This year, the "Vitznau bewegt!" program, sponsored by the municipality of Vitznau, will take place again during the summer months. BackFit is led by course instructor Jenny Zimmermann. BackFit" is a versatile full-body workout with a focus on the back. The varied strengthening and stretching exercises support an upright and healthy posture. The training strengthens the abdominal and back muscles and increases flexibility. This course is also suitable for beginners of all ages. If the weather is unsafe or bad, the course will take place in the old school building. Bring your own: Mat and towel Price: voluntary collection Note: This text was translated by machine translation software and not by a human translator. It may contain translation errors.