



**SPORT**

## RückenFit – Vitznau bewegt!




**DATES**

 31.08.2024 – 10.03.2025  
Saturday 10:00 – 11:00

**ADDRESS**

 6354 Vitznau  
Switzerland

**CONTACT**

 0795057905  
 jenny\_zimmermann@bluewin.ch  
 to the website

## RückenFit – Vitznau bewegt!

Vitznau on the move! BackFit with Jenny Zimmermann

This year, the municipality of Vitznau is once again offering further fitness and meditation courses as part of Vitznau bewegt. Everyone is cordially invited to attend. The offer is free and completely non-binding. If the weather is fine, the leisure activities will take place outdoors in the Kurpark Vitznau. If the weather is bad, the courses will be held either in the Singsaal school building or in the MZH. \*In case of bad weather, please find out in advance where the courses will take place. BackFit Through targeted mobilization, strengthening and stretching exercises, you will strengthen your abdominal and back muscles, increase your flexibility and relieve possible tension. This training also helps you to maintain an upright posture and prevent back pain. It is advisable to bring a soft surface such as a mat or towel. Note: This text was translated by machine translation software and not by a human translator. It may contain translation errors.