
Health exercise (employees)

<i>Organizer:</i>	KTV PF UK	
<i>Leader:</i>	Mgr. Eva Kindermannová	
<i>Venue:</i>	SCUK Hostivař - A1	
<i>Time:</i>	17:00 - 18:00	
<i>Capacity:</i>	20	
<i>Applications:</i>	Without registration	
<i>Program:</i>	Light step and back without pain. Health form of exercise. Active work with the pelvis, foot, and lower limb using aids.	
<i>Participants:</i>	Employees of Charles University.	
<i>Notes:</i>	Comfortable sports clothing and a towel with you (we will use it as an exercise aid).	