

RECREATIONAL SPORTS

- **WEIGHT LIFTING TRAINING**

Since January 2008 the University of Cyprus has a very well equipment gym which provides an opportunity for all members of the University community for good and substantial training.

The program is aiming to:

1. Improve fitness
2. General empowerment
3. Special strengthening
4. Improve outlook profile
5. Training and involvement in competitions for bodybuilding.

The University of Cyprus provides qualified staff that is at your disposal to offer any assistant for the proper use of instruments and proper fitness. Additionally, it can provide to you, a specialized program according to your needs. Different methods are provided for body and mental exercise, plus psychological health.

