

Association Luxembourgeoise des Groupes Sportifs Oncologiques (ALGSO)

What is ALGSO?

Founded in Luxembourg in 2009 the Association Luxembourgeoise des Groupes Sportifs Oncologiques (ALGSO) is a non-governmental organization. The main objective of the ALGSO is to inform cancer patients and the general population about cancer topics and, especially, to offer various sports activities to cancer patients in order to improve their quality of life and prognosis.

Offer in the way of physical activity

Since 2009 the ALGSO has offered weekly (more than 9 hours of) physical activity training sessions which are adapted to the fitness of the participants. The groups and classes aim to improve physical shape and well-being by using adapted exercises.









Types of exercises offered

The ALGSO proposes four different types of activity for the adults: resistance training, gymnastics, aquaerobics, and jogging. A session with games is proposed for kids with the participation of the Fondatioun Kriibskrank Kanner. The intensity of the exercises and the level of difficulty are adapted to each person's capacity. All of the activities are supervised by people with an appropriate diploma. A lifeguard is present to ensure the security for each aquatic activity.

Who can participate?

Anyone with a history of cancer can participate. Participants should be cleared to return to physical activity by a doctor.

Where and when are the sessions held?

	Zumba	Monday 8 to 9pm	Hall sportif 239, rue de Rollingergrund Luxembourg		Gymnastics	Wednesday 7.45 to 9 pm	Lycée Technique Privé Ste. Anne Ettelbrück
	Resistance training	Tuesday & Thursday 6.45 to 8.15 pm	Salle de fitness Campus Geesseknäppchen - Luxembourg		Games (for kids)	Thursday 1.30 to 3 pm	Fondatioun Kriibskrank Kanner Strassen
	Jogging	Tuesday 7 to 8 pm			Aquaerobics	Friday 6 to 7pm	Rehazenter Luxembourg
	Resistance training	Wednesday 6.30 to 8.30 pm	Domaine Thermal Mondorf-les-Bains				
	Aquaerobics						



Information & registration

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What are the costs?

The yearly member fee is 30 €.